

Equipped to Care 201

Lesson 18 – The Heart, Worship, and Walking in the Flesh vs. Spirit

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Learning objectives:

- Identify the Heart as the source for our thoughts, feelings, emotions, and actions.
- Recognize Worship drives the affections of our hearts.
 - *Sometimes misplaced worship is disguised with “good” desires.*
- Compare and contrast the medical model versus the heart model.
- Compare and contrast thoughts, affections, and actions from a “fleshly-ruled” Heart and a “Spirit-ruled” Heart.
- Demonstrate heart probing questions.

Outline

- I. Exposing my own heart issues (2 personal stories)
- II. Teaching on the Biblical definition of the heart and behavior (book and notes below)
- III. Mark Fisher’s second counseling session about his financial conflicts with his wife (Scott and Mark (Hunter))
- IV. Mark Fisher – class participation
- V. Time Permitting - Case Study-Read Pascal page 178 and 189 (both parts)
- VI. Case Study Discussion Questions - page 190
- VII. Prayer

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1. Where does our behavior come from?

- a. Worldly explanations (pg. 186-187 physical and social context, Henderson)
 - i. Past childhood mistreatments, trauma, parental neglect, dysfunctional family
 - ii. Present hardships, current circumstances, frequently mistreated
 - iii. Medical model – fatigue, genes, brain chemistry
 - iv. Tempted by Satan, he made me do it (pg. 187 spiritual context, Henderson)
 - v. While these factors may contribute to our responses, our responses come from where we place our worship.
- b. Biblical Explanation - our behavior comes from the desires of our Heart.

2. Biblical definition of the Heart – nearly 700 passages on the Heart (additional notes see Tedd Tripp, *Shepherding a Child’s Heart*)

- a. Common cultural association of Heart is emotions and sensitive part of us.
- b. Biblical definition is broader - the non-physical core of who you are inclusive of mind, emotions, will, desires, goals, hopes (soul, spirit, innermost being, mind are also used)
 - Ezekiel 36:26 – 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.
 - Proverbs 4:23 – NIV-Above all else, guard your *heart*, for everything you do flows from it. NASB – Watch over your *heart* with all diligence, for from it flow the springs of life.
 - Believe– Rom 10:9-10-with the *heart* one believes and is justified.
 - Think – Gen 6:5-thoughts of men’s *hearts* were evil continually.
 - Speech is an overflow of the Heart – Luke 6:43-45...out of abundance of the *heart*, his mouth speaks [aside-“each tree is known by its fruit” is a passage about identifying false teachers not identifying believers by their fruit]
 - Become convicted - 1 Samuel 24:5 – And afterward David’s *heart* struck him, because he had cut off a corner of Saul’s robe.

- Remember – Deuteronomy 6:6 – And these words that I command you today shall be on your *heart*. (Psalm 119:11, Prov 4:21)
 - Discern- Ecclesiastes 10:2 – A wise man’s *heart* inclines him to the right, but a fool’s *heart* to the left.
 - Develop intentions/desires - Hebrews 4:12 – For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the *heart*. (Job 17:11)
 - Make plans—Proverbs 6:12 – A worthless person, a wicked man, goes about with crooked speech, winks with his eyes, signals with his feet, points with his finger, with perverted heart devises evil (Prov 16:9)
 - Experience peace – Prov 14:30, Prov 17:22
 - Make connections - Ephesians 1:18 – eyes of your *heart* enlightened.
 - Meditate / Ponder – Luke 2:19-Mary ponders in her *heart*. (Psalm 77:1)
 - Fear -1 Samuel 28:5 – When Saul saw the army of the Philistines, he was afraid, and his *heart* trembled greatly.
 - Experience gladness – Psalm 16:9, Psalm 33:21
 - Grieve/Anguish/Sorrow– Psalm 38:8, Psalm 55:4, John 16:6
 - Love – Deuteronomy6:5 - Love the LORD your God with all your *heart*, soul, strength.
 - Become stubborn- Exodus 8:32 – Pharaoh hardened his *heart* this time also, and did not let the people go. (Psalm 81:12)
 - Lust – Matt 5:28 – anyone who looks at a woman lustfully has committed adultery with her in his *heart* (Numbers 15:39, Prov 6:25, Ezekiel 6:9)
 - Pride – Prov 18:12, Prov 21:4
 - Rejoice – 1 Sam 2:1, Psalm 13:5
 - Seek God or don’t seek God -1 Kings 11:4 – As Solomon grew old, his wives turned his *heart* after other gods, and his *heart* was not fully devoted to the LORD his God, as the *heart* of David his father had been. (Psalm 27, Jeremiah 29:13)
 - Treasure things - Matt 6:21
 - Give – 2 Cor 9:7
 - Repent- 1 Kings 8:47, Acts 8:22
 - Experience peace - Phil 4:7, Col 3:15
 - Serve God-Deuteronomy11:13
- c. Sin comes from the Heart – Mark 7:20-23 –“What comes out of a man is what makes him unclean. For from within, out of men’s *hearts*, come evil thoughts, sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance, and folly. All these evils come from inside and make man unclean.”

