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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.

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)

Psalm 139:23 –

Search me, God, and know my heart; test me and know my anxious thoughts.
²⁴ 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)
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How to Have a Hungry Heart for God –

“You will seek me and find me when you seek me with all your heart.” Jer 29:13

1 Peter 2:2 like newborn babies, long for the pure milk of the word, so that by it you may grow in respect to salvation

Isaiah 55:1 Every one who thirsts, come to the waters; And you who have no money come, buy and eat. Come, buy wine and milk Without money and without cost.

We must Listen, Look, and Long for Jesus _____ (ears, eyes, and appetite)

Most of us listen to the wrong voices. (what's popular, modern culture)

Most of us only see what's in front of us. (Elisha's servant)

Most of us have no longing (no passion) (Immediately, no delayed gratification)

A Deep Desire to Pursue Spiritual Purity.

1. Flesh and Spirit are competing for your attention
2. If your full of yourself, there's no room for God
 - a. easily offended (don't you understand who I am?)
 - b. over promise / under deliver (all talk no action)
 - c. publish every personal thought (opinion, idea, belief)
3. A fleeting thought or an itch you scratch is not enough.

Hunger is a gift. Stay thirsty my friends!

This generation feels entitled to be satisfied.

Don't try to fill full 24/7. Being empty will drive us

Matt 11:16 –

¹⁶ “To what can I compare this generation? They are like children sitting in the marketplaces and calling out to others: ¹⁷ ““We played the pipe for you, and you did not dance; we sang a dirge, and you did not mourn.’

¹⁸ For John came neither eating nor drinking, and they say, ‘He has a demon.’ ¹⁹ The Son of Man came eating and drinking, and they say, ‘Here is a glutton and a drunkard, a friend of tax collectors and sinners.’

Matthew 5:6

“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Psalm 63:1

A Psalm of David, when he was in the wilderness of Judah.

O God, You are my God; I shall seek You earnestly;

My soul thirsts for You, my flesh yearns for You,

In a dry and weary land where there is no water.

John 4:13-14 (The woman at the well)

Jesus answered and said to her, "Everyone who drinks of this water will thirst again; but whoever drinks of the water that I will give him shall never thirst; but the water that I will give him will become in him a well of water springing up to eternal life."

Hunger for God is the longing to encounter Him, to be with Him

Half Hearted / just an appetizer appetite for God!

Half Hearted Love, obedience, prayers, commitment, priorities and passion.

1.2 Tim 3: ²For men shall be lovers of their own selves..., lovers of pleasures more than lovers of God; ⁵ Having a form of godliness, but denying the power thereof: from such turn away.

2. 2 Chron 25: 1 Amaziah was twenty-five years old when he became king, and he reigned in Jerusalem twenty-nine years.. ² He did what was right in the eyes of the Lord, but not wholeheartedly.

3. [Revelation 3:15](#)

"I know your works: you are neither cold nor hot. I Would that you were either cold or hot! Because you are lukewarm, I will spit you out of my mouth.

4. Col 3:23 - ²³ Whatever you do, work at it with all your heart, as though you were working for the Lord and not for people.

5. ^{LUKE 9:57} As they were walking along the road, a man said to him, "I will follow you wherever you go."⁵⁸ Jesus replied, "Foxes have dens and birds have nests, but the Son of Man has no place to lay his head."⁵⁹ He said to another man, "Follow me."

But he replied, "Lord, first let me go and bury my father."⁶⁰ Jesus said to him, "Let the dead bury their own dead, but you go and proclaim the kingdom of God."

⁶¹ Still another said, "I will follow you, Lord; but first let me go back and say goodbye to my family."⁶² Jesus replied, "No one who puts a hand to the plow and looks back is fit for service in the kingdom of God."

6. [Luke 10:27](#)

And he answered, "You shall love the Lord your God with **all your heart** and with all your soul and with all your strength and with all your mind, and your neighbor as yourself."

7. 2 Tim 4: for Demas, because he loved this world, has deserted me and has gone

8. Matt 13:4 - "A farmer went out to sow his seed. (1 out of 4)

As he was scattering the seed, some fell along the path, and the birds came and ate it up. Some fell on rocky places, where it did not have much soil. It sprang up quickly, because the soil was shallow. But when the sun came up, the plants were scorched, and they withered because they had no root. Other seed fell among thorns, which grew up and choked the plants. Still other seed fell on good soil, where it produced a crop--a hundred, sixty or thirty times what was sown.

