

Lifehouse Church

Maximize Christ Potential in You



THE HEART OF THE MATTER

A SERIES ON RENEWING YOUR HEART

CREATE IN ME A CLEAN HEART, O GOD.

PSALM 51:10



**Lifehouse
Church**
DISCOVER YOUR POTENTIAL



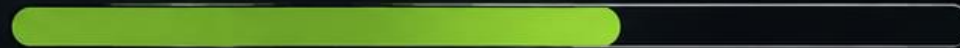
PLEASE WAIT

CALCULATING

THE HEART BEAT



Analyzing rhythm, evaluating heart zone...



Thank you for your patience.



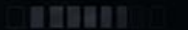
HR MONITOR

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STATUS

ANALYZING

SIGNAL QUALITY



ZONE DETECTION





HEART TEST RESULTS



DATE: JULY 19, 2026



TIME: 11:29 AM

TEST ID: HT-72491



CURRENT HEART ZONE

CONTENT



Calm and Satisfied

Your heart is in a place of peace and contentment. You are walking in trust and alignment with God's plan for your life.

“ Delight yourself in the Lord,
and He will give you the desires of your heart.
– Psalm 37:4 (NLT)

HEART RATE

74

 BPM

Steady & Calm

Normal Resting Range:
60-100 BPM



Steady rhythm. Your heart is resting in a healthy range. Keep seeking Him and staying in His presence.

HEART ZONE METER



PURE

Close to God, at peace

50-60
BPM



JOYFUL

Overflowing with joy

60-70
BPM



CONTENT

Calm and satisfied

70-80
BPM



CONFUSED

Uncertain, seeking clarity

80-95
BPM



FEARFUL

Worried and anxious

95-110
BPM



STRESSED

Overwhelmed and burdened

110-125
BPM



ANGRY

Irritated and resentful

125-140
BPM



HARD

Closed off, unyielding

140+
BPM



OVERALL ASSESSMENT: **HEART IS HEALTHY** | Continue walking in faith, gratitude, and obedience.



STATUS: GOOD

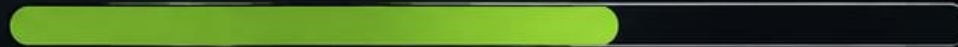


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CALCULATING THE HEART BEAT



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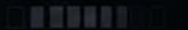
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HEART ZONE METER



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ANGRY
Irritated and resentful

125-140
BPM



HARD
Closed off, unyielding

140+
BPM

CURRENT HEART ZONE

STRESSED

Overwhelmed and burdened

Your heart is under significant stress. You may be feeling pressure, fatigue, and emotional overload. Prolonged stress can impact your physical and spiritual well-being.



Take time to rest, breathe, and bring your concerns to God.
1 Peter 5:7

HEART RATE

118

BPM



Elevated

Normal Resting Range:
60-100 BPM



Elevated heart rate detected.
Consider rest, hydration, and stress management.



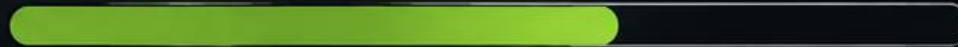
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CALCULATING

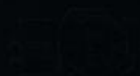
THE HEART BEAT



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CURRENT HEART ZONE

FEARFUL

Worried and anxious

Your heart is showing signs of fear and anxiety. Stress and worry may be affecting your peace and well-being. Take time to pray, breathe deep, and trust God's presence.



Cast your worries on Him,
for He cares for you.
1 Peter 5:7

HEART RATE

104

 BPM 

Elevated

Normal Resting Range:
60-100 BPM



Elevated heart rate detected.
Consider rest, prayer, and stress reduction.

