

Matters of the Heart

Part one: "Heart conditions"

Reflection and study notes

Heart conditions

Ps 13:2 How long must I wrestle with my thoughts and every day have sorrow in my **heart**? How long will my enemy triumph over me?

Ps 22:14 I am poured out like water and all my bones are out of joint. My **heart** has turned to wax; it has melted away within me.

Ps 25:17 The troubles of my **heart** have multiplied; free me from my anguish.

Ps 26:2 Test me, O LORD, and try me, examine my **heart** and my mind.

Ps 38:8 I am feeble and utterly crushed; I groan in anguish of **heart**.

Ps 38:10 My **heart** pounds, my strength fails me; even the light has gone from my eyes.

Ps 39:3 My **heart** grew hot within me, and as I meditated, the fire burned; then I spoke with my tongue:

Introduction:

Just as one of the leading killers today is coronary heart disease, so many people die from heart sicknesses that have an emotional and spiritual origin. The **matters of the heart** matter to you heart!

The Bible has lots to say about many different heart conditions.

Jesus outlines three very clear heart conditions in The Parable of the Sower found in Matthew 13:1-23.

Heart conditions to look out for ...

The Hollow heart (seed that fell on the path)

A shallow heart caused by pursuit of pleasure.

Abounding but not abiding.

No refuelling.

Passion that fails to feel compassion.

Numb to wonder.

You become emotionally distant.

If left unchecked, will result in emptiness.

Ecc 2:10&11 *"I denied myself nothing my eyes desired; I refused my heart no pleasure. My **heart** took delight in all my work, and this was the reward for all my labour ... everything was meaningless, a chasing after wind."*

The Hardened heart (seeds that fell among the rocks)

The pain of life hardens the heart. Cold, flattened, war-torn and battle weary. You know you have this when...

Your first thought is critical rather than belief.

You wear the black heart of negativism.

You are unable to feel emotions – emotionally dead.

You are in constant relationship pain.

You hurt others before they can hurt you.

Hardness of heart happens when you develop a need to be right at all costs. If left unchecked, you will either be in constant conflict with others or you will withdraw from engaging in relationships.

Ps 73:21-22 *"When my **heart** was grieved and my spirit embittered, I was senseless and ignorant; I was a brute beast before you."*

Isaiah 6:10 *Make the **heart** of this people calloused; make their ears dull and close their eyes. (Hebrew; Septuagint 'You will be ever hearing, but never understanding; you will be ever seeing, but never perceiving.')* This people's **heart** has become calloused; they hardly hear with their ears, and they have closed their eyes

NOTES	Matters of the Heart Part one: "Heart conditions"
<p>Facts about your heart</p> <ol style="list-style-type: none"> The Greeks have named the heart Kardia (cardiac). The Romans modified kardia to Cor from which the word "cordial" is derived. The old Teutonic word herton was also derived from cor and gives us heart via the medieval word heorte. Your heart pumps 15 -20L of blood every minute or 1 million barrels an average life time. That's enough to fill more than 3 super tankers. Your heart circulates 5.6L of blood throughout you body three times every minute. Your system of blood vessels – arteries, veins and capillaries – is over 100,000 km long, that's more than twice around the world. Your heart beats about 100,000 times a day and about 35 million time a year. That's more than 2.5 billion times for an average life time. Sure gives new meaning to "missing a beat!" Try squeezing a tennis ball hard, 100,000 times a day. That's the amount of pressure your heart uses to pump your blood. Cardiovascular Disease is the leading cause of death (in NZ), accounting for 40% of all deaths in 2000. The death rate from coronary heart disease is more than twice as high for men than women. Sixteen New Zealanders die each day or one person every 90 minutes as a result of coronary heart disease. 	<p>The Hurried heart (seeds that fell among the thorns) The pace of life brings all kinds of worry and chokes the life out of you. Doing too many things at once. Hurry sickness. You know you have it when ...</p> <ul style="list-style-type: none"> You are skimming through life. You lose focus. You have no time for the little things. You have no treasures. Emotionally shallow. <p>If left unchecked, you will no longer know what really matters. Luke 1:51 <i>Then he went down to Nazareth with them and was obedient to them. But his mother treasured all these things in her heart.</i></p> <p>The beginnings of healing the heart Recognise the symptoms.</p> <ul style="list-style-type: none"> Unexplained tears Unexplained moments of panic and anxiety Sustained pressure over a long period of time A physical feeling of emptiness <p>Attend to the pain This pain is there to save your life! Listen to you body. Listen to your heart. Ecclesiastes 7:2-4 <i>It is better to go to a house of mourning than to go to a house of feasting, for death is the destiny of every man; the living should take this to heart. Sorrow is better than laughter, because a sad face is good for the heart. The heart of the wise is in the house of mourning, but the heart of fools is in the house of pleasure.</i></p> <p style="text-align: center;">Matters of the heart <i>When the heart is hardened Pain sears the emotions Unable to feel</i></p> <p style="text-align: center;"><i>When the heart is hurried Pace blinds You forget what really matters</i></p> <p style="text-align: center;"><i>When the heart is heavy Peace is lost Yesterday, today and tomorrow weigh heavy as worry</i></p> <p style="text-align: center;"><i>When the heart is hungry A search begins Fragile hope dares to believe</i></p> <p style="text-align: center;"><i>When the heart is happy I find myself in the world The world finds me</i></p>