

## **Habits of a Healthy Heart—1 The Habit That Will Heal Your Heart**

*“The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is?” Jeremiah 17:9 NLT*

**If you want to change your life, change your habits.  
If you want to change your habits, let God change your heart.**

### **Habits of a Healthy Heart**

- **The Habit of Self-Examination**
- **The Habit of Simplicity**
- **The Habit of Solitude**
- **The Habit of Sorrow**
- **The Habit of Slowing**

*Search me, God, and know my heart; test me and know my anxious thoughts. <sup>24</sup>See if there is any offensive way in me, and lead me in the way everlasting. Psalm 139:23-24 NIV*

*In the spring of the year, when kings normally go out to war, David sent Joab and the Israelite army to fight the Ammonites. ... However, David stayed behind in Jerusalem. 2 Samuel 11:1 NLT*

*In their own eyes they flatter themselves too much to detect or hate their sin. Psalm 36:2 NIV*

### **5 Indicators of Self-Deception**

- **Addiction to Distraction**
- **Manic Cheeriness**
- **Judgmentalism**
- **Defensiveness**
- **Cynicism**

*Then Nathan said to David, “You are the man! ...”*

2 Samuel 12:7 NIV

- **What problem are you denying?**
- **What sin are you rationalizing?**
- **What issue are you hiding?**

### **3 Warning Signs**

- 1. Watch for what others have tried to tell you.**
- 2. Watch for what you rationalize.**
- 3. Watch for where you’re most defensive.**

**The more convinced you are that you don’t have a problem, the more likely it is that you do.**

**You cannot change what you won’t confront.**

*Create in me a pure heart, O God, and renew a steadfast spirit within me. ... <sup>12</sup>Restore to me the joy of your salvation and grant me a willing spirit, to sustain me. Psalm 51:10, 12 NIV*

*Search me, God, and know my heart; test me and know my anxious thoughts. <sup>24</sup>See if there is any offensive way in me, and lead me in the way everlasting. Psalm 139:23-24 NIV*

## TALK IT OVER

Read **Psalm 139:23-24**. Have you practiced the habit of self-examination before? What are your thoughts or feelings when you think about this habit?

Talk about a time when you confronted a personal problem or sin. How did God work in your life, and what did you learn as a result?

Share one habit that you need to quit. How would your life look different a year from now if you allowed God to work in your life and change your heart?

Start the *How to Slow Down and Simplify Your Life* Bible Plan using Plans With Friends: [www.go2.lc/simplify](http://www.go2.lc/simplify)