He who has ears, let him hear."

9. James 4:4 - ⁴You adulterous people, don't you know that friendship with the world means enmity against God? Therefore, anyone who chooses to be a friend of the world becomes an enemy of God.

10. James 1: But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. ⁷That person should not expect to receive anything from the Lord. ⁸Such a person is double-minded and unstable in all they do.

11. Matt 11:7 – (a REED blowing in the wind?)

MSG Bible - When John's disciples left to report, Jesus started talking to the crowd about John. "What did you expect when you went out to see him in the wild? A weekend camper? Hardly. What then? A sheik in silk pajamas? Not in the wilderness, not by a long shot. What then? A prophet? That's right, a prophet! Probably the best prophet you'll ever hear."

The heart that's BROKEN!

The Heart is mentioned more than 945 times in the KJV.

Why Our heart gets broken / How God's heart gets broken

Gen 3:8 – God walked with Adam in the garden... (**Broken perfection**)

Psalms 34:18 - The Lord is close to the brokenhearted
and saves those who are crushed in spirit.

Luke 4:18 -²¹ He began by saying to them, "Today this scripture is fulfilled in your hearing." (Isa 61:1) "The Spirit of the Lord is upon Me, because He hath anointed Me to preach the Gospel to the poor. He hath sent Me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised,

Joseph wept aloud when he saw his brothers (Gen 45:1) family offenses

Peter wept bitterly when he denied Christ (Luke 22:60)

Have you ever disappointed God?

Job 16 –

My face is red with weeping, dark shadows ring my eyes;

may my cry never be laid to rest! ¹⁹ Even now my witness is in heaven; my advocate is on high. ²⁰ My intercessor is my friend as my eyes pour out tears to God; ²¹ on behalf of a man he pleads with God as one pleads for a friend.

Open sores on his body, his livestock (11,000 head), servants, and ten children all died

1 Samuel 30:4 Then **David** and the people who were with him lifted their voices and wept until there was no strength in them to weep.

Psalms 56:8

You have taken account of my wanderings; Put my tears in Your bottle.

Revelation 7:17

God will wipe every tear from their eyes.”

A psalm of David. A petition.

⁴ My guilt has overwhelmed me like a burden too heavy to bear.

⁶ I am bowed down and brought very low; all day long I go about mourning.

⁸ I am feeble and utterly crushed; I groan in anguish of heart.

3 causes of a Broken Heart:

1. A heart broken by betrayal.

Mt 1:18 - Mary was pledged to be married to Joseph, but before they came together, she was found to be pregnant through the Holy Spirit. ¹⁹ Because Joseph her husband was faithful to the law, and yet did not want to expose her to public disgrace, he had in mind to divorce her quietly.

In this case Joseph thought his love had betrayed him. Betrayal in love is probably the most familiar form of broken heart to us.

What is unusual about this case is that Joseph is wrong, Mary hasn't betrayed him.

2. Broken by malfunction / improper operation –

- a. Unthankful Ness – or gratitude?
- b. doubt and unbelief - or trust and obedience
- c. sanctioning sin – hunger for holiness

Psalm 66:18 - If I had cherished sin in my heart, the Lord would not have listened;

Psalm 51 - Wash away all my iniquity and cleanse me from my sin. ³ For I know my transgressions, and my sin is always before me. ⁴ Against you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge. ⁵ Surely I was sinful at birth, sinful from the time my mother conceived me. ⁶ Yet you desired faithfulness even in the womb; you taught me wisdom in that secret place.

3. Calloused and lack of empathy for others –

- a. good Samaritan – 3 passed by, didn't care
- b. 1 John 3:17 - If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person?
- c. Matt 25:³⁴ “Then the King will say to those on his right, ‘Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. ³⁵ For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited

me in, ³⁶ I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.'

⁴¹ "Then he will say to those on his left, 'Depart from me, you who are cursed, into the eternal fire prepared for the devil and his angels. ⁴² For I was hungry and you gave me nothing to eat, I was thirsty and you gave me nothing to drink, ⁴³ I was a stranger and you did not invite me in, I needed clothes and you did not clothe me, I was sick and in prison and you did not look after me.'

