

The Heart of Man



A Biblical Study
of the Heart

By Jack Holden

The Heart

Heb 4:12 *For the word of God [is] quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and [is] a discerner of the thoughts and intents of the heart.*

Introduction: The Bible has much to say about the heart of man. The fact is that the Bible knows the heart. In our English Bible there are 876 references to the heart. Therefore, I have come to the conclusion that it is a very important subject.

According to the Bible, the heart is the center not only of spiritual activity but also of all the activities of human life. The heart is “the home of the personal life” and “the center of the conscience”. Therefore a man is known by his heart.

- **His actions come from the heart.** Mt. 15:18, 19 *But those things which proceed out of the mouth come forth from the heart; and they defile the man. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies:*
- **By nature the heart is bad and contaminates all the life and character.** Jer 17:9 *The heart [is] deceitful above all [things], and desperately wicked: who can know it?*

Therefore, the heart must be changed before a person can obey God or please Him. This change of heart is what we call salvation and is possible only by believing and accepting the gospel of Jesus Christ according to the Bible. Salvation is a question of the heart.

Ac 2:37 ¶ *Now when they heard [this], they were pricked in their heart, and said unto Peter and to the rest of the apostles, Men [and] brethren, what shall we do?*

Ac 8:37 *And Philip said, If thou believest with all thine heart, thou mayest. And he answered and said, I believe that Jesus Christ is the Son of God.*

Ro 6:17 *But God be thanked, that ye were the servants of sin, but ye have obeyed from the heart that form of doctrine which was delivered you.*

Ro. 10:8-10 *But what saith it? The word is nigh thee, even in thy mouth, and in thy heart: that is, the word of faith, which we preach; 9 That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. 10 For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.*

The Bible says so much about the heart that it cannot be taught in one lesson; therefore I'm going to break the study into four lessons.

There are many themes in the Bible about the heart. For example, the Bible teaches about conditions of the heart, heart trouble, remedies for the heart and so on. This lesson is about the two classes of heart that we find in the Bible. Let's look at them.

I. **The Bad Heart.** Lu 6:45 *A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh.*

1. **The cause. We are born in this condition. Rom. 3:10-12**
As it is written, There is none righteous, no, not one: There is none that understandeth, there is none that seeketh after God. They are all gone out of the way, they are together become unprofitable; there is none that doeth good, no, not one.

Jer 17:9 *The heart [is] deceitful above all [things], and desperately wicked: who can know it?*

Gen. 8:21 *And the LORD smelled a sweet savour; and the LORD said in his heart, I will not again curse the ground any more for man's sake; for the imagination of man's heart [is] evil from his youth; neither will I again smite any more every thing living, as I have done.*

2. **The fruit that it produces.** The Bible gives us a list. (Mark 7:14-23) *“And when he had called all the people unto him, he said unto them, Hearken unto me every one of you, and understand: There is nothing from without a man, that entering into him can defile him: but the things which come out of him, those are they that defile the man. If any man have ears to hear, let him hear. And when he was entered into the house from the people, his disciples asked him concerning the parable. And he saith unto them, Are ye so without understanding also? Do ye not perceive, that whatsoever thing from without entereth into the man, it cannot defile him; Because it entereth not into his heart, but into the belly, and goeth out into the draught, purging all meats? And he said, That which cometh out of the man, that*

defileth the man. For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders, Thefts, covetousness, wickedness, deceit, lasciviousness, an evil eye, blasphemy, pride, foolishness: All these evil things come from within, and defile the man.” Also Gal. 5:19-21

3. **The Results of a bad heart.**

(1) **The earth and mankind destroyed.** (Ge. 6:5-7) *“And GOD saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually. And it repented the LORD that he had made man on the earth, and it grieved him at his heart. And the LORD said, I will destroy man whom I have created from the face of the earth; both man, and beast, and the creeping thing, and the fowls of the air; for it repenteth me that I have made them.”*

