

# The Heart is the Heart of All Relationships

Matthew 19:3-8

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**Main point: A damaged heart leads to damaged relationships, but a healed heart leads to healed relationships**

**A. What is a damaged heart? A heart that has been wounded by sin and pain that is unable to give and receive love.**

**B. The symptoms of a damaged heart:**

1. Playing the sculptor
2. Emotional window shopping
3. Living with perpetual regret
4. Practicing criticism and sarcasm
5. Leveraging your love
6. Feeling a lack of sympathy and emotion
7. Becoming easily angered, unwilling to forgive

**C. Twelve types of damaged hearts (Twelve Locked Hearts, Dr. John Regier)**

1. The Abandoned Heart - loss of parents' presence in formative years
2. The Neglected Heart - loss of needed nurture, acceptance, and love
3. The Angry Heart - characterized by resentment, outbursts of hostility
4. The Defiled Heart - the result of physical, sexual, or emotional abuse
5. The Detached Heart - emotionally withdraws in painful situations
6. The Judgmental Heart - critical and unpleasable evaluation of others
7. The Bitter Heart - an unwillingness to let go of past pain and hurt
8. The Controlling Heart - dominates or manipulates others out of fear
9. The Prideful Heart - self-focus in relationships
10. The Rebellious Heart - reacts to authority often from past injustices
11. The Immoral Heart - indulges in sin and pursues false intimacy
12. The Temporal Values Heart - focuses on outward success and possessions

**D. Continually stepping on each other's pain:** If we came from a troubled home, 90% of us will marry our most difficult parent and the hurt is repeated.

**E. What is a healed heart?** A heart released from sin and restored by love (verses 13-14)

1. Ask God to do a thorough heart exam (Psalm 139:23-24)
2. Confess each are of hardness of heart to God and someone else (James 5:16)
3. Cancel the moral debt of those who caused your pain (Mark 11:25)
4. Replace the lies that come from pain with the truth (2 Corinthians 10:4-5)
5. Invite God to replace your hardened heart with a softened one (Ezekiel 36:26)
6. Let Jesus bring peace to your heart through listening prayer (John 14:25-27)
7. Pray daily to be filled with the Holy Spirit (Ephesians 5:22-26)

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