GOD's grief over us – His broken heart

Out of Compassion –

The wedding of His friend at Cana. In The Chosen, the grooms family couldn't afford enough wine (provided by Thomas and his girlfriend) and they were embarrassed in front of the brides wealthy parents.

Matt 9:36 – moved with compassion

John 11:35, the death of His friend Lazarus...

and Luke 19:

³⁷ When he came near the place where the road goes down the Mount of Olives, the whole crowd of disciples began joyfully to praise God in loud voices for all the miracles they had seen: ³⁸ "Blessed is the king who comes in the name of the Lord!" "Peace in heaven and glory in the highest!"³⁹ Some of the Pharisees in the crowd said to Jesus, "Teacher, rebuke your disciples!"⁴⁰ "I tell you," he replied, "if they keep quiet, the stones will cry out."

⁴¹ **As he approached Jerusalem and saw the city, he wept over it** ⁴² and said, "If you, even you, had only known on this day what would bring you peace—but now it is hidden from your eyes

Matt 22:37 –

“Jerusalem, Jerusalem, you who kill the prophets and stone those sent to you, how often I have longed to gather your children together, as a hen gathers her chicks under her wings, and you were not willing.

Out of Pain -

Genesis 6:6 NOAH

The Lord was sorry that He had made man on the earth, and He was grieved in His heart.

Gen 6:5 - The Lord saw how great the wickedness of the human race had become on the earth, and that every inclination of the thoughts of the human heart was only evil all the time.

Psalm 78:40 MOSES

How often they rebelled against Him in the wilderness

And grieved Him in the desert!

Isaiah 65:3

A people who continually provoke Me to My face,

Isa - 63:10 - ...they rebelled And grieved His Holy Spirit;

Ephesians 4:30

Do not grieve the Holy Spirit of God,

How to have a BIG heart - increase your Jesus capacity

1. don't be petty famous Petty's... Tom, Kyle, Richard,

(over react, make mountain out of molehill)

a. don't be easily offended

Psalm 119:165 -¹⁶⁵ Great peace have they which love thy law: and nothing shall offend them

Matt 11:6 - ⁶ Blessed is anyone who is not offended /does not stumble on account of me.

b. don't hold grudges

Lev 19:18 - ¹⁸ "Do not seek revenge or bear a grudge against anyone among your people, but love your neighbor as yourself. I am the Lord.

2. Don't be exclusive (play it safe, protective, defensive)

a. include people who are different

Rom 14:1-4 – welcome the one whos faith is week, don't quarrel over opinions.

Rom 2:11- God shows no partiality

b. take some risks – even when trust has been broken in the past

Matt 14:29 - Then Peter got down out of the boat, walked on the water and came toward Jesus.

Hebrews 11...Abraham, by faith...Noah, by faith...Moses...

- - - Don't insult God with ...Craig G

3. have faith with your limited resources

a. be generous when it scares you

2 cor 9:7 - Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.

b. remind yourself of who owns the supply

Phil 4:1⁹ But my God shall supply all your need according to his riches in glory by Christ Jesus.

4. Speak the best about people (Brian Houston quote)

Prov 18:21 - ²¹ The tongue has the power of life and death, and those who love it will eat its fruit.

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen” in **Ephesians 4:29**

a. any fool can be negative / critical

b. people flourish when nutrients are added

Whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things are pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things.. **Phil 4:8**

GOD...I want a BIG Heart!

Love, Trust, and/ or Guard your heart?

All too often when there is news of a tragedy, such as a mass shooting or a child suffering from bone cancer, there will be someone who will say something like, “God is in control. We must accept that what’s happened is part of God’s plan!”

At the funeral of a young man who died in a mountain climbing accident, the pastor said in his homily, “We must see what has happened as God’s will!” At that, the father of the young man stood and shouted, “NO NO NOT it was not God’s will! When my son died, God was the first one who cried.”

In a televised discussion between a Christian apologist and an avowed atheist, the Christian was stymied when asked, “If an all-powerful and loving God is in control of what happens in this world, then why is there so much suffering?”

POWER = control... LOVE = freedom (w benefits and consequences)

We will get back to that...