(2) **Man corrupted.** (Ro. 1:18-32) *“For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men, who hold the truth in unrighteousness; Because that which may be known of God is manifest in them; for God hath shewed it unto them. For the invisible things of him from the creation of the world are clearly seen, being understood by the things that are made, even his eternal power and Godhead; so that they are without excuse: Because that, when they knew God, they glorified him not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened. Professing themselves to be wise, they became fools, And changed the glory of the uncorruptible God into an image made like to corruptible man, and to birds, and fourfooted beasts, and creeping things. Wherefore God also gave them up to uncleanness through the lusts of their own hearts, to dishonour their own bodies between themselves: Who changed the truth of God into a lie, and worshipped and served the creature more than the Creator, who is blessed for ever. Amen. For this cause God gave them up unto vile affections: for even their women did change the natural use into that which*

is against nature: And likewise also the men, leaving the natural use of the woman, burned in their lust one toward another; men with men working that which is unseemly, and receiving in themselves that recompence of their error which was meet. And even as they did not like to retain God in their knowledge, God gave them over to a reprobate mind, to do those things which are not convenient; Being filled with all unrighteousness, fornication, wickedness, covetousness, maliciousness; full of envy, murder, debate, deceit, malignity; whisperers, Backbiters, haters of God, despiteful, proud, boasters, inventors of evil things, disobedient to parents, Without understanding, covenantbreakers, without natural affection, implacable, unmerciful: Who knowing the judgment of God, that they which commit such things are worthy of death, not only do the same, but have pleasure in them that do them.”

- (3) **Families destroyed.** (Mt 19:8) *He saith unto them, Moses because of the hardness of your hearts suffered you to put away your wives: but from the beginning it was not so.*
- (4) **Christianity perverted.** (Mr 7:1-9) *“Then came together unto him the Pharisees, and certain of the scribes, which came from Jerusalem. And when they saw some of his disciples eat bread with defiled, that is to say, with unwashen, hands, they found fault. For the Pharisees, and all the Jews, except they wash their hands oft, eat not, holding the tradition of the elders. And when they come from the market, except they wash, they eat not. And many other things there be, which they have received to hold, as the washing of cups, and pots, brasen vessels, and of tables. Then the Pharisees and scribes asked him, Why walk not thy disciples according to the tradition of the elders, but eat bread with unwashen hands? He answered and said unto them, Well hath Esaias prophesied of you hypocrites, as it is written, This people honoureth me with their lips, but their heart is far from me. Howbeit in vain do they worship me, teaching for doctrines the commandments*

of men. For laying aside the commandment of God, ye hold the tradition of men, as the washing of pots and cups: and many other such like things ye do. And he said unto them, Full well ye reject the commandment of God, that ye may keep your own tradition.”

- (5) **The soul lost and bound for hell.** (Ro 2:2-6) *“But we are sure that the judgment of God is according to truth against them which commit such things. And thinkest thou this, O man, that judgest them which do such things, and doest the same, that thou shalt escape the judgment of God? Or despisest thou the riches of his goodness and forbearance and longsuffering; not knowing that the goodness of God leadeth thee to repentance? But after thy hardness and impenitent heart treasurest up unto thyself wrath against the day of wrath and revelation of the righteous judgment of God; Who will render to every man according to his deeds:”*

II. **The Good Heart** Lu 6:45 *A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh.*

1. **The Cause.** The new birth, salvation by faith. Rom. 10:9 *That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. 10 For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.*
2. **The Fruit that it produces.** 2 Ti 2:22 *Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart. Ga 5:22,23 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, Meekness, temperance: against such there is no law.*
3. **The Results of a good Heart.**
 - (1) Unity. Acts 2:47 *Praising God, and having favour*

with all the people. And the Lord added to the church daily such as should be saved. Acts 4:32 ¶ And the multitude of them that believed were of one heart and of one soul: neither said any [of them] that ought of the things which he possessed was his own; but they had all things common.

- (2) **Purpose.** Acts 11:23 *Who, when he came, and had seen the grace of God, was glad, and exhorted them all, that with purpose of heart they would cleave unto the Lord.*
- (3) **Servants.** (Ro 6:17-19) *“But God be thanked, that ye were the servants of sin, but ye have obeyed from the heart that form of doctrine which was delivered you. Being then made free from sin, ye became the servants of righteousness. I speak after the manner of men because of the infirmity of your flesh: for as ye have yielded your members servants to uncleanness and to iniquity unto iniquity; even so now yield your members servants to righteousness unto holiness.”*
- (4) **Desire for souls.** Rom. 10:1 ¶ *Brethren, my heart’s desire and prayer to God for Israel is, that they might be saved.*
- (5) **Peace.** Phil. 4:7 *And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.*
- (6) **Heaven.** Rom. 10:9 *That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.*

Conclusion: Psalm 26:2 *Examine me, O LORD, and prove me; try my reins and my heart.*

What kind of heart do you have?