HEART ZONE METER



PURE

Close to God, at peace

50-60
BPM



JOYFUL

Overflowing with joy

60-70
BPM



CONTENT

Calm and satisfied

70-80
BPM



CONFUSED

Uncertain, seeking clarity

80-95
BPM



FEARFUL

Worried and anxious

95-110
BPM



STRESSED

Overwhelmed and burdened

110-125
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ANGRY

Irritated and resentful

125-140
BPM



HARD

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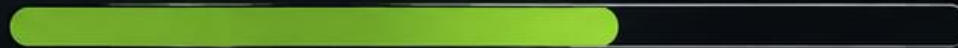
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CURRENT HEART ZONE

CONFUSED

Your heart is showing signs of confusion and uncertainty. You may be experiencing mixed emotions and seeking direction.

Take time to pray, reflect and realign with truth.

HEART RATE

102 BPM

Elevated

Normal Resting Range:
60-100 BPM



HEART ZONE METER



🔹	PURE Close to God, at peace	50-60 BPM
😊	JOYFUL Overflowing with joy	60-70 BPM
💚	CONTENT Calm and satisfied	70-80 BPM
?	CONFUSED Uncertain, seeking clarity	80-95 BPM
😞	FEARFUL Worried and anxious	95-110 BPM
⚡	STRESSED Overwhelmed and burdened	110-125 BPM
😡	ANGRY Irritated and resentful	125-140 BPM
💔	HARD Closed off, unyielding	140+ BPM



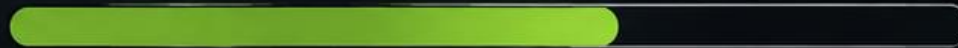
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CURRENT HEART ZONE

PURE

Close to God, at peace

Your heart is in a strong and healthy zone.
You are experiencing clarity, peace,
and alignment with God.



Keep seeking Him daily and
continue walking in truth.

HEART RATE

62 BPM



Calm & Steady

Normal Resting Range:
60-100 BPM



Steady rhythm. Strong and healthy.

HEART ZONE METER



PURE

Close to God, at peace

50-60
BPM



JOYFUL

Overflowing with joy

60-70
BPM



CONTENT

Calm and satisfied

70-80
BPM



CONFUSED

Uncertain, seeking clarity

80-95
BPM



FEARFUL

Worried and anxious

95-110
BPM



STRESSED

Overwhelmed and burdened

110-125
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Irritated and resentful

125-140
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HARD

Closed off, unyielding

140+
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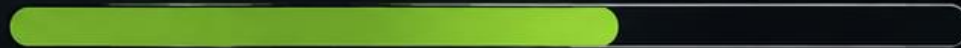
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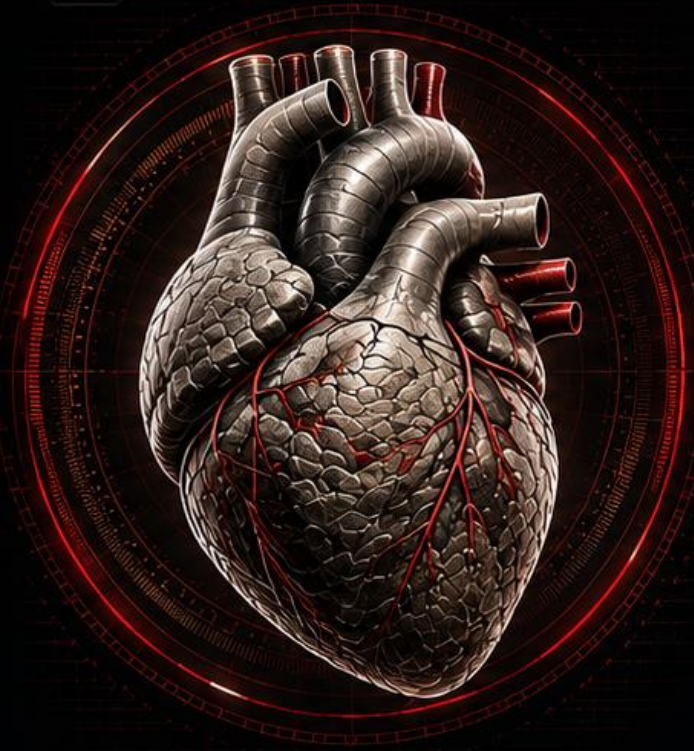
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CURRENT HEART ZONE

HARD

Closed off, unyielding



Your heart is in a very critical zone. Walls are hardened. You may be resistant, unforgiving, and closed off from God and others. Immediate spiritual attention is strongly recommended.

