

## **Matters of the Heart**

**We are ten days from the month of Elul which begins at sunset , Sunday August 24<sup>th</sup> 2025. The 1st of Elul begins a time of repentance in preparation for the High Holy Days, 30 days until Yom Teruah and 40 days till Yom Kippur. Elul is the time to search one's heart and draw close to God in preparation for the coming Day of Judgement when the Sefer HaChaim, the Book of Life is opened, Yom Kippur, The Day of purging. The month of Elul is likened to a king visiting his subjects in the field before returning to his palace. It's time now to prepare for this critical time period.**

**Luke 6:45.** The good person produces good things from the store of good in his heart, while the evil person produces evil things from the store of evil in his heart. For his mouth speaks what overflows from his heart.

**Same scripture from the Good News Translation:** A good person brings good out of the treasure of good things in his heart; a bad person brings bad out of his treasure of bad things. For the mouth speaks what the heart is full of.

**The heart can ache, it can rejoice, it can hold a secret, it can be broken, it can be given! Genesis 8 states that God "Said in His heart He will never again curse the ground on account of humankind. God hardened Pharaoh's heart, Avimelekh revealed to God, who confirmed it, that his heart was pure regarding Abraham's wife, Sarah. Genesis 20 reveals that Benjamin's heart was intertwined with his Father Ya'akov. Pharaoh had a change of heart, the High Priest kept the breast plate that represented the 12 tribes of Israel over His heart. Moshe received an offering from those whose heart was stirred. God instructs us in Deut. 6 that His words are to be on our hearts and that we are to love the Lord our God with all of our heart! Deut. 10 instructs us to circumcise our hearts and not be stiff-necked. Job reveals our heart can be bitter and that the godless cherish anger in their heart. For as he thinketh in his heart, so he is... Proverbs 23:7. We even repeat scriptures by heart right! Sometimes we say "I have that memorized" but what is our usual reply; "I know it by heart"!**

**Here's just a few words that the Psalmist said about the heart:**

- **May the words of my mouth and the thoughts of my heart be acceptable in your presence... -Psalms 19:14.**
- **May he grant you your heart's desire... - Psalms 20:4.**
- **Examine me, ADONAI, test me, search my mind and heart. - Psalms 26:2.**
- **Create in me a clean heart, God -Ps 51:10.**

- **My sacrifice to God is a broken spirit; God, you won't spurn a broken, chastened heart -Ps 51:17.**
- **Insults have broken my heart to the point that I could die - Psalms 69:20.**

**We see that God desires our hearts be pure, that the hearts desires can be fulfilled, that God loves a broken, chastened heart, and that a broken heart can kill us! The sages teach that the heart is the seat of understanding in a person. The heart is where we humans do their deepest thinking. Our sayings of "I know in my heart," "I have a willing heart," or "I have a troubled heart," show that the heart is truly a vital, living part of every individual. Scripture mentions the heart almost 1,000 times. In essence, this is what it says: the heart is that spiritual part of us where our emotions and desires dwell. God has emotions and desires, He, too, can be said to have a "heart." We have a heart because God does. David was a man:**

**Acts 13:22.** God removed him and raised up David as king for them, making his approval known with these words, 'I found David Ben-Yishai to be a man after my own heart; he will do everything I want.'

**Adonai blesses His people with leaders who know and follow His heart:**

**Jeremiah 3:15.** I will give you shepherds after my own heart, and they will feed you with knowledge and understanding.

**Our passion, our desires are carried in our heart which is often at odds with our mind and logical thinking. Our heart can also be a source of negative thoughts that lead to behavior such as adultery, hatred, lust, vindictiveness, mischief, pride, and rebellion. The heart is the organ that is said to have the ability to reason, question, meditate, motivate, and think. Logical Thinking is often overcome by our heart. Passion can and will at times overcome what we know to be the right answer. We attempt as humans to retain secrets in our hearts, things that we think no one knows about but God always does!**

**Romans 2:16.** on a day when God passes judgment on people's inmost secrets. (According to the Good News as I proclaim it, he does this through the Messiah Yeshua

**On Judgment day we will be judged by our words, deeds, thoughts, attitudes and the things that people can't see or hear — What's truly hidden in your heart.**

**II Corinthians 10:5.** every arrogance that raises itself up against the knowledge of God; we take every thought captive and make it obey the Messiah.

