

How to Follow Your Heart

Matthew 12:33-35 (NKJV)

³³ "Either make the tree good and its fruit good, or else make the tree bad and its fruit bad; for a tree is known by *its* fruit. ³⁴ Brood of vipers! How can you, being evil, speak good things? For out of the abundance of the heart the mouth speaks. ³⁵ A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things.

Proverbs 4:20-23 (NKJV)

²⁰ My son, give attention to my words;
Incline your ear to my sayings.
²¹ Do not let them depart from your eyes;
Keep them in the midst of your heart;
²² For they *are* life to those who find them,
And health to all their flesh.
²³ Keep your heart with all diligence,
For out of it *spring* the issues of life.

Hebrews 4:12-13 (NKJV)

¹² For the word of God *is* living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. ¹³ And there is no creature hidden from His sight, but all things *are* naked and open to the eyes of Him to whom we *must give* account.

Proverbs 23:7 (NKJV)

For as he thinks in his heart, so *is* he.
"Eat and drink!" he says to you,
But his heart is not with you.

1 Samuel 16:7 (NKJV)

But the LORD said to Samuel, "Do not look at his appearance or at his physical stature, because I have refused him. For *the* LORD *does not see* as man sees; for man looks at the outward appearance, but the LORD looks at the heart."

Acts 13:22 (NKJV)

He raised up for them David as king, to whom also He gave testimony and said, *'I have found David the son of Jesse, a man after My own heart, who will do all My will.'*

Matthew 15:18-19 (NKJV)

¹⁸ But those things which proceed out of the mouth come from the heart, and they defile a man. ¹⁹ For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies.

I. How Do We Know What Really Is In Our Heart?

- a. Time
- b. Thoughts
- c. Feelings/emotions
- d. Witnessing of the Holy Spirit
- e. Conclusion/interpretation of scripture
- f. Influencers of our life

II. What Happens If We Follow Our Heart When It Is Broken?

- a. The hard heart
 - 1) Struggles to receive counsel and make changes

Matthew 19:8 (NKJV)

He said to them, "Moses, because of the hardness of your hearts, permitted you to divorce your wives, but from the beginning it was not so.

- b. The open/soft heart
 - 1) Can grow and change, because it's listening and open

Isaiah 29:16 (NKJV)

Surely you have things turned around!
Shall the potter be esteemed as the clay;
For shall the thing made say of him who made it,
"He did not make me"?
Or shall the thing formed say of him who formed it,
"He has no understanding"?

Isaiah 64:8 (NKJV)

But now, O LORD,
You *are* our Father;
We *are* the clay, and You our potter;
And all we *are* the work of Your hand.

III. How To Heal A Broken Heart

- a. Talk to someone we trust.

Proverbs 11:14 (NKJV)

Where *there is* no counsel, the people fall;
But in the multitude of counselors *there is* safety.

James 5:16 (NKJV)

¹⁶ Confess *your* trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.

- b. Forgive, let things go, move on, and don't give control of our life to others.

Mark 11:25-26 (NKJV)

²⁵ "And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. ²⁶ But if you do not forgive, neither will your Father in heaven forgive your trespasses."

- c. Change thoughts; don't do the same thing again.

Romans 12:2 (NKJV)

And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.

- d. Know and believe that God is with you and will bring the turn around.

1 John 4:16 (NKJV)

And we have known and believed the love that God has for us. God is love, and he who abides in love abides in God, and God in him.

- e. Time heals *if* we are walking with God and following His ways.