

### **Take Heart – Introduction**

- This week is Valentines – even though it’s a cultural celebration, it gives us a chance to talk about the heart
- Jesus talked about the heart 62 times in Scripture, and three of those times he said, “Take heart”
- Take heart, your sins are forgiven – that’s your spirit
- Take heart, don’t be afraid – that’s your soul
- Take heart, your faith has made you whole – that’s your body
- The heart has a major influence over your spirit, soul, and body, so we are to trust God with our heart
- What is the heart? It’s the seat of desire, emotions, and affection – it’s the emotional/moral nature – it’s your innermost character, feelings or inclinations

### **The Heart is the Seat of Desire, Emotion, & Affection**

- Adultery starts there – Matthew 5:28
- Evil thoughts are stored in the heart – Matthew 9:4
- The mouth speaks from the abundance of the heart – Matthew 12:34
- The heart is the source of what proceeds from the mouth – Matthew 15:18
- The heart holds evil thoughts like murder, adultery, sexual sin, slander, and theft – Matthe 15:19

### **The Heart Determines Your Spiritual Health**

- The pure in heart are blessed to see God – Matthew 5:8
- Your treasure reveals where your heart is – Matthew 6:21
- God’s Word is sown into our hearts – Matthew 13:19
- Your heart can grow dim – Matthew 13:15
- Your heart can be “far from me” (God) – Matthew 15:8
- We must forgive from our heart – Matthew 18:35
- We can have hardness of heart – Matthew 19:8
- We are to love God with all of our heart – Matthew 22:37
- Jesus said he is meek and lowly in heart (humility) – Matthew 11:29

### **2 Important Things to Remember about the Heart**

1. What you fill it with
2. What you allow to reside in it