“

I will give you a new heart and put a new spirit within you; I will remove from you your heart of stone and give you a heart of flesh.

– Ezekiel 36:26 (NLT)

HEART RATE

146

BPM

Very High

Normal Resting Range:
60-100 BPM



Very high heart rate detected.
Stress, anger, and spiritual hardness detected.

HEART ZONE METER



PURE

Close to God, at peace

50-60
BPM



JOYFUL

Overflowing with joy

60-70
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CONTENT

Calm and satisfied

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Irritated and resentful

125-140
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HARD

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140+
BPM



OVERALL ASSESSMENT: **CRITICAL – HEART IS NOT HEALTHY**

Repentance, forgiveness, and surrender are essential for healing and restoration.



STATUS: **CRITICAL**



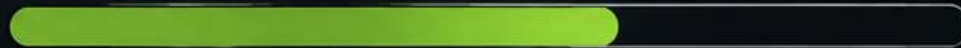
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CURRENT HEART ZONE

CRAZY HEART

⚠ WARNING! ⚠

You need to calm down.

Your heart is doing backflips, cartwheels, and probably breakdancing right now.



You're in danger of an embarrassing moment if you don't relax.

Take a deep breath. Drink some water. Maybe don't text that... yet. 😬

HEART RATE

178 BPM



Way Too High!

Normal Resting Range:
60-100 BPM



HEART ZONE METER



PURE

Close to God, at peace

50-60
BPM



JOYFUL

Overflowing with joy

60-70
BPM



CONTENT

Calm and satisfied

70-80
BPM



CONFUSED

Uncertain, seeking clarity

80-95
BPM



FEARFUL

Worried and anxious

95-110
BPM



STRESSED

Overwhelmed and burdened

110-125
BPM



ANGRY

Irritated and resentful

125-140
BPM



CRAZY

Hold on to something!

140+
BPM



PRO TIP: Breathe in for 4... hold for 4... out for 4... Repeat.



HYDRATE: Water > Soda. Always.



