

It's a Heart Thing

A Closer Look at Inner
Healing...

February 21, 2010

Part I



The Importance of our Heart

Above all else, guard your heart, for it affects everything you do.

Proverbs 4:23 (NLT)

- ❖ Above all else...
- ❖ Guard = **Protect, watch over, defend...**
- ❖ Why? Out of it flows your life!



God Looks at our Heart...

When they arrived, Samuel saw Eliab and thought, "Surely the Lord's anointed stands here before the Lord." [7] But the Lord said to Samuel, "Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart."

1 Samuel 16:6-7 (NIV)



When the Bible uses the word “Heart” - what is it referring to?

- **Hebrew:** (Leb) feelings, the will and even the intellect; likewise used for the “*centre of anything*”
- **Greek:** (Kardia) thoughts, feelings, the “middle” or core...
 - ❖ “**Heart**” symbolizes the center of:
 - ❖ Our innermost being
 - ❖ The seat of our total personality
 - ❖ The core of our character



When the Bible uses the word “Heart” - what is it referring to?

Character:

- ❖ All those qualities and traits that make a person what he/she is.
- ❖ A person’s moral nature.
- ❖ The sum of mental and ethical traits marking and often individualizing a person
- ❖ A person’s level of moral excellence
- ❖ Who you really are on the inside – at your core...



Everything Flows From Our Heart...

A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh. Luke 6:45 (KJV)

❖ **What's in your heart's
Treasure Chest?**



A Heart Without God...

The human heart is most deceitful and desperately wicked. Who really knows how bad it is? [10] But I know! I, the Lord, search all hearts and examine secret motives. I give all people their due rewards, according to what their actions deserve. **Jeremiah 17:9-10 (NLT)**

❖ **Our Hearts are naturally inclined toward sin and evil...**

❖ **We Can Choose to Allow God to Change us!**



A Look Ahead:

In the coming weeks, we will cover the following “heart” topics:

- ❖ Integrity/Ethics
- ❖ Self Esteem
- ❖ Anger/Bitterness
- ❖ Forgiveness
- ❖ Attitude/Perspective

Focus: How God wants to heal our hearts so we can enjoy life with Him & each other!



Time for a Heart Check-up

Search me, O God, and know my heart; test me and know my thoughts. [24] Point out anything in me that offends you, and lead me along the path of everlasting life. Psalm 139:23-24 (NLT)

❖ Let this be our Prayer Today:

Create in me a clean heart, O God; and renew a right spirit within me.

Psalm 51:10 (KJV)

