

**Heart Health**

Jim Bricker

April 3, 2022

Above all else, guard your heart, for everything you do flows from it.

**Proverbs 4:23 NIV**

**Philippians 2:12-18**

Continue to **work out** your salvation with fear and trembling, for it is God who **works in you** to will and to act in order to fulfill his good purpose.

**Philippians 2:12b-13 NIV**

## 4 Exercises For A Healthy Heart

### 1. Remember God is working in me.

For God is working in you, giving you the desire and the power to do what pleases him.

**Philippians 2:13 NLT**

He who started a good work in you will carry it on to completion until the day of Christ Jesus.

**Philippians 1:6b HCSB**

### 2. Be grateful and never grumble.

Do everything without complaining and arguing.

**Philippians 2:14 NLT**

In every thing give thanks: for this is the will of God in Christ Jesus concerning you.

**1 Thessalonians 5:18 KJV**

### 3. Meditate on God's word and live it.

Hold firmly to the word of life.

**Philippians 2:16a NLT**

Whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.

**James 1:25 NIV**

### 4. Use my life to serve God by serving others.

Your faith makes you offer your lives as a sacrifice in serving God.

**Philippians 2:17a NCV**

Serve the LORD with gladness.

**Psalms 100:2a KJV**

For you have been given the privilege of serving Christ.

**Philippians 1:29a GNT**

Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.

**Philippians 2:15b NLT**

---

**Weekend Music:**

One Thing Remains (Brian Johnson) • Jesus We Love You (Paul McClure)  
Do It Again (Elevation Worship)