STATUS: CRAZY

THE HEART OF THE MATTER

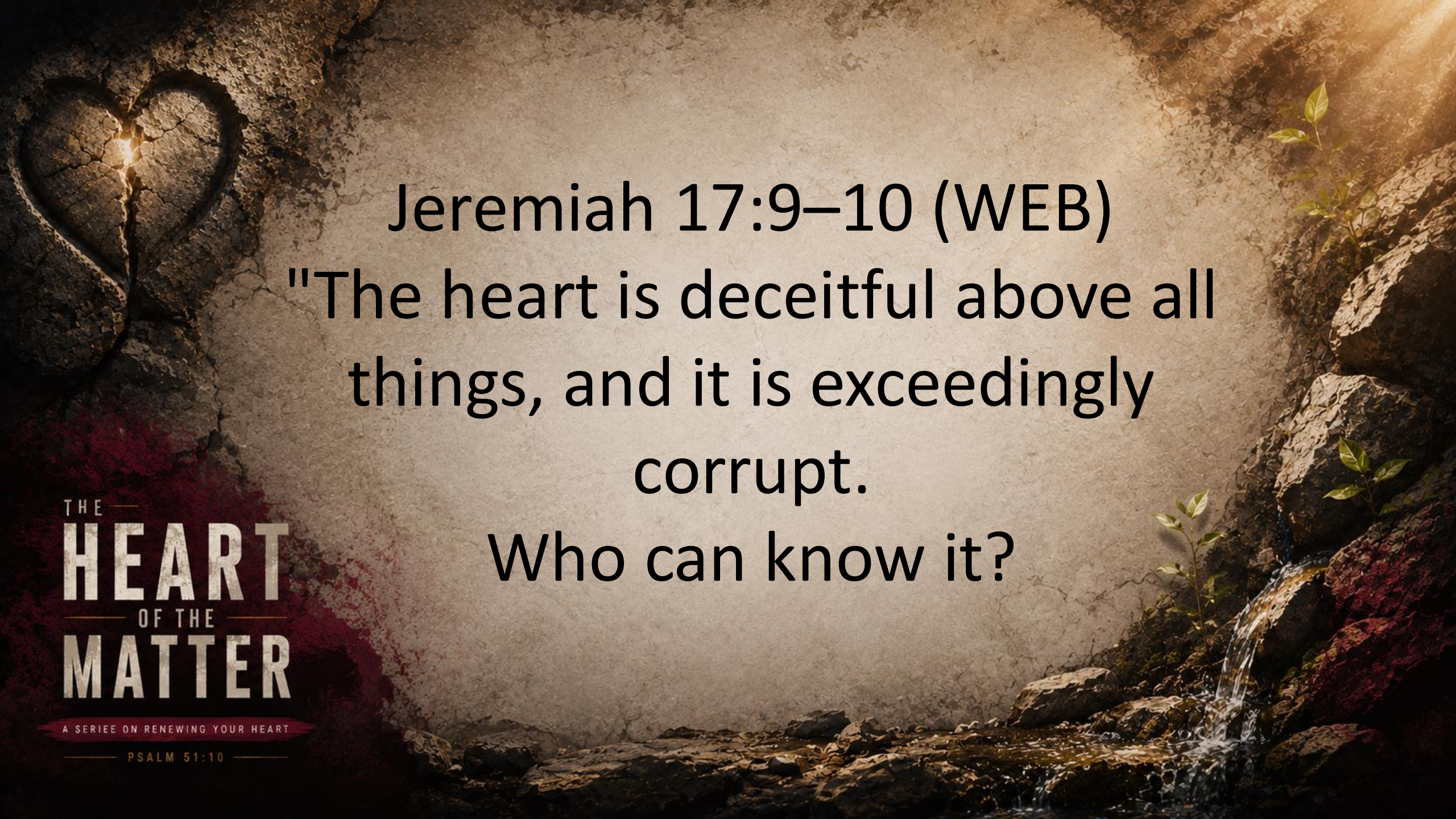
A SERIES ON RENEWING YOUR HEART

CREATE IN ME A CLEAN HEART, O GOD.

PSALM 51:10



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DISCOVER YOUR POTENTIAL



Jeremiah 17:9–10 (WEB)

"The heart is deceitful above all things, and it is exceedingly corrupt.

Who can know it?

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BIG IDEA

Before God changes
what's happening around you...

He often wants to change
what's happening within you.

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The
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POINT ONE

THE DECEPTIVE HEART

IT LOOKS RIGHT. IT SOUNDS RIGHT.
BUT IT LEADS THE **WRONG** WAY.

A SERIES ON PSALM 51
"Create in me a clean heart, O God..."



THE PROBLEM:
Our hearts are
deceptive above
all else.
Jeremiah 17:9



THE TRUTH:
We can be fooled
by what feels
right.



THE DANGER:
A deceived heart
always leads to
destructive paths.



THE SOLUTION:
A clean heart
comes only
through God.
Psalms 51:10

**“The heart is deceitful
above all things.”**
– Jeremiah 17:9 (NLT)



Jeremiah 17:9–10 (WEB)

"The heart is deceitful above all things, and it is exceedingly corrupt.

Who can know it?