John 14:1, 27 *Let not your heart be troubled: ye believe in God, believe also in me. 27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.*

Prov. 4:23 *Keep thy heart with all diligence; for out of it [are] the issues of life.*

Introduction: We can see from the text in John 14 that the disciple's hearts were troubled. Something had happened that affected their hearts. I have preached about this, etc. Of course Jesus gave them help for their hearts.

There are certain things that affect the physical heart. For example: alcohol, drugs, tobacco, caffeine, excess weight, certain foods, stress, etc., are bad things that affect the heart. Exercise, the right foods, happiness, etc. are things that affect the heart for good.

At times we have problems with the heart because something has affected it. If I had a problem with my heart, I would see a heart specialist because I want to keep my heart in good order.

There also are things that affect the spiritual heart and cause certain effects on the heart. The spiritual heart or Bible heart is more important than the physical heart. God knows the heart. (Both physical and spiritual). He is the Great Physician, therefore we are going to let Him advise us on what affects the heart (spiritual heart), and we are going to use His book.

I. **Things of life.** (Mt 5:28) *But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.*

(Mt 6:21) *For where your treasure is, there will your heart be also.*

That treasure can be whatever. There are many examples: Flesh, sports, jobs, cars, hobbies, clothes and many other things that can and will have an effect on the heart. These things can draw the heart away from God. We must be careful!

II. **Man.** (Ro 16:17-18) *Now I beseech you, brethren, mark them which cause divisions and offences contrary to the doctrine which ye have learned; and avoid them. For they that are such*

serve not our Lord Jesus Christ, but their own belly; and by good words and fair speeches deceive the hearts of the simple.

False prophets and false teachers can contaminate the heart. (Benny Hinn, Rick Warren, Joel Osteen, and others.)

(1 Co. 2:1-5) And I, brethren, when I came to you, came not with excellency of speech or of wisdom, declaring unto you the testimony of God. For I determined not to know any thing among you, save Jesus Christ, and him crucified. And I was with you in weakness, and in fear, and in much trembling. And my speech and my preaching was not with enticing words of man's wisdom, but in demonstration of the Spirit and of power: That your faith should not stand in the wisdom of men, but in the power of God.

We need to listen and read after only those whom we **KNOW** to be men of God. It is very important who we listen too. (2 Co. 11: 13-15)

III. **Satan.** (Mr 4:15) *And these are they by the way side, where the word is sown; but when they have heard, Satan cometh immediately, and taketh away the word that was sown in their hearts. (John 13:2) And supper being ended, the devil having now put into the heart of Judas Iscariot, Simon's [son], to betray him; (Acts 5:3) But Peter said, Ananias, why hath Satan filled thine heart to lie to the Holy Ghost, and to keep back [part] of the price of the land?*

These examples show us that Satan is after the heart of man. We must guard the entrance to our heart and also the heart of others. Visitors for example and people under conviction.

IV. **The Word of God.** Note these examples. (Ac 2:37) *Now when they heard [this], they were pricked in their heart, and said unto Peter and to the rest of the apostles, Men [and] brethren, what shall we do? It brings repentance to the sinner. (Ac 7:54) When they heard these things, they were cut to the heart, and they gnashed on him with [their] teeth. It rebukes. (Lu 24:32) And they said one to another, Did not our heart burn within us, while he talked with us by the way, and while he opened to us the scriptures? It brings a desire for communion. Also Ro. 10:8-17*

V. **The Holy Spirit.** (Ro 5:5) *And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy*

Ghost which is given unto us. (La. 3:5) Mine eye affecteth mine heart... That means that the Holy Ghost moves on our heart and leads us according to His will. We must allow Him access to our HEART!