**The enemies stronghold in our lives are not demonic but are the arguments, theories, and reasoning of the heart; pride, carnality, and deception. All rebellious thoughts and imaginations, that exalt themselves against the knowledge of God, must be brought down into submission through obedience. By submitting yourself in obedience to the Lord and His Word; you overthrow and destroy the strongholds that once oppressed your mind and darkened your heart.**

**Jeremiah 17:9.** "The heart is more deceitful than anything else and mortally sick. Who can fathom it?"

**When the heart becomes hardened it can take years, if ever, to notice that the heart has died. This "heart trouble" can remain undetected until the teen years or even adult hood when the effects of a hardened heart reveal itself through self-destructive behaviors such as addictions, depression, withdrawing from friends and family, and anger to name a few. A person as young as four to five years old can experience emotional wounds and rejection that cause their emotional heart to stop beating. Their heart is dead, but they're bodies are alive. It's the living dead! Their physical heart keeps them functioning; going through the motions of each day with no emotional heart, no passion, no compassion, and the inability to share, connect, or even acclimate within the greater body! The hardened heart becomes evil because it's rotten. So we must guard our hearts:**

**Proverbs 4:23.** Above everything else, guard your heart; for it is the source of life's consequences.

**The same scripture from the Good News Translation:** "Be careful how you think; *your life is shaped by your thoughts.*"

**People get caught up in their own ways - hearts filled with negative thoughts very well may be backsliding, becoming selfish! Check yourself out. Are your thoughts ones of Love and Unity or are they unkind, divisive, and bitter? True, mature believers should not be selfish with a hardened heart. Remember, out of the heart speaks the mouth:**

**Matthew 12:36.** Moreover, I tell you this: on the Day of Judgment people will have to give account for every careless word they have spoken;

**There is no such thing as inconsequential word or a little indiscretion. Your words either bless or curse. Each negative thought you give in to makes way for more unprofitable thoughts. They build upon each other. So be most careful about the thoughts of your heart and who you share them with!! Words not thought out before being spoken out can cause you or others to veer off the path of righteousness. Words spoken in relation to observations made about circumstances and situations you encounter are tainted by the lenses of life**

**(built by our experiences) that we view them through. Just because something looks a particular way doesn't mean it is. Scripture speaks often of a contrite heart.**

**Isaiah 66:2 (TLV).** For My hand has made all these things, so all these things came to be," declares Adonai. "But on this one will I look, one humble and of a contrite spirit, who trembles at My word."

**Contrite in Hebrew is Nakeh: Smitten, crushed, feeling or expressing remorse or penitence; affected by guilt. And King David wrote in**

**Psalms 51:19 (TLV).** The sacrifices of God are a broken spirit. A broken and a contrite heart, O God, You will not despise.

**The revelation is that a contrite heart something of value for Adonai, He likes a contrite heart which is linked in these passages to humility, brokenness, and a healthy, trembling Fear of the Lord and His Word. So what exactly does it mean to be contrite?**

**According to the International Bible Encyclopedia, "A contrite heart is one in which the natural pride and self-sufficiency have been completely humbled by the consciousness of guilt." The word often translated "contrite" actually means "crushed, crippled, or broken." When contrite modifies heart, we get the picture of a conscience that is crushed by the weight of its own guilt. When a human spirit stops justifying its wrong choices, awakens to the depth of its depravity, and humbly accepts God's righteous condemnation of sin, contrition is present. A contrite heart offers no excuses and shifts no blame. It fully agrees with God about how evil it is. A contrite heart throws itself upon the mercy of God, knowing that it deserves nothing but righteous judgement**

**Isaiah 6:5.** Then I said, "Woe to me! I [too] am doomed! because I, a man with unclean lips, living among a people with unclean lips, have seen with my own eyes the King, ADONAI-Tzva'ot!"

**The place or condition of contrition is a blessed place to be, a place of God's indwelling and revival as Adonai states:**

**Isaiah 57:15.** For thus says the High and Exalted One who inhabits eternity, whose Name is Holy: "I dwell in a high and holy place, yet also with a contrite and humble spirit, to revive the spirit of the humble, and revive the heart of the contrite.