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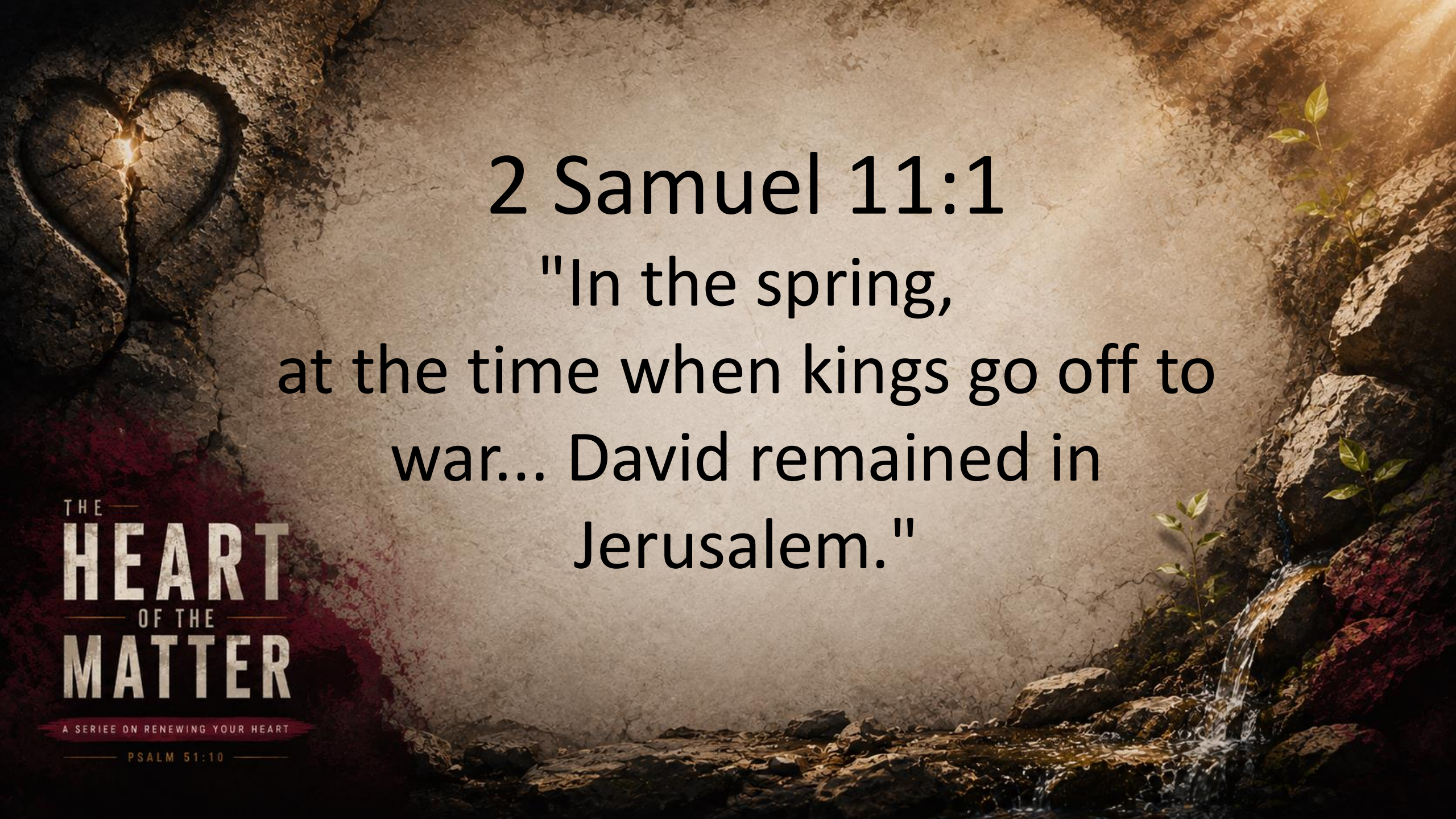
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2 Samuel 11:1

"In the spring,
at the time when kings go off to
war... David remained in
Jerusalem."

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the
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» POINT TWO

THE DRIFTING HEART

DAVID SLOWLY DRIFTED AWAY FROM GOD.

It starts small...
But every drift
takes you *further*.



It didn't happen all at once.

It was little compromises that created great distance.

A drifting heart doesn't rebel overnight—it drifts one decision at a time.

LOOK HOW FAR HE DRIFTED:

- He stopped seeking God first.
- He started living by what he saw, not what he knew.
- He silenced conviction.
- He entertained what he used to run from.