VI. **God Himself. Many examples:**

- **Pharaoh** (Ex. 9:14) *For I will at this time send all my plagues upon thine heart, and upon thy servants, and upon thy people; that thou mayest know that [there is] none like me in all the earth. (Ex 10:1) ¶ And the LORD said unto Moses, Go in unto Pharaoh: for I have hardened his heart, and the heart of his servants, that I might shew these my signs before him:*
- **Kings** (Pr 21:1) *The king's heart [is] in the hand of the LORD, [as] the rivers of water: he turneth it whithersoever he will.*
- **Servants.** (Neh. 2:12) *And I arose in the night, I and some few **men** with me; neither told I [any] man what my God had put in my heart to do at Jerusalem: neither [was there any] beast with me, save the beast that I rode upon. (Neh 7:5) And my God put into mine heart to gather together the nobles, and the rulers, and the people, that they might be reckoned by genealogy. And I found a register of the genealogy of them which came up at the first, and found written therein,*
- **Israel.** (Heb 10:16) *This [is] the covenant that I will make with **them** after those days, saith the Lord, I will put my laws into their hearts, and in their minds will I write them;*
- **Those who want to be saved.** (Ac 16:14) *And a certain woman named Lydia, a seller of purple, of the city of Thyatira, which worshipped God, heard [us]: whose heart the Lord opened, that she attended unto the things which were spoken of Paul.*

Conclusion: We do not know our own heart, but God knows it. Therefore we need to turn it over to Him so that He can examine it.

(Ps 139:23) Search me, O God, and know my heart: try me, and know my thoughts:

(Pr 23:7) *For as he thinketh in his heart, so [is] he: ...*

How is your heart? Has something affected your heart and drawn it away from God? We need to let the Word of God, The Holy Spirit and God Himself affect and control our hearts.

(Psalm 139: 23-24) *Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting.*

Introduction: There are things that affect the heart and cause certain effects or certain conditions. There are negative effects and positive effects and Christians and unbelievers are affected equally. Let's let God examine our hearts to see if there is a problem. He is the Great Physician. We are going to look at the unbeliever first.

I. Conditions of the unbeliever's heart.

1. **Hard and away from God.** (Mr 3:5) *And when he had looked round about on them with anger, being grieved for the hardness of their hearts, he saith unto the man, Stretch forth thine hand. And he stretched [it] out: and his hand was restored whole as the other.*

(Mr 7:6) *He answered and said unto them, Well hath Esaias prophesied of you hypocrites, as it is written, This people honoureth me with [their] lips, but their heart is far from me. This is the heart of the religious person. They are deceived. (by the false teachings of man). Many examples in the Bible: Paul, Nicodemus, etc.*

2. **Hard, blind and without repentance.** (Ro 1:21) *Because that, when they knew God, they glorified [him] not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened. (Ro 2: 5) But after thy hardness and impenitent heart treasurest up unto thyself wrath against the day of wrath and revelation of the righteous judgment of God; (Eph 4:18) Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart:*

These verses describe the heart of the unbeliever and the atheist. Certain things have affected the heart to the degree that it is hard, blind and closed to God.

3. **Wicked and not right with God.** (greedy)

(Acts 8:19-23) *Saying, Give me also this power, that on whomsoever I lay hands, he may receive the Holy Ghost. 20 But Peter said unto him, Thy money perish with thee, because thou hast thought that the gift of God may be purchased with money. 21 Thou hast neither part nor lot in this matter: for thy heart is not right in the sight of God. 22 Repent therefore of this thy wickedness, and pray God, if perhaps the thought of thine heart may be forgiven thee. 23 For I perceive that thou art in the gall of bitterness, and in the bond of iniquity.*

This man was not saved but was with the disciples and looked like one of them for a while. He was so greedy that he wanted to make money from the gift of the Holy Ghost. Peter told him like it was, that he was wicked, etc.

The cure or remedy for all this is salvation. Only God can touch and open the heart in order to change it.

(Ac 2:37) ¶ *Now when they heard [this], they were pricked in their heart, and said unto Peter and to the rest of the apostles, Men [and] brethren, what shall we do?*

It is possible to have a big heart, a generous heart, a kind heart, etc., without being saved. There are many nice people who do good works from the heart expecting to be saved by this. But it doesn't work that way.

II. **The conditions of a believer's heart.** Christians can experience many different heart conditions both good and bad, but I am only going to mention four.

