



June 9-10, 2018

## Heart Health *Transformation*

Proverbs 4:23 (NIV<sup>®</sup>)

<sup>23</sup> Above all else, guard your heart, for it is the wellspring of life.

- ❖ the condition of your heart will determine the course of your life in time & eternity
- ❖ what happens to you is a small matter compared to what happens within you
- ❖ need God's help to discern our condition

### I. Inside Out

#### A. Good Men and Evil Men

Luke 6:43-45 (NIV<sup>®</sup>)

<sup>43</sup> "No good tree bears bad fruit, nor does a bad tree bear good fruit. <sup>44</sup> Each tree is recognized by its own fruit. People do not pick figs from thornbushes, or grapes from briars. <sup>45</sup> The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For **out of the overflow of his heart his mouth speaks.**

Matthew 12:34-37 (NIV<sup>®</sup>)

<sup>34</sup> "You brood of vipers, how can you who are evil say anything good? For **out of the overflow of the heart the mouth speaks.** <sup>35</sup> The good man brings good things out of the good stored up in him, and the evil man brings evil things out of the evil stored up in him. <sup>36</sup> But I tell you that men will have to give account on the day of judgment for every careless word they have spoken. <sup>37</sup> For by your words you will be acquitted, and by your words you will be condemned."

#### B. A Good Man & A Fool

Psalms 14:1-2 (NIV<sup>®</sup>)

<sup>1</sup> The fool says in his heart, "There is no God." They are corrupt, their deeds are vile; there is no one who does good.

<sup>2</sup> The LORD looks down from heaven on the sons of men to see if there are any who understand, any who seek God.

Isaiah 32:6 (NASB<sup>®</sup>)

<sup>6</sup> For a fool speaks nonsense, And his heart inclines toward wickedness: To practice ungodliness and to speak error against the LORD, To keep the hungry person unsatisfied And to withhold drink from the thirsty.

Proverbs 19:3 (NIV<sup>®</sup>)

<sup>3</sup> A man's own folly ruins his life, yet **his heart rages against the LORD.**

Romans 10:8-10 (NIV<sup>®</sup>)

<sup>8</sup> But what does it say? "The word is near you; it is in your mouth and in your heart," that is, the word of faith we are proclaiming: <sup>9</sup> That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. <sup>10</sup> For **it is with your heart that you believe and are justified**, and it is with your mouth that you confess and are saved.

## II. Rehabilitation

---new habits, new future, new hope

### A. The Problem

Jeremiah 17:9-10 (NIV®)

<sup>9</sup> The heart is deceitful above all things and beyond cure. Who can understand it? <sup>10</sup> "I the LORD search the heart and examine the mind, to reward a man according to his conduct, according to what his deeds deserve."

### B. The Promise

Ezekiel 36:24-28 (NIV®)

<sup>24</sup> "For I will take you out of the nations; I will gather you from all the countries and bring you back into your own land. <sup>25</sup> I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities and from all your idols.

<sup>26</sup> **I will give you a new heart and put a new spirit in you;** I will remove from you your heart of stone and give you a heart of flesh.

<sup>27</sup> And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.

<sup>28</sup> You will live in the land I gave your forefathers; you will be my people, and I will be your God."

Psalms 139:23-24 (NIV®)

<sup>23</sup> Search me, O God, and know my heart; test me and know my anxious thoughts. <sup>24</sup> See if there is any offensive way in me, and lead me in the way everlasting.

## III. Heart Conditions --Troubled Hearts

John 14:1 (NIV®)

<sup>1</sup> "Do not let your hearts be troubled. Trust in God; trust also in me."

John 14:27 (NIV®)

<sup>27</sup> Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Luke 21:34 (NIV®)

<sup>34</sup> "Be careful, or your **hearts will be weighed down** with dissipation, drunkenness and the anxieties of life, and that day will close on you unexpectedly like a trap.

Luke 10:38-42 (NIV®)

<sup>38</sup> As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. <sup>39</sup> She had a sister called Mary, who sat at the Lord's feet listening to what he said. <sup>40</sup> But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" <sup>41</sup> "Martha, Martha," the Lord answered, "**you are worried and upset about many things,** <sup>42</sup> **but only one thing is needed.** Mary has chosen what is better, and it will not be taken away from her."

## Prayer

Psalms 51:10-14, 17-18 (NIV®)

<sup>10</sup> Create in me a pure heart, O God, and renew a steadfast spirit within me.

<sup>11</sup> Do not cast me from your presence or take your Holy Spirit from me.

<sup>12</sup> Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

<sup>13</sup> Then I will teach transgressors your ways, and sinners will turn back to you.

<sup>14</sup> Save me from bloodguilt, O God, the God who saves me, and my tongue will sing of your righteousness.

<sup>17</sup> The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.

<sup>18</sup> In your good pleasure make Zion prosper; build up the walls of Jerusalem. Amen.

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