DISCONNECTED

JUSTIFY

COMPROMISE

DISTRACTED

BUSY

A drifting heart
always ends up distant
from the One who loves.



THE PROBLEM

A drifting heart starts to re-prioritize everything... except God.



THE DANGER

You can be in the boat and still be far from the shore. Don't confuse activity with intimacy.



THE SOLUTION

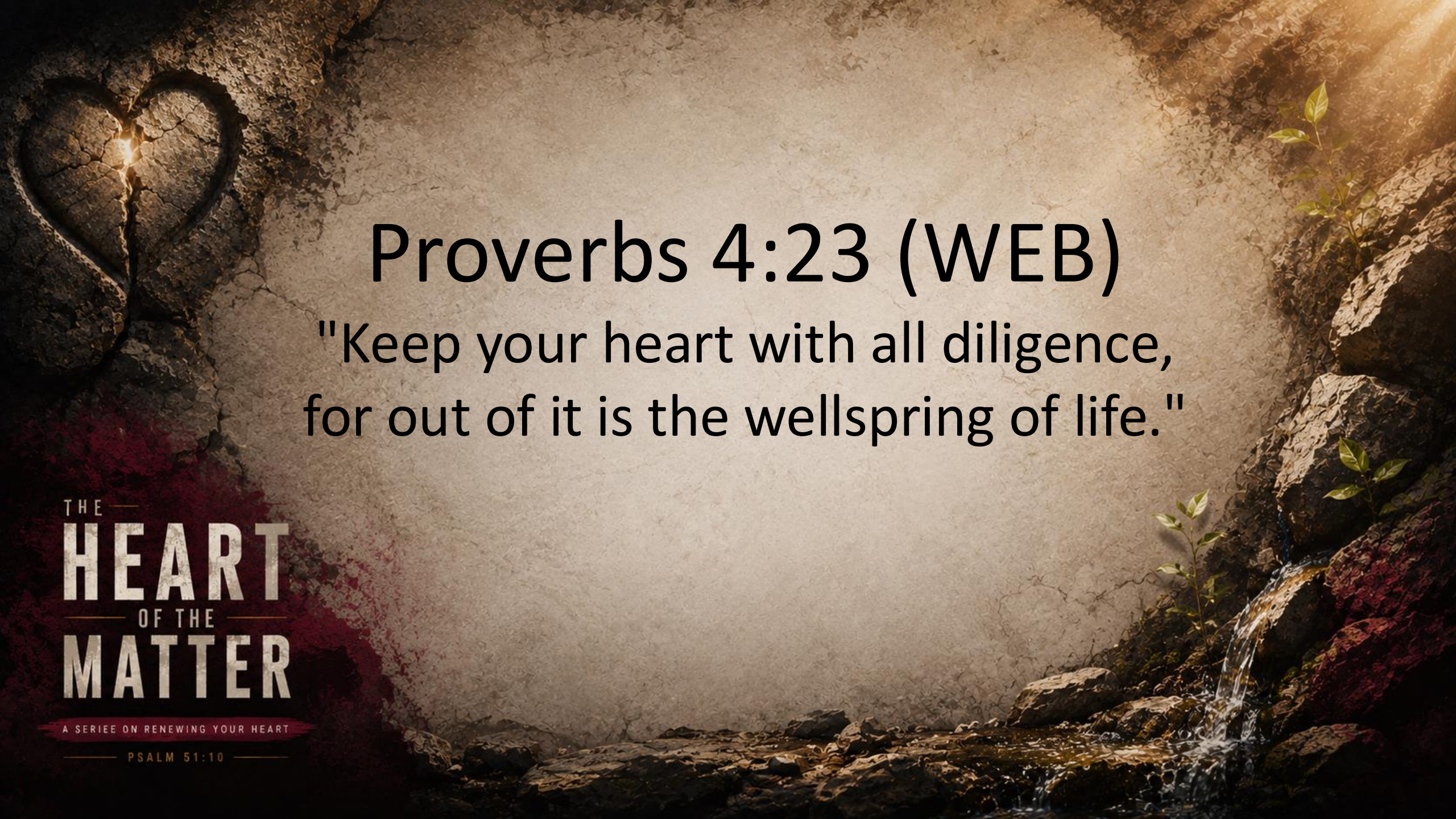
Stay anchored in God's Word, prayer, worship, and community. Return often. Don't drift far.



