



June 2-3, 2018

Heart Health

I. Spiritual Well-Being

A. Inside Out

Matthew 15:10-11 (NIV®)

¹⁰ Jesus called the crowd to him and said, "Listen and understand. ¹¹ What goes into a man's mouth does not make him 'unclean,' but what comes out of his mouth, that is what makes him 'unclean.'"

Acts 10:11-14 (NIV®)

¹¹ He saw heaven opened and something like a large sheet being let down to earth by its four corners. ¹² It contained all kinds of four-footed animals, as well as reptiles of the earth and birds of the air. ¹³ Then a voice told him, "Get up, Peter. Kill and eat." ¹⁴ **"Surely not, Lord!" Peter replied. "I have never eaten anything impure or unclean."**

Matthew 15:15-20 (NIV®)

¹⁵ Peter said, "Explain the parable to us." ¹⁶ "Are you still so dull?" Jesus asked them. ¹⁷ "Don't you see that whatever enters the mouth goes into the stomach and then out of the body? ¹⁸ But the things that come out of the mouth come from the heart, and these make a man 'unclean.' ¹⁹ For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, slander. ²⁰ These are what make a man 'unclean'; but eating with unwashed hands does not make him 'unclean.'"

B. God's Imaging System

2 Chronicles 16:9 (NIV®)

⁹ For the eyes of the LORD range throughout the earth to strengthen those whose hearts are fully committed to him.

1 Samuel 16:7 (NIV®)

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 13:14 (NASB®)

The LORD has sought out for Himself a man after His own heart, and the LORD has appointed him as ruler over His people . . .

Acts 13:22 (NIV®)

²² After removing Saul, he made David their king. He testified concerning him: 'I have found David son of Jesse **a man after my own heart; he will do everything I want him to do.**'

II. Heart Problems

A. Losing heart . . . discouraged

1 Samuel 17:32 (NIV®)

³² David said to Saul, "Let no one lose heart on account of this Philistine; your servant will go and fight him."

Hebrews 12:3 (NIV®)

³ Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.

B. Heartbroken

Luke 19:41-44 (NIV®)

As he approached Jerusalem and saw the city, he wept over it ⁴² and said, "If you, even you, had only known on this day what would bring you peace--but now it is hidden from your eyes. ⁴³ The days will come upon you when your enemies will build an embankment against you and encircle you and hem you in on every side. ⁴⁴ They will dash you to the ground, you and the children within your walls.

John 32-37 (NIV®)

When Mary reached the place where Jesus was and saw him, she fell at his feet and said, "Lord, if you had been here, my brother would not have died." ³³ When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. ³⁴ "Where have you laid him?" he asked. "Come and see, Lord," they replied. ³⁵ Jesus wept. ³⁶ Then the Jews said, "See how he loved him!" ³⁷ But some of them said, "Could not he who opened the eyes of the blind man have kept this man from dying?"

C. Heart Rhythm

Ecclesiastes 3:1, 4 (NIV®)

¹ There is a time for everything, and a season for every activity under heaven:

⁴ a time to weep and a time to laugh, a time to mourn and a time to dance,

1 Samuel 16:1 (NIV®)

¹ The LORD said to Samuel, "How long will you mourn for Saul, since I have rejected him as king over Israel? Fill your horn with oil and be on your way; I am sending you to Jesse of Bethlehem. I have chosen one of his sons to be king."

2 Samuel 19:1-7 (NIV®)

¹ Joab was told, "The king is weeping and mourning for Absalom." ² And for the whole army the victory that day was turned into mourning, because on that day the troops heard it said, "The king is grieving for his son." . . . ⁵ Then Joab went into the house to the king and said, "Today you have humiliated all your men, who have just saved your life and the lives of your sons and daughters and the lives of your wives and concubines. . . . ⁷ Now go out and encourage your men. I swear by the LORD that if you don't go out, not a man will be left with you by nightfall. This will be worse for you than all the calamities that have come upon you from your youth till now."

III. The Promise

Psalms 34:18-19 (NIV®)

¹⁸ The Lord is close to the brokenhearted and saves those who are crushed in spirit. ¹⁹ A righteous man may have many troubles, but the Lord delivers him from them all;

Psalms 147:3 (NIV®)

³ He heals the brokenhearted and binds up their wounds.

Luke 4:17-19 (NKJV®)

¹⁷ And He (Jesus) was handed the book of the prophet Isaiah. And when He had opened the book, He found the place where it was written: ¹⁸ *"The Spirit of the Lord is upon Me, Because He has anointed Me To preach the gospel to the poor; **He has sent Me to heal the brokenhearted**, To proclaim liberty to the captives And recovery of sight to the blind, To set at liberty those who are oppressed;* ¹⁹ *To proclaim the acceptable year of the Lord."*

Prayer

Heavenly Father, You are my strength and my redeemer. You watch over my life and secure my future. Search me and know my heart, do not let me waste my days in deception and futility. I cast all my care upon You, may the joy of the Lord fill my heart. I choose to rejoice in my King and the grace and mercy He has shone to me, in Jesus name, amen.

Scripture quotations marked (NIV®) are taken from the HOLY BIBLE, NEW INTERNATIONAL VERSION®. NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.®. Used by permission. All rights reserved worldwide. The “NIV” and “New International Version” are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.®. Use of either trademark requires the permission of Biblica, Inc.®.

Scripture quotations marked (NASB®) are taken from the New American Standard Bible ® (NASB), Copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation. Used by permission.
www.Lockman.org