

## **The Heart**

## **“Bless Your Heart...?”**

## **(Actions vs Intentions)**

The heart is a muscular organ about the size of a fist, located just behind and slightly left of the breastbone. The heart pumps blood through the network of arteries and veins called the cardiovascular system.

The heart has four chambers:

- The right atrium receives blood from the veins and pumps it to the right ventricle.
- The right ventricle receives blood from the right atrium and pumps it to the lungs, where it is loaded with oxygen.
- The left atrium receives oxygenated blood from the lungs and pumps it to the left ventricle.
- The left ventricle (the strongest chamber) pumps oxygen-rich blood to the rest of the body. The left ventricle’s vigorous contractions create our blood pressure.

The coronary arteries run along the surface of the heart and provide oxygen-rich blood to the heart muscle. A web of nerve tissue also runs through the heart, conducting the complex signals that govern contraction and relaxation.

Surrounding the heart is a sac called the pericardium.

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Heart is an American rock band formed in 1967 in Seattle, Washington as The Army. Two years later, The Army changed their name to Hocus Pocus, then they changed their name again to White Heart a year later, but eventually changed the name a final time to Heart in 1973

### **The Bible talks about:**

- |                   |                    |                      |                                |
|-------------------|--------------------|----------------------|--------------------------------|
| 1. deceived heart | 3. The pure heart  | 5. A merry heart     | 7. An undivided heart          |
| 2. hard heart     | 4. Receptive heart | 6. A contented heart | 8. An anxious, or broken heart |

### [Psalm 34:18](#)

The Lord is near to the brokenhearted and saves the crushed in spirit.

Prov 4:23 - Above all else, **guard your heart**, for everything you do flows from it.

(sacred to dogs, pearl before swine, wise as serpent)

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Psalm 139:23 –

Search me, God, and know my heart; test me and know my anxious thoughts.

<sup>24</sup> See if there is any offensive way in me, and lead me in the way everlasting.

### [Proverbs 4:23](#)

The heart is deceitful above all things and beyond cure. Who can understand it?

“I the Lord search the heart and examine the mind, to reward each person according to their conduct,”

### [Jeremiah 17:9](#)

You will seek me and find me when you seek me with all your heart.

### [Jeremiah 29:13](#)

May he give you the desire of your heart and make all your plans succeed.

### [Psalm 20:4](#)

Create in me a pure heart, O God, and renew a steadfast spirit within me.

### [Psalm 51:10](#)

But the Lord said to Samuel, “Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.”

### [1 Samuel 16:7](#)

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.

### [Proverbs 3:5-6](#)

For where your treasure is, there your heart will be also.

### [Matthew 6:21](#)

I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.

### [Ezekiel 36:26](#)

Blessed are those who keep his statutes and seek him with all their heart.

### [Psalm 119:2](#)

He heals the brokenhearted and binds up their wounds.

### [Psalm 147:3](#)

Blessed are the pure in heart, for they will see God.

### [Matthew 5:8](#)

So then, banish anxiety from your heart and cast off the troubles of your body, for youth and vigor are meaningless.

### [Ecclesiastes 11:10](#)

Anxiety weighs down the heart, but a kind word cheers it up.

### [Proverbs 12:25](#)

“Even now,” declares the Lord, “return to me with all your heart, with fasting and weeping and mourning.”

Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love,.

### [Joel 2:12,13](#)

Teach me your way, Lord, that I may rely on your faithfulness; give me an **undivided heart**, that I may fear your name.

### [Psalm 86:11](#)

### [Ephesians 4:18](#)

They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their **hardness of heart**.

## [Matthew 13:14-15](#)

the prophecy of Isaiah is fulfilled that says: “You will indeed hear but never understand, and you will indeed see but never perceive. For this **people's heart has grown dull**, and with their ears they can barely hear, and their eyes they have closed, lest they should see with their eyes and hear with their ears and understand with their heart and turn, and I would heal them.’

## [Proverbs 28:13-14](#)

Whoever conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy. Blessed is the one who fears the Lord always, but whoever **hardens his heart** will fall into calamity.

## [Mark 8:17](#)

And Jesus, aware of this, said to them, “Why are you discussing the fact that you have no bread? Do you not yet perceive or understand? Are your hearts hardened?”

## **CAUSES of a HARD HEART:**

1. insecurity, jealousy, entitlement, lack of thankfulness
2. grief, hurt, and pain, that’s never healed (walking wounded)
3. offenses, bitterness, lack of forgiveness
4. cares of this world. Materialism

## **Marks of a pure heart:**

1. rejoice with others and for others (happy when they succeed)
2. teachable, desire to learn and grow
3. responds to conviction and repents
4. pursues God with absolute priority (says no; God is first, God is best)