1. **Slow of heart to believe the Word of God.** (Lu 24:25) *Then he said unto them, O fools, and slow of heart to believe all that the prophets have spoken: Look at the context. Many in our churches today have this heart condition.*

(1). **The opposite is a burning heart.** (Luke 24:32) *And they said one to another, Did not our heart burn within us, while he talked with us by the way, and while he*

opened to us the scriptures?

- (2). **The Remedy is the presence of Jesus and His Word in our lives.** (Ac 4:13) *Now when they saw the boldness of Peter and John, and perceived that they were unlearned and ignorant men, they marveled; and they took knowledge of them, that they had been with Jesus.*

(1 Cor. 2:9-13) But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him. 10 But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God. 11 For what man knoweth the things of a man, save the spirit of man which is in him? even so the things of God knoweth no man, but the Spirit of God. 12 Now we have received, not the spirit of the world, but the spirit which is of God; that we might know the things that are freely given to us of God. 13 Which things also we speak, not in the words which man's wisdom teacheth, but which the Holy Ghost teacheth; comparing spiritual things with spiritual.

2. **Troubled hearts.** (Jn. 14:1) *Let not your heart be troubled:* Many Christians have this condition.

- (1) **The opposite is a peaceful heart.** (Col 3:15) *And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.*

- (2) **The remedy is three-fold:**

a. **Prayer** (Phil. 4:6-7) *Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.*

b. **The will of God.** (Isa 26:3) *Thou wilt keep [him] in perfect peace, [whose] mind [is] stayed [on thee]: because he trusteth in thee.*

- c. **The Word of God.** (Ps 119:165) *Great peace have they which love thy law: and nothing shall offend them.*
3. **Hearts full of lies and deceit.** (Acts 5:3-4) *But Peter said, Ananias, why hath Satan filled thine heart to lie to the Holy Ghost, and to keep back part of the price of the land? Whiles it remained, was it not thine own? and after it was sold, was it not in thine own power? why hast thou conceived this thing in thine heart? thou hast not lied unto men, but unto God.*
- (1) **The opposite is a sincere and pure heart.** (He. 10:22) *Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water. (2 Co 9:7) Every man according as he purposeth in his heart, [so let him give]; not grudgingly, or of necessity: for God loveth a cheerful giver.*
- (2) **The Remedy is repentance and cleaning of the heart.** (Ac 8:22) *Repent therefore of this thy wickedness, and pray God, if perhaps the thought of thine heart may be forgiven thee. (Ps 51:10) Create in me a clean heart, O God; and renew a right spirit within me.*
4. **Hard hearts due to lack of faith.** (Mr 6:52) *For they considered not [the miracle] of the loaves: for their heart was hardened. (Mr 8:17) And when Jesus knew [it], he saith unto them, Why reason ye, because ye have no bread? perceive ye not yet, neither understand? have ye your heart yet hardened? This condition produces doubts and fear.*
- (1) **The opposite is a trusting heart full of faith.** Ready to ask for the necessities of life. (Mt. 11: 23-24) *For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith. Therefore I say unto you, What things soever ye desire, when ye pray,*

believe that ye receive them, and ye shall have them.

- (2) **The remedy is pure faith in God, trusting in His Word.** (Ps. 37:3-4) *Trust in the LORD, and do good; so shalt thou dwell in the land, and verily thou shalt be fed. Delight thyself also in the LORD; and he shall give thee the desires of thine heart. (Prov. 3:5-6) Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.*

Conclusion. After the exam, what is the condition of your heart? Do you have a heart condition that needs to be corrected?

(Ps 26:2) *Examine me, O LORD, and prove me; try my reins and my heart.*

(Ps 44:21) *Shall not God search this out? for he knoweth the secrets of the heart.*

(Jer 17:10) *I the LORD search the heart, [I] try the reins, even to give every man according to his ways, [and] according to the fruit of his doings.*

(Ps 139:23) *Search me, O God, and know my heart: try me, and know my thoughts:*

(Proverbs 4:20-23) *My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine **heart**. For they are life unto those that find them, and health to all their flesh. Keep thy **heart** with all diligence; for out of it are the issues of life.*

Introduction: We have studied various themes about the heart: the classes of the heart, things that affect the heart and conditions of the heart. Today we are going to study how to maintain a healthy heart. We have to maintain our physical hearts and it is equally important to maintain our spiritual hearts. Jesus Christ the Great Physician has written a book on the subject to help us do this. The Book covers all aspects of life but today we will look at only the heart. Jesus is a good doctor, He doesn't charge for His services, His office is never closed and He has compassion on His patients. Therefore, let's think on what we find in His Book.

