

## At the Heart of the Matter

### 2016 – Focus on the Heart

**Romans 12:1, 2** – *I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.* <sup>2</sup> *And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.*

**III John 2** – *Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.*

#### **INTRO: Spirit – Soul – Body.**

- **The Heart** – a combination of SPIRIT & SOUL.

**Proverbs 14:30** – *A sound heart is the life of the flesh: but envy the rottenness of the bones.*

- **NLT**: *A peaceful heart leads to a healthy body; jealousy is like cancer in the bones.*

**Psalms 51:10** – *Create in me a clean heart, O God, and renew a steadfast spirit within me.*

- **Create** – to form or fashion.
- **Clean** – clear, as opposed to filthy (as a garment); unmixed; unpolluted.
- **Renew** – or make anew.
- **Steadfast** – fixed, steady.
- **Spirit** – breath, animation; where life comes from.

**Proverbs 4:23** – *Keep your heart with all diligence, for out of it spring the issues of life.*

**Hebrews 3:12** – *Beware, brethren, lest there be in any of you an evil heart of unbelief in departing from the living God;*

- **Evil** – full of labors, annoyances, and hardships.
- **Unbelief** – unfaithfulness; faithlessness; weakness of faith.

**Hebrews 4:12** – *For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.*

- **AMP** – “For the Word that God speaks is alive and full of power – making it active, operative, energizing and effective; it is sharper than any two-edged sword, penetrating to the dividing line of the breath of life (soul) and [the immortal] spirit, and of joints and marrow [that is, of the deepest parts of our nature] exposing and sifting and analyzing and judging the very thoughts and purposes of the heart.”
- “**discerner**” – one well capable of sifting, analyzing or judging.
- “**thoughts**” – inward reasonings; ponderings emanating from strong feelings or passion.
- “**intents**” – manner of feeling, and thinking; a way of looking at things; an attitude.

**Matthew 10:28-30** **[AMP]** – *Come to Me, all you who labor and are heavy-laden and over burdened, and I will cause you to rest – I will ease and relieve and refresh your souls. <sup>29</sup>“Take My yoke upon you and learn from Me; for I am gentle (meek) and humble (lowly) in heart, and you will find rest – relief, ease, refreshment and recreation and blessed quiet – for your souls. <sup>30</sup>“For My yoke is wholesome (useful, good) – not harsh, hard, sharp or pressing, but comfortable, gracious and pleasant; and My burden is light and easy to be borne.*

**Hebrews 13:9** – *Do not be carried about with various and strange doctrines. For it is good that the heart be established by grace, not with foods which have not profited those who have been occupied with them.*

- **Established** – made firm; made sure.
- **Grace** – supernatural favor; divine influence; God’s ability in us to do what we couldn’t do on our own.