

Matthew 22:37

- Jesus talked a lot about the heart – our heart is the seat of desire, emotion, and affection – It’s the emotional and moral nature – It’s your innermost character, feelings and inclinations
- Proverbs 4:23, “Above all else, guard your heart, for everything you do flows from it.”
- I want to talk to you today about three things: The greatest heart check (the fix all) – Common heart conditions – and Healing the Heart
- Read Matthew 22:37 – the greatest heart check

Common Heart Conditions

- We experience all kinds of things that can impact our heart health: childhood, things people say or do, things we say or do (we condition our hearts), misunderstandings, hurts, offenses – all seeds that can grow
- The Bible lists 86 different heart conditions, some good and some not, but here are the most common:
 1. A sinful heart: lots of evil thoughts and desires (anger, hate, lust, slander) (Mt 9:4, 15:19) Heb 3:12
 2. Spiritually Dim Heart – Lost sensitivity to God, numbness toward truth (dull heart) – Matthew 13:15
 3. Far from God Heart – Stubborn, rebellious, closed off – Matthew 15:8,
 4. Bitter or Resentful Heart – James 3:11, Hebrews 12:15, Ephesians 4:31
 5. Hard Heart – Matthew 19:8 (Ezekiel 36:26)
 6. Anxious Heart – Proverbs 12:25, Psalm 143:4, John 14:1,27
 7. Prideful Heart – Psalm 101:5, Proverbs 21:4
 8. The Broken Heart – Proverbs 34:18
 9. Circumcised and Uncircumcised Heart – Acts 7:51 (resist the HS), Deut. 30:6 (cut away the flesh)
 10. A Backslidden Heart – Proverbs 14:14, Deuteronomy 29:18,

Healing the Heart

- Seek to have the heart of Jesus – Matthew 11:29 (meek and lowly in heart)
- Confess, ask forgiveness, repent, and seek God’s healing
- Healing often comes in the form of transformation – Rom 12:2, Deut 30:6 (a surgical procedure)
- Love God with all your heart – It’s the best heart check – Matthew 22:37