To maintain the heart in good condition:

- I. **At times we need medicine.** (like me) Something to regulate the rhythm, something else for pressure and possibly other things. For the spiritual heart this medicine is the Word of God. (Proverbs 4:20-23) *My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine **heart**. For they are life unto those that find them, and health to all their flesh. Keep thy **heart** with all diligence; for out of it are the issues of life. We need a pill or two daily or maybe two heaping spoonfuls. My medicine says don't skip doses or stop taking it without the doctor's consent.*
- II. **We must eat right.** (Psalms 119:11) *Thy word have I hid in mine **heart**, that I might not sin against thee.* (1 Peter 2:2) *As newborn babes, desire the sincere milk of the word, that ye may grow thereby:* Our main spiritual food is the Word. That doesn't mean that all we should consume is the Bible but it does mean that we must be careful what we consume. There are many things that will have a negative effect on the heart. We must maintain a balanced spiritual diet.
- III. **We need exercise.** The doctors tell us that the right kind of exercise is just as important as diet to maintain the physical heart. So it is with the spiritual. There are three types of

spiritual exercise that are extremely important:

1. Deep knee bends. (Prayer) i.e. confessing sin, worshipping, etc. (Psalms 51:10) *Create in me a clean **heart**, O God; and renew a right spirit within me.* (Proverbs 15:8) *The sacrifice of the wicked is an abomination to the LORD: but the prayer of the upright is his delight.* (Proverbs 15:29) *The LORD is far from the wicked: but he heareth the prayer of the righteous.* Prayer is important. There are 511 references in the Bible.
2. Lifting up of hands. (Praise) (1 Timothy 2:8) *I will therefore that men pray every where, lifting up holy hands, without wrath and doubting.* (Hebrews 13:15) *By him therefore let us offer the sacrifice of praise to God continually, that is, the fruit of [our] lips giving thanks to his name.* (Psalms 33:1) *Rejoice in the LORD, O ye righteous: [for] praise is comely for the upright.* (Psalms 111:1) *Praise ye the LORD. I will praise the LORD with [my] whole **heart**, in the assembly of the upright, and [in] the congregation.*
3. Walking (with God) (Galatians 5:16) *[This] I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.* (Colossians 2:6) *As ye have therefore received Christ Jesus the Lord, [so] walk ye in him:*

IV. **We must avoid stress.** There is only one way to do this, by trusting completely in Him.

(Proverbs 3:5-8) *“Trust in the LORD with all thine **heart**; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones.”* (Philippians 4:6-7) *Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your **hearts** and minds through Christ Jesus.*

V. **We must maintain a good social life.** The fellowship of the brethren, our family.

(Psalm 133:1) *Behold, how good and how pleasant it is for*

brethren to dwell together in unity! It is like the precious ointment upon the head, that ran down upon the beard, even Aaron's beard: that went down to the skirts of his garments; As the dew of Hermon, and as the dew that descended upon the mountains of Zion: for there the LORD commanded the blessing, even life for evermore. It is soothing and refreshing and does the heart good. The people of the world affect us negatively.

(Eph. 5:6-12) Let no man deceive you with vain words: for because of these things cometh the wrath of God upon the children of disobedience. Be not ye therefore partakers with them. For ye were sometimes darkness, but now are ye light in the Lord: walk as children of light: (For the fruit of the Spirit is in all goodness and righteousness and truth;) Proving what is acceptable unto the Lord. And have no fellowship with the unfruitful works of darkness, but rather reprove them. For it is a shame even to speak of those things which are done of them in secret.

VI. We must get regular exams and listen to what the Doctor says.

*(Psalms 26:2) Examine me, O LORD, and prove me; try my reins and my **heart**. (Psalms 139:23) Search me, O God, and know my **heart**: try me, and know my thoughts: And see if [there be any] wicked way in me, and lead me in the way everlasting. We need an exam more than one time a year. We need regular exams.*

Conclusion. The condition of the heart is very important for the Christian. If we are going to please God and enjoy a good life, we must maintain a healthy spiritual heart. When was your last exam and what did you find out? What have you done if there was a problem?