

HOW'S YOUR HEART? **Spiritual Heart Care**

“Above all else, guard your heart, for it affects everything you do.” Proverbs 4:23

Read: Matthew 15:1-2; 17-20

Our WORDS reflect the condition of our Heart.

“... Evil words come from an evil heart and defile the [person] who says them.” Matthew 15:18 (TLB)

Our ACTIONS reflect the condition of our Heart.

“For from the heart come evil thoughts, murder, adultery, [all other sexual immorality], theft, lying and slander. These are what defile [you; Eating with unwashed hands could never defile you and make you unacceptable to God].” Matthew 15:19-20 (TLB)

“And I will give you a new heart with new and right desires, and I will put a new spirit in you. I will take out your stony heart of sin and give you a new, obedient heart.” Ezekiel 36:26

MAJOR HEART CLOGGERS

Guilt: “I OWE YOU”

“Fools make fun of guilt, but the godly acknowledge it and seek reconciliation.” Proverbs 14:9 (NLT)

Anger: “YOU OWE ME”

“A fool gives full vent to anger, but a wise person quietly holds it back.” Proverbs 29:11

Greed: “I OWE ME”

Jesus: *“Yes, a person is a fool to store up earthly wealth but not have a rich relationship with God.” Luke 12:21 (NLT)*

Jealousy: “GOD OWES ME”

“But they are only comparing themselves with each other and measuring themselves by themselves. What foolishness!” 2 Corinthians 10:12

EXERCISE TO UNCLOG YOUR HEART

Exercise for Guilt: CONFESS

“Finally, I confessed all my sins to You and stopped trying to hide them. I said to myself, ‘I will confess my rebellion to the LORD. And you forgave me! All my guilt is gone.’” Psalm 32:5

“Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and wonderful results.” James 5:16

Exercise for Anger: FORGIVE

“[You must] make allowance for each other’s faults, and forgive [the person] who offends you. Remember, the Lord forgave you, so you must forgive others.” Colossians 3:13 (NLT)

“Even if he wrongs you seven times a day and each time turns again and asks forgiveness, forgive him.” Luke 17:4

Exercise for Greed: GIVE

“He will give you all you need from day to day if you make the Kingdom of God your primary concern ... ³³Sell what you have and give to those in need. This will store up treasure for you in heaven! And the purses of heaven have no holes in them. Your treasure will be safe-- no thief can steal it and no moth can destroy it.” Luke 12:31; 33

Exercise for Jealousy: CELEBRATE (Differences in Others).

“Continue to love each other with true Christian love ... ⁵be satisfied with what you have. For God has said, ‘I will never fail you. I will never forsake you.’ ⁶That is why we can say with confidence, ‘The LORD is my helper, so I will not be afraid. What can mere mortals do to me?’” Hebrews 13:1; 5-6

Is your heart healthy?

