

# Hearts Fit for the Journey

## God's Cure for Heart Trouble

### Keeping Our Hearts Pure – Heb.10:16-25

#### I. Introduction

##### A. *The human heart*

1. Beats approximately 72 times a minute
2. Over 4,000 times an hour, almost 100,000 times a day
3. It pumps our entire blood supply through its chambers every 4 minutes
4. And in the course of an average life span it will beat over 3 billion times
5. By the way—the average heart weighs about 250 grams in women and 300 grams in men which settles once and for all the scientific fact that men have bigger hearts than women
6. However, when we talk about hearts fit for the journey, we are not talking about our physical hearts, although it is important to keep them fit as well

##### B. *The spiritual heart*

1. As we talk about hearts fit for the journey, we are talking about our spiritual heart
2. The heart of the Bible is more than a blood pump
  - a. It is the human mind
  - b. It is the seat of human emotions and represents our will
  - c. It is thus where we decide which actions to take in our lives

- d. **The heart reasons, it plans, and it dreams and it is our spiritual heart which separates and elevates mankind over the rest of God's animal creation**
  - e. **It is with the human heart or mind that man believes or doubts, accepts or denies God**
  - f. **It is with the heart that man decides whether or not he will submit his will to the mind of God**
- 3. Thus, when God looks at each individual heart, He does not see what we see in one another**
- a. **He does not see the color of our skin**
  - b. **He does not see the country we live in**
  - c. **He does not see fanciness of the clothes we wear, our educational attainments, our social status, nor our financial or political clout**
  - d. **When God look at the heart, God sees who we really are inside**
  - e. **We may fool men with the outward appearance, but God sees the real us**
  - f. **"For man looks at the outward appearance, but the Lord looks at the heart" (1 Sam.16:7)**
  - g. **In the Bible the heart of a person is who they really are, it shows what we hold inside of us and brethren I am here to tell you that we have some real HEART PROBLEMS in the Lord's church today!!!**
  - h. **We have a lot of undesirable and unnecessary baggage we carry in our hearts that is weighing us down for the journey and it is time we got rid of them**

*C. Quotes about the heart*

- 1. **Stephen of Colona feel into the hands of his assailants and they asked him, "Where is your fortress now?" He responded by placing his hand over his heart saying, "Here is my fortress."**

2. **Helen Keller wrote that the best, most wonderful things in the world cannot be seen or touched, but felt in the heart—things like love, and joy and peace**
3. **When Sir Walter Raleigh laid his head upon the executioner's block he was asked if his head lay right, he responded by saying, "Let my heart be right and it matters not which way the head lies"**
4. **When are we going to learn that our outward being is not important but what is of the utmost importance is whether our heart is right with God or not**
5. **So as the songs says "Is thine heart right with God?"**
6. **Are our hearts right with one another?**
7. **It is to these questions that we shall devote the remainder of our time this morning**

## **II. What Does the Bible Say about the Heart?**

### **A. *"That as a man thinks in his heart, so is he" (Prov.23:7)***

1. **We have all heard the statement that we are what we eat**
2. **Well while that is in a sense true, what the Bible wants us to know is that we literally are what we think**
3. **A man will never rise about his own thoughts, for as a man thinks so to does he act**
4. **What we think about, dwell upon and meditate on controls the kind of person we will be**
  - a. **If we dwell on happy things we will be happy**
  - b. **If we dwell on negative things we will most likely be sad or depressed**
5. **From the spiritual point of view**
  - a. **If we dwell upon wicked and unrighteous thoughts, we will practice wickedness and unrighteousness**

- b. However, if we dwell upon righteous thoughts we will much more likely engage in righteous deeds which have as their basis the Word of God**
- c. Given such it is no wonder the Holy Spirit inspire Paul to write “Whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things” (Ph.4:8)**
- d. Regardless of what others may tell you or what you may think yourself, we become what we think**
- e. “Keep your heart with all diligence, for out of it spring the issues of life” (Prov.4:23)**
- f. What Solomon is saying very simply is that real life and the real you is not made up of material things, but rather of the issues of the heart**
- g. Mt.15:18-19—all of these evils come from within, from the heart and all of them make us unclean before God**
- h. I hope you are beginning to see why it is so important to guard what goes into our hearts—because what goes in will control what comes out**

## **6. Questions to consider**

- a. What is your life made up of?**
- b. Where is your focus?**
- c. Are we concerned only with that which can be seen or is our focus on the unseen—for as Paul says “one is temporal and one eternal”**
- d. Are we concerned with the material or the real issues of life?**
- e. Are you concerned with faith, hope, love and joy?**
- f. Or with money, pride, possessions and status?**



**4. Satan is a master of planting the seeds of half-truths into our hearts**

- a. This he attempted to do with Jesus in the wilderness**
- b. This he does when he tells us that God loves us all and so surely He would not send His children to hell**
- c. Satan wants you to think that you can have it your way and still serve, be faithful to, and enjoy all of the blessings of God**
- d. It just is not so**