The Heart has 4 chambers. 2 intake 2 return - atrium / – ventricle

- **Storge** – empathy bond. Parent / child, Mother/ infant
- Philia – friendship bond.
- Eros – romantic love.
- **Agape** – unconditional "God" love.

Love gives, trust is giving, guarding is protecting.

The Bible says, Love God first, don't put trust in men, protect the sacred.

Above all else, guard your heart, for everything you do flows from it.

[Proverbs 4:23](#)

As water reflects the face, so one's life reflects the heart.

[Proverbs 27:19](#)

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

[Psalms 51:10](#)

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](#)

Jesus replied: 'Love the Lord your God with all your heart and with all your soul and with all your mind.'

[Matthew 22:37](#)

Name that tune...

What does the world think about Love, trust?

Tina Turner...

What's love got to do, got to do with it?

What's love but a second-hand emotion?

What's love got to do, got to do with it?

Who needs a heart when a heart can be broken?

Bo Diddly – 1956 original release

George Thorogood and the Destroyers - 1978

*I walk 47 miles of barbed wire
I use a cobra-snake for a necktie
I got a brand new house on the roadside
Made from rattlesnake hide
I got a brand new chimney made on top
Made out of a human skull
Now come on take a walk with me, Arlene
And tell me, who do you love?*

The Chainsmokers used this phrase on new song released in 2019

21 mill subscribers, 51 mill views on youtube

Ruined it !

Travis Tritt 1992 – can I trust you with my heart?

I don't mind being swept away
If I know right from the start...
So before we go much further
Can I trust you with my heart?

In the time we've spent together
I have learned to trust in you.
So many things you given...
Before I even asked you to.

But reality and romance
Are sometimes far apart.
So, what I really need to know is...

Can I trust you with my heart?

Can I cast my cares upon you?

Can you stand the heavy load?

Can I count on you to walk me, down that long and winding road?

If you promise me these simple things, I can guarantee...

You can always count on me.

Guarantees? Risks?

1 Peter 5:7 -

Casting all your care upon **him**; for he cares for you.

You can throw the whole weight of your anxieties upon him, for you are his personal concern.

Ps 20:7 - Some trust in chariots and some in horses, but we trust in the name of the LORD our God.

Ps 146:3 -Do not put your trust in princes, in human beings, who cannot save.

Take delight in the Lord, and he will give you the desires of your heart.

[Psalm 37:4](#)

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

[Proverbs 17:22](#)

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](#)

I have hidden your word in my heart that I might not sin against you.

[Psalm 119:11](#)

But I trust in your unfailing love; my heart rejoices in your salvation.

[Psalm 13:5-6](#)

“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,

[Joel 2:13](#)

The 1st and 2nd coming of Christ?

Love, mercy, humble, gentle, sacrificial lamb

Lord and King, Military leader, bringing justice, war, judgement

So how do we know that God is Love and you CAN TRUST in Him alone?

He is all powerful - Omnipotent

All knowing - Omniscient

Present Everywhere... - Omnipresent

Can He be all powerful and all Loving at the same time?

If He loves...why doesn't He ...Heal everyone suffering

Feed everyone hungry

Stop evil from happening?

POWER = Control / Love = freedom

If He controlled everything without choice or consequence,

It wouldn't be love!

Only 1 verse about Him being "omnipotent" KJV

Revelation 19:6

Then I heard something like the voice of a great multitude and like the sound of many waters and like the sound of mighty peals of thunder, saying, "Hallelujah! For the Lord our God, the Omnipotent (Almighty), reigns.

It's in the end. Justice is coming, His control will be in effect.

He chooses to love us and calls us to love Him.

Theologians debate pre destination and Free will... 2 pedals on a bike

Tony Campolo -

I am not questioning the extent of God's power. I believe that God has chosen not to be in control of everything going on in this world. In Christ, we find a God who deliberately gave up power to control everything in order to save the world through sacrificial love (Philippians 2). If God exercised total control over everything we do, we could not love God because love always requires the lover to freely choose to love. God relinquished power in order to give us the freedom to love.

LOVE / TRUST / or GUARD ?

Love approval, acceptance of people?

Trust people who will break your heart?

Guarded against God, afraid to risk surrendering to Him.

YOU want control?