

Lesson 6: The Biblical Basis for Change (The Heart of Change)

I. Review of last week / Introduction

A review: The Downward Spiral; How do people fall away?

- 1. Focus on s_____ in your h_____
- 2. Sinful a_____
- 3. E_____ that follow

How do we come back and grow again? Some beginning thoughts on the subject:

- 1. You must be b_____ a_____ (Pr. #9)
- 2. "No Holds Barred" approach—"I'm Yours!"—because I've been m_____.
- 3. Choose His ways and wisdom—because you've been choosing y_____ o_____ (Pr. #7).
- 4. Start being obedient without so much focus on f_____. Do what you know is r_____

II. The F_____ Level – Do emotions give an accurate picture of what's going on in our hearts?

A. A scriptural analysis of emotions and their accuracy

Scripture	Emotion	Reflection	What is revealed?
1. Exodus 32:2-6, 17-19	_____	sounds good	The emotion masked the fact that they were _____
2. Psalm 38:3-10	_____	sounds bad	The emotion masked the fact that he had _____
3. Genesis 4:5	_____	sounds bad	The emotion showed exactly what was in his heart; _____
4. 1 Samuel 18:1-9	_____	sounds bad	The emotion showed exactly what was in his heart; _____

There are many other examples; but what we learn is that feelings do not necessarily give us an accurate picture of the reality of the heart.

B. Emotions could be compared to _____.

III. The D_____ level – thoughts, words and deeds – do actions give us an accurate picture of the heart?

A. Doing examples

1. T_____ – lust, greed, envy, jealousy, coveting, hate
2. W_____ – swearing, unwholesome words (critical spirit), harsh words towards spouse and children, flattery, lying tongue, speaking too much, speaking before you've heard the whole story, rudeness, gossip, slander (Matt 12:34, 35)
3. D_____ – aside from words, not letting church leadership serve with joy, adultery, murder, taking out your anger on those around, being unloving towards someone, not forgiving, yelling/raised voice, silent treatment (Matt 7:16-20; Tit 1:16; 1 Jn. 3:7-10)

B. What do we learn from these “Doing” examples? Answer – this is the p_____ i_____ of a person's heart (barring physical issues such as Alzheimer's, thyroid, Tourette's, excess fatigue, insomnia, etc.) (Jn. 3:16-21).

People will say these things – they want to change...

1. “I want to get better.” – but perhaps they don't.
2. “I realize the seriousness of this sin.” – but perhaps they don't.
3. “I want to stop drinking.” – but perhaps they don't
4. “I want to stop beating my wife.” – but perhaps they don't

***in all these cases — they choose th_____!!! – the true condition of the heart.

IV. The H_____ level – Can we know for certain the condition of the heart? What is the heart?

A. Only G_____ knows for sure

1. 1 Samuel. 16:7
2. Jeremiah 17:1-13

B. What we do know is that is the basis for living – all the i_____ o_____ l_____ flow from it (Proverbs 4:23 – 27; Matthew 22:37)

C. What is the heart?

1. The Seat of the M_____ – Proverbs 7:1-3; 4:20-21
2. The Seat of the E_____ – Proverbs 14:30; 15:15, 30

3. The Seat of the W_____ – Proverbs 11:20; 14:14
4. The w_____ i_____ b_____ – all three
 - a. Proverbs 3:5
 - b. Proverbs 4:23-27
 - 1) Verse 24 – words
 - 2) Verse 25 – sight which leads to thought
 - 3) Verse 26, 27 – deeds
 - c. Matthew 22:37
5. Unger says,
 - a. The place where man determines to do so
 - b. The seat of love and of hatred
 - c. The center of thought and conception
 - d. The center of feelings and affections and of pain
 - e. The center of moral life where one is either hardened towards God or the highest love of God
 - f. The center of the entire man, the very hearth of life's impulse.

D. So, what does all this have to do with me?

1. The regenerated heart ought not to be a_____
 - a. They may not have the power to do what they ought to be doing.
 - b. Our own anger may be completely self-focused
2. The regenerated heart ought not to be w_____
 - a. We may not be understanding God's Total Loving Sovereignty
 - b. We may have a trust issue of our own
 - c. We may be completely self-focused
3. The regenerated heart ought to be more concerned with:
 - a. being kind than c_____ (Ephesians 4:32)

- b. being tenderhearted than h_____ (Ephesians 4:32)
- c. praying for them, not j_____
- d. compassionate than c_____ (Col. 3:12, 13; 2 Tim. 2:24-26)

Conclusion

1. Tremendous h_____ is available (Romans. 5:3-5)
 - a. Not in the changing of circumstances but the changing of yourself (Philippians 1:6)
 - b. Not because we know how it will work out (Deuteronomy 29:29)
2. P_____ is available because (John 14:27)
 - a. C_____ is eliminated
 - b. Our conscience is c_____
 - c. We can “b_____ s_____,” because He is God (Psalm 37:7) – calm sense of well-being
3. J_____ is yours because you are in right relationship with God (Galatians 5:22; 1 Peter 1:3-8) meaning you know:
 - a. He knows how much t_____ we can take and that there is a way out.
 - b. He knows how much t_____ we can take and that there is an end and a point to the test
 - c. He knows our needs too, which means His timing is p_____!!!