

# Matters of the Heart

## Part two: "Healing the heart"

Reflection and study notes

Dig deep	<b>Introduction:</b> "Hope deferred makes the heart sick, but when dreams come true, there is life and joy" Proverbs 13:12
Where?	When hope is lost the heart gets sick. Healing the heart comes with the restoration of hope!
To the deepest place in your being	What's your personal level of hope? In each of the three heart conditions, the hollow heart, the hurried heart and the hardened heart, hope plays a critical role in the healing process.
To the place where "why?" is exhausted and becomes, "it just is!"	<b>1. The Hollow heart (seed that fell on the path)</b> A shallow heart caused by pursuit of pleasure. The hollow heart needs... (Psalm 8) <ul style="list-style-type: none"><li>A bigger perspective</li><li>To discover a bigger reason / purpose for life</li><li>To revisit vision and values</li><li>To experience compassion</li><li>To give and to serve others</li></ul>
The place where you are prepared to live and die.	<b>2. The Hurried heart – (seeds that fell among the thorns)</b> The pace of life brings all kinds of worry and chokes the life out of you. Doing too many things at once. Hurry sickness. The hurried heart needs... (Psalm 23) <ul style="list-style-type: none"><li>Boundaries</li><li>To dial down – slow down</li><li>Spaces of solitude and silence</li><li>To create some "green belts"</li><li>Treasures</li><li>To own this but also do it in community</li><li>To receive and to be served by others</li></ul>
The place where your breath and soul connect.	
Where thinking and acting become an unbroken rhythm of who you are.	
For until you have found your own unique value you are of no value to those you would lead.	
Dig deep	
"For where your treasure is, there your heart will be also." Mtt 5:8	The natural rhythm of our heart is to give and receive. Through the arteries, the heart gives oxygenated blood to the entire body. Through the veins, it receives the blood back and purifies it before sending it out again. Life is a continual balance of giving and receiving. The heart that is giving too much and not receiving enough will eventually wear out. <i>What is your giving and receiving balance?</i> <i>Are you giving without receiving?</i> <i>Are you receiving without giving?</i>
"A heart at peace gives life to the body, but envy rots the bones." Prov 14:30	

NOTES	Matters of the Heart Part two: "Healing the heart"
<p><b>Matthew 5:3-8</b></p> <p>"Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they will inherit the earth. Blessed are those who hunger and thirst for righteousness, for they will be filled. Blessed are the merciful, for they will be shown mercy. Blessed are the pure in heart, for they will see God."</p> <p>What does this passage have to say about the healing of the human heart?</p> <p>"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." Ezek 36:26</p>	<p><b>3. The Hardened heart (seeds that fell among the rocks)</b></p> <p>The pain of life hardens the heart.</p> <p>The hardened heart needs... (Psalm 42 &amp; 51)</p> <p>Memories - these should never get old</p> <p>Stories of hope</p> <p><i>"These things I remember as I pour out my soul ..."</i> Ps 42:4</p> <p>What is the story you haven't told for a long time?</p> <p>When was the last time you told a story of hope?</p> <p>Do you see any hope on the horizon?</p> <p>To be broken</p> <p>Forgiveness (transplant)</p> <p><i>"the sacrifices of God are a broken spirit; a broken and contrite heart"</i> Ps 51:17</p> <p>Unfortunately, there are times when the only healing for a hardened heart is that it first be broken.</p> <p>Ps 51: 3, 4, 6-10</p> <p><i>"Wash me clean from my guilt. Purify me from my sin. For I recognize my shameful deeds - they haunt me day and night. Against you, and you alone, have I sinned; I have done what is evil in your sight. But you desire honesty from the heart, so you can teach me to be wise in my inmost being. Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow. Oh, give me back my joy again; <b>you have broken me – now let me rejoice.</b> Don't keep looking at my sins. Remove the stain of my guilt. <b>Create in me a clean heart, O God. Renew a right spirit within me.</b>"</i></p> <p style="text-align: center;"><i>Lord search me and know my heart</i></p> <p style="text-align: center;"><i>To the hollow heart</i></p> <p style="text-align: center;"><i>Show me who I am in the vastness of who you are</i></p> <p style="text-align: center;"><i>Let me give life to others</i></p> <p style="text-align: center;"><i>Renew my compassion</i></p> <p style="text-align: center;"><i>To the hurried heart</i></p> <p style="text-align: center;"><i>Slow me down</i></p> <p style="text-align: center;"><i>Let me receive of your life-giving waters</i></p> <p style="text-align: center;"><i>Restore and refresh</i></p> <p style="text-align: center;"><i>To the hardened heart</i></p> <p style="text-align: center;"><i>Refresh me with stories of hope</i></p> <p style="text-align: center;"><i>Forgive me</i></p> <p style="text-align: center;"><i>Replace my heart of stone with a heart of flesh</i></p>