**5. Ez.6:9-10**

- a. What is your idol?**
- b. Is it money, power, possessions, popularity, entertainment?**
- c. Do you spend more time with TV than with the Word of God or your family, then TV is your idol?**
- d. Do you devote more time to the work of your social club than to the Lord's church, then your social clubs are your idols?**
- e. Are you more concerned with things than with people, then things are your idol?**
- f. God will not tolerate any rivals to our devotion and service to Him**
- g. He would not in Moses' time and He will not in ours**

**6. Do not harden your hearts—Heb.3:15**

- a. Thus the Hebrew writer is affirming the truth that we can harden our own hearts by choice**
- b. We are the keepers of our hearts**
- c. We decide what we will allow into our hearts**
- d. We decide what we will think upon**
- e. We decide what attitudes and dispositions we will hold to**

- f. **Our will has control over our heart and thus we are whatever we decide to be and do what we decide to do**
  - g. **No one else is responsible for what is in our hearts but us and no one else will be responsible for the actions our hearts produce but us—2 Cor.5:10**
7. **The Psalmist teaches us that God know the secrets of man's heart (Ps.44:21)**
- a. **God knows what is going on inside of you**
  - b. **If you hold pride, hatred, envy, bitterness and discontent in your heart—God knows about it**
  - c. **There is nothing hidden from God—we may hide it from man but not from God**
  - d. **So isn't time for us to let those things go and start filling our hearts with the things of God?**
  - e. **I promise you that you will enjoy the journey a lot more than you are now if you are holding these things in your heart**

### **III. What Kind of Heart Should We Possess?**

#### **A. *A heart that is focused on God***

- 1. **Mk.12:29-30**
- 2. **Christianity is a heart religion**
  - a. **It affects who we are from the inside out, at least it is supposed to**
  - b. **Once you change what is on the inside of a person you change what is displayed on the outside of the person**
  - c. **Want to stop a man from using racist slurs, fill his heart with love instead of hatred and bigotry—there is no other way to do it**
  - d. **If you read the NT you will notice that it never outright condemns the institution of slavery and in fact it tells slaves how to act as such**

- e. **Is this because God approves of slavery?**
  - f. **No, it is because God knew that it was not until the gospel got into the hearts of men that they would see themselves that slavery was wrong and thus God seeks to change our hearts by getting us to focus on Him and not self or stuff**
- 3. If we are going to please God, He must come first in our lives**
- a. **Mt.6:33 is still in the Bible**
  - b. **Seek first the kingdom of God and His righteousness—they must be the focus of our lives**
- 4. Do we have in help in understanding the qualities of a heart that is focused on God?**
- a. **Yes**
  - b. **Ph.2:5-8**
  - c. **We will struggle with far less diseases of the spiritual heart when we take upon ourselves the heart and mind of Jesus**

***B. A heart that is concerned with serving others***

- 1. Jesus said that greatness in the kingdom is measured, at least in part, by our willingness to serve others**
- 2. Unfortunately, too many of the hearts of God's people have been clouded with the sickness of selfishness and thus look to be served rather than to serve**
- 3. Jesus said that loving others, even our enemies, makes us like our heavenly Father—Mt.5:44-45—and I ask you if that is not what we are striving for then what are we doing?**
- 4. What kind of people will we be when we have a heart that is concerned with serving others?**
  - a. **We will love others as ourselves—Mk.12:31**
  - b. **We will understand that serving others is serving Jesus—Mt.25:34-40**
  - c. **We will seek that which is best for others—Ph.2:4**

**d. We will be willing to serve others—Gal.6:2, 6:10,  
Jm.1:27, Rom.14:1, 19, 15:1**

**5. Do you have a heart that is open to serving the needs of others?**

***C. A heart which acts from pure motives***

**1. Mt.6:1-4**

**2. The reasons for which we do things means just as much, if not more so, than the things we do**

**3. What Jesus is saying is that we can:**

**a. Come to worship**

**b. Fast**

**c. Pray**

**d. Help the needy**

**4. However, if we do them just to be seen as righteous by other men they are of no value**

**5. As Paul said to the Corinthians, It did not matter what he did, if he did not do it out of love in his heart it meant nothing—1 Cor.13:1-3**

**6. If we do the things of God, it ought to be because we love Him with all of our heart, mind, strength and soul**

**7. When that is the motive for our words and deeds such are well pleasing to God**

**8. On the other hand, nothing makes us more like the enemy of God then to live as a hypocrite because such makes us liars and Satan is the father of lies**

**9. Why do you do the things you do?**

**10. Is it to be seen of men or do you do them if when no one you know is watching?**

**IV. Conclusion**

***A. What is in your heart?***

- 1. These lessons are going to be about helping us discover the things which we do not need to, but often do carry in our hearts**
- 2. What do you have in your heart that need to be let go of**
- 3. As a man thinks in his heart, so he is**
- 4. How is your heart?**
- 5. Is it right with God?**