**The contrite will be revived by Adonai! Their broken hearts will be revitalized. Yeshua illustrates what a contrite heart looks like in**

**Luke 18:10-14.** "Two men went up to the Temple to pray, one a Parush and the other a tax-collector. <sup>11</sup> The Parush stood and prayed to himself, `O God! I thank you that I

am not like the rest of humanity -- greedy, dishonest, immoral, or like this tax-collector! <sup>12</sup> I fast twice a week, I pay tithes on my entire income, . . . ' <sup>13</sup> But the tax-collector, standing far off, would not even raise his eyes toward heaven, but beat his breast and said, `God! Have mercy on me, sinner that I am!' <sup>14</sup> I tell you, this man went down to his home right with God rather than the other. For everyone who exalts himself will be humbled, but everyone who humbles himself will be exalted."

**The humble repentance that Adonai desires is contrasted with self-righteousness in the Parable of the Pharisee and the Tax Collector. The eloquent, prideful, and even arrogant prayer of the Pharisee did not touch the heart of Adonai, but the humble, fearful cry of the repentant sinner brought forgiveness. They both needed mercy, but only the contrite heart was in a position to receive it.**

**A contrite heart does not take the forgiveness of God for granted. It is grieved over its own sin. Contrition is a key factor in true repentance. Without it, we are like the proud Pharisee, going through the motions of religion but harboring arrogance in our hearts. Contrition agrees that a heart intent on following Messiah must reject evil in all its forms. A contrite heart harbors no thoughts of repeating its sin; rather, it seeks the strength of God to overcome sin and move on toward holiness**

**In order for a person to be saved, the heart must be changed. This only happens by the power of God in response to trust**

**Romans 10:8-10.** What, then, does it say? "The word is near you, in your mouth and in your heart." that is, the word about trust which we proclaim, namely, <sup>9</sup> that if you acknowledge publicly with your mouth that Yeshua is Lord and trust in your heart that God raised him from the dead, you will be delivered. <sup>10</sup> For with the heart one goes on trusting and thus continues toward righteousness, while with the mouth one keeps on making public acknowledgement and thus continues toward deliverance.

**Adonai God can create a new heart within us:**

**Psalms 51:10.** Create in me a clean heart, God; renew in me a resolute spirit.

**It allows us to return to Him with all of our heart:**

**Jeremiah 24:7.** I will give them a heart to know me that I am ADONAI. They will be my people, and I will be their God; for they will return to me with all their heart.'

**He promises to "revive the heart of the contrite ones" Isaiah 57:15. Adonai's work of creating a new heart within us involves testing our hearts**

**Psalms 17:3.** You have examined my heart. You searched me at night. Though You test me, You find nothing. I resolved that my mouth will not sin.

**Adonai tests us to see if we will listen and obey Him.**

**Genesis 22:1.** After these things, God tested **(Nisa noun, len-a-sot verb: Test, to try, to put to the proof, to prove)** Avraham. He said to him, "Avraham!" and he answered, "Here I am."**(Hineni: Here I am. A complex Hebrew phrase which indicates readiness, alertness, attentiveness, receptivity, and responsiveness and obedience to instruction.)**

**This communication between Avraham and Adonai is extremely complex. There is a lot going on here. This is the start of Avraham's twelfth test. Avraham, the first Jew! Avraham whose trust was awarded unto him as righteousness by Adonai was tested twelve specific times in scripture! Some of the testing weren't what we might call big tests! When combined together, they revealed Avraham to be a person whose character, integrity, and trust was genuine. All that we do must pass the test. The test of time, the test of genuineness, the test of authenticity, and the ongoing test of obedience.**

**Nothing may be withheld from Adonai, we must be willing to sacrifice everything and anything for Adonai. We are told to crucify our flesh daily. To bear fruit for God we must die to self and willingly place everything on the altar of sacrifice. Every believer, every person who calls upon the Name of the God of Israel, every Kingdom leader God calls will be tested. David, one of the greatest Kings of Israel, A man after God's own heart was tested, almost to the breaking point and yet David said:**

**Psalms 26:2.** Examine me, ADONAI, test me, search my mind and heart.

**David prayed and asked Adonai to examine him and test him! David always trusted God because God's own word has been tested:**

**II Samuel 22:31.** "As for God, his way is perfect, the word of ADONAI has been tested by fire; he shields all who take refuge in him.

**Testing reveals what's in your heart and produces vigorous, tempered, and unshakeable trust, it builds a kingdom foundation that cannot be moved.**

**Sometimes God will break your heart to fix your vision! You can see everything clearly after pain! It won't break you, it will shape you! God has your back!**