

# shepherding THE HEART FOR HEALTH

## Understanding the Heart

### Shepherding the Heart for Health

- **Session 1** - 10/28 - *God's vision for Relationships within the Local Church*
- **Session 2** - 11/4 - *Understanding the Heart*
  - PRE-WORK – Excerpt from [Instruments in the Redeemer's Hands](#) by Paul Tripp
  - HOMEWORK: Identifying your Idols
- **Session 3** - 11/11 - *Understanding Health*
  - PRE-WORK – Newton's Stages of Spiritual Growth
- **Session 4** - 11/18 - *Understanding Healthy Heart Change*
- **Session 5** - 12/2 - *Walking with People in Struggle*
- **Session 6** - 12/9 - *Discernment: Identifying Issues and Determining Severity*

## THE HEART

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### Defining

**The Heart** - the source of all human thoughts, emotions and behavior

THAYER GREEK DICTIONARY - *kardia* - The centre and seat of...

- ...the spiritual life. It is the fountain and seat of the thoughts, passions, desires, appetites, purposes, endeavors
- ...the understanding, the faculty and seat of intelligence
- ...the will and character

Proverbs 4:23

Proverbs 27:19

Mark 7:20-23

"The heart is the real or essential you. All the ways in which the Bible refers to the inner person (mind, emotions, spirit, soul, will, etc.) are summed up with this one term: *heart*. The heart is the steering wheel of every human being. Everything we do is shaped and controlled by what our hearts desire."

- Timothy Lane and Paul Tripp, [How People Change](#), Page 14

### How the Heart Functions

- **Our hearts are ALWAYS** \_\_\_\_\_ (thinking, rationalizing, reasoning, believing, trusting)

Psalms 14:1

Mark 2:6-8

- **Our hearts are ALWAYS** \_\_\_\_\_ (desiring, loving, obeying)

Psalms 20:4

Deuteronomy 11:13

Jeremiah 15:16

Matthew 12:34-35

# *shepherding* THE HEART FOR HEALTH

## *Understanding the Heart*

**The anatomy of a choice:** Genesis 3:1-6

**Q:** How do we see Eve **interpreting** (thinking, rationalizing, reasoning, believing, trusting)?

**Q:** How do we see Eve **treasuring** (desiring, loving, obeying)?

*Our heart ultimately treasures what it believes to be greatest worth. What we ultimately treasure is what we seek and follow after.*

### *The Influences of the Heart*

- Physical Influences
- Circumstantial Influences
- Past Pain and Trauma Influences
- Spiritual Influences

**Q:** Why does it matter that we understand that our choices ultimately come back to our own hearts YET also appreciate the reality that our hearts can be influenced?

### *The Corruption of the Heart*

"That one sin released a deadly virus into the human heart, a virus till then contained among the fallen angels. From that point on, every person born of a man and woman approached life with the idea that there was something better than knowing God. We believed we could find more pleasure in God's provisions than in His Person. So we lived for pleasure without worrying whether we drew near to God or not." - **Larry Crabb, The Pressure's Off, Page 137**

*Jeremiah 17:9*

*Ephesians 4:17-19*

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## Understanding the Heart

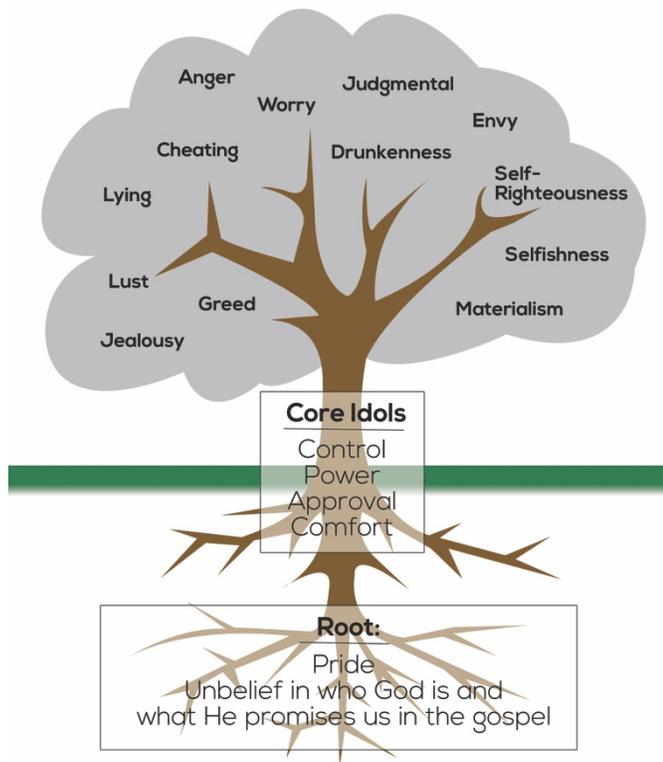
### THE HEART AT WORK

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*The Fruit traces to the Root*