3. Behavioral change versus Heart change – root and fruit

- a. Take a rotten apple tree not producing fruit. I can fool my neighbors a little bit if I staple good apples on the tree. But, at the core it’s still rotten. Same is true for ourselves. When we go for behavioral change, it’s the equivalent of fruit stapling. The root/core of the person doesn’t change. We produce what is within our hearts. Our “good actions” can fake others out, but the heart is the target for change. Jesus spoke of this extensively regarding the Pharisees (whitewashed tombs).

4. Justification vs. Sanctification

- a. Identity truths – we aren’t a sinner anymore; we became a redeemed saint the moment of belief
- b. But our inner self is trapped in an earth suit of flesh.
- c. Result – our hearts are not fully sanctified – we need the work of the Holy Spirit, and the community of believers to make our hearts more like Christ’s heart.

- d. Heart of a Christian can be fleshly-driven or Spirit-driven in any moment (Worshipping the Lord is denying the fleshly desires and yielding to the Spirit)
5. **Gospel is beautiful – Justification - the initial power to change our eternal destiny by receiving the forgiveness of our sins and the righteousness of Christ.** Sanctification - the ongoing power of the gospel to change us into more Christlikeness. God is in the business of changing our hearts. Changing our sinful behavior requires uprooting the sinful beliefs/motives within our heart and replacing them with Godly ones.
6. **Why do we need to “guard our hearts”?– Proverbs 4:23**
- a. Heart can be led astray to pursue desires that are not Godly. Jeremiah 17:9 “The *heart* is deceitful above all things and beyond cure. Who can understand it?”
 - b. Our Hearts are idol factories.
 - i. “Idol is anything or anyone that captures our hearts, minds, and affections more than God” (Brad Bigney, *Gospel Treason*)
 - ii. Fame, worldly success, money, pleasure
 - iii. Good things can also become idols.
 - 1. Kids that don’t fight.
 - 2. Safety - nothing bad to happen to me or my family.
 - 3. Kids that earn good grades.
 - 4. My husband to cherish me.
 - 5. My wife to respect me.
7. **Battle of the Heart - James 4:1-10 (p. 185 Henderson)**
- a. Myself and my kingdom vs. Christ and His kingdom (even believers move back and forth-Romans 7; James 4:3)
 - b. James: desires and pleasures “battle” within us (1 Pet 2:11, Gal 5:16-26) – flesh vs. Spirit
 - c. Coveting – wanting something we don’t have.
 - d. Indulging personal pleasures – “selfish motives” (James 4:3)
 - e. Desires can be good, God pleasing, but we desire that legitimate/good desire too much by putting that desire ahead of God.
8. **How do we know if a good desire is consuming us?**
- a. You ruminate on it, thinking about it constantly and not trusting it to the Lord.
 - b. You are willing to sin to get the desire. Or you manipulate others to get your desire.
 - c. You sin when you don’t get what you want. God in his sovereignty withholds your heart’s desire (even a good one). How do you respond? Are you learning Godly contentment?
9. **Homework Resources**
- a. Journal your desires this week-be honest and include your emotions related to those desires. Identify fleshly ones and Holy Spirit driven ones (make two columns)
 - b. Gospel Treason by Brad Bigney (book or sermon series)
(<https://www.graceky.org/sermons/series/gospel-treason/>)
 - c. Bible references above (study/memorize; contrast the flesh and the Holy Spirit)
 - d. Always emphasize the source of the power to change –not effort-based change, but Spirit-led change (Romans 7-8)