**PRE-READING:** Excerpt from Chapter 4 of Instruments in the Redeemer's Hands – Paul Tripp

**Our sinful choices and their connection to the heart** - Ezekiel 14:1-6



#### EXERCISE

**External Sin:** \_\_\_\_\_

Different idols (remember we are worshippers)

**Q:** How could different idols lead someone to commit this sin?

Different unbelief (remember we are interpreters)

**Q:** What could be the unbelief under each of these different idols?

**External Sin:** \_\_\_\_\_

Different idols (remember we are worshippers)

**Q:** How could different idols lead someone to commit this sin?

Different unbelief (remember we are interpreters)

**Q:** What could be the unbelief under each of these different idols?

#### The Role of Emotions

##### Emotions as Indicators of the Heart

Dashboard light: Anger - What could the anger be an indicator of?

Dashboard light: Despair - What could the despair be an indicator of?

Dashboard light: Anxiety - What could the anxiety be an indicator of?

### THE IMPLICATIONS IN CARING FOR OTHERS

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**Q:** How does understanding the Biblical reality of the heart, and how it functions, affect how we relate and care for others?

## WHERE DO WE GO FROM HERE?

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### Mindfulness of the complexity of people

- In how we approach people
- In how we approach change

### Mindfulness of our own heart

- How are we interpreting the world? What story are we telling ourselves?
- What is our treasure? What do we seek?
- **Homework:** Complete the Identifying Your Idols EXERCISE and discuss it with your spouse

### Mindfulness of the deepest need of every heart - Ephesians 3:14-19

## 4 Idols that relate to the 5 categories of fleshly sins in Galatians 5

\*Adapted from [Gospel Coach](#) - Scott Thomas and Tom Wood - pages 65-66

**Sexual sins** include sins of sexual immorality, impurity, and sensuality.

The **power** idol uses sex to control or hurt another person.  
The **approval** idol uses sex as a means to find approval from one's lover.  
The **comfort** idol uses sex as a way to feel better and to provide comfort for the soul's pains.  
The **security** idol uses sex as a way to find a false sense of security in one's relationship or control over the other person.

**Relational sins** include enmity, strife, jealousy, anger, rivalries, dissensions, and divisions.

The **power** idol takes control of relationships through strength, intelligence, mind games, threats, and anger.  
The **approval** idol uses relationships to feel whole or right about one's self, especially if a person feels loved or respected by another person.  
The **comfort** idol uses relationships to feel whole if other people (parents, friends, and so forth) provide a happy relationship.  
The **security** idol uses relationships as a means to get things done and to feel productive.

**Religious sins** include idolatry and sorcery, the occult, living in a self-righteous way, and relying on legalism to seek satisfaction or wholeness.

The **power** idol uses adherence to the rules or moral codes and disciplines of religion to earn personal righteousness.  
The **approval** idol uses religion to feel "right with oneself" by fitting in with others in the community.  
The **comfort** idol uses religion and its rules as a standard to measure their peace with themselves and their god.  
The **security** idol uses religion to determine if they're safe in the manner they are living their life.

**Materialistic sins** include envy, evil desires, and covetousness, which is idolatry (Colossians 3:5).

Materialism finds wholeness to life in financial portfolios, nice homes, investment properties, new vehicles, clothing, technology, and in any other kind of material goods.

The **power** idol uses a person's net worth to take advantage of people and situations.  
The **approval** idol uses materialism to display to others why they are acceptable.  
The **comfort** idol uses materialism to feel a sense of ease in and around their things.  
The **security** idol uses materialism to get the things they want and to provide the lifestyle they desire.

**Indulgent sins** include drunkenness, getting high, orgies, and things like these.

The **power** idol has a sense of entitlement to indulge in lascivious lifestyles.  
The **approval** idol uses indulgence to be included among others, partying in sin.  
The **comfort** idol uses indulgence to ease pain and to experience an intoxicating feeling—even it is temporary.  
The **security** idol uses indulgence to remove inhibitions among others and to take advantage of their lost sense of justice and goodness.