THE FIX: TURN BACK.

God's grace isn't just for the fallen—it's for **the drifting**, too.

“Create in me a clean heart, O God, and renew a right spirit within me.” – Psalm 51:10 (NIV)



Proverbs 4:23 (WEB)

"Keep your heart with all diligence,
for out of it is the wellspring of life."

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THE HEART OF THE MATTER



LOOKS LIKE A SPA. IS ACTUALLY A SLOW COOK.

Sometimes the heat
comes on so slowly,
we don't realize
we're in danger
until it's **too late**.

Ahhh...
Just what
I needed.
Frog Spa



"Create in me a clean heart, O God,
and renew a right spirit within me."

— Psalm 51:10 (NIV)

The HEART OF THE MATTER

HABITUATION

/ ,hæbə'tʃu:eiʃən / • noun • psychology

Habitation is a basic form of learning in which we **gradually stop noticing something** because we have been exposed to it repeatedly.

EXAMPLES IN EVERYDAY LIFE:



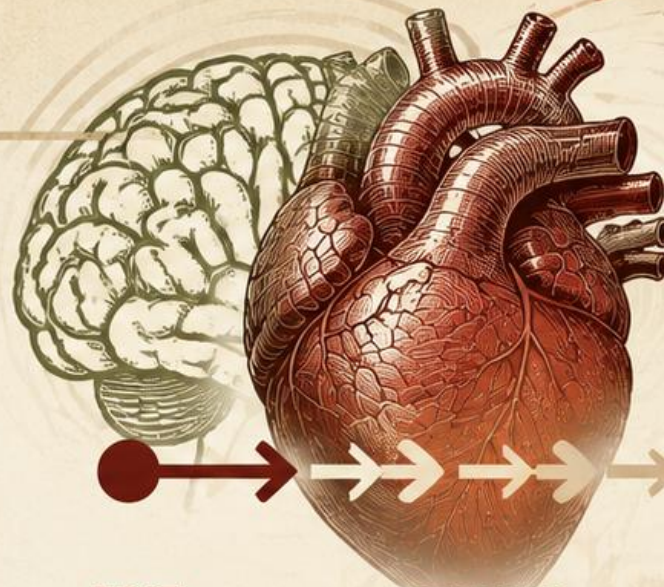
You stop noticing the clock ticking.



You tune out background traffic noise.



You stop feeling the vibration of your phone.



**FIRST
EXPOSURE**
You notice it.

**REPEATED
EXPOSURE**
You notice it less.

OVER TIME
You barely notice it at all.



WHY IT MATTERS FOR YOUR HEART:

The more we're exposed to sin, compromise, or even good things, the easier it is for our hearts to go numb. What once bothered us can become normal.

STAY SENSITIVE. STAY AWAKE.

Guard your heart.



"Create in me a clean heart, O God, and renew a right spirit within me."
– Psalm 51:10 (NIV)

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BIG IDEA: *"Nathan moment."*



God does not want to

EXPOSE

you



BUT He wants to

RESTORE

you



*"Create in me a clean heart, O God,
and renew a right spirit within me."*

– Psalm 51:10 (NIV)

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» POINT THREE

THE DESPERATE HEART

WHEN OUR NEEDS OUTSHOUT OUR TRUST.

David came to *desperation* when his spiritual *deceived heart* was revealed.

HE CRIED OUT TO GOD IN PS 51.

Even a king isn't above repentance.

Create in me
a clean heart,
O God, and
renew a right
spirit within me.
— Psalm 51:10



THE PROBLEM

A deceived heart believes the lie, hides in the dark, and justifies the wrong.



THE DESPERATION

When truth exposes the heart, pride breaks and desperation drives us to our knees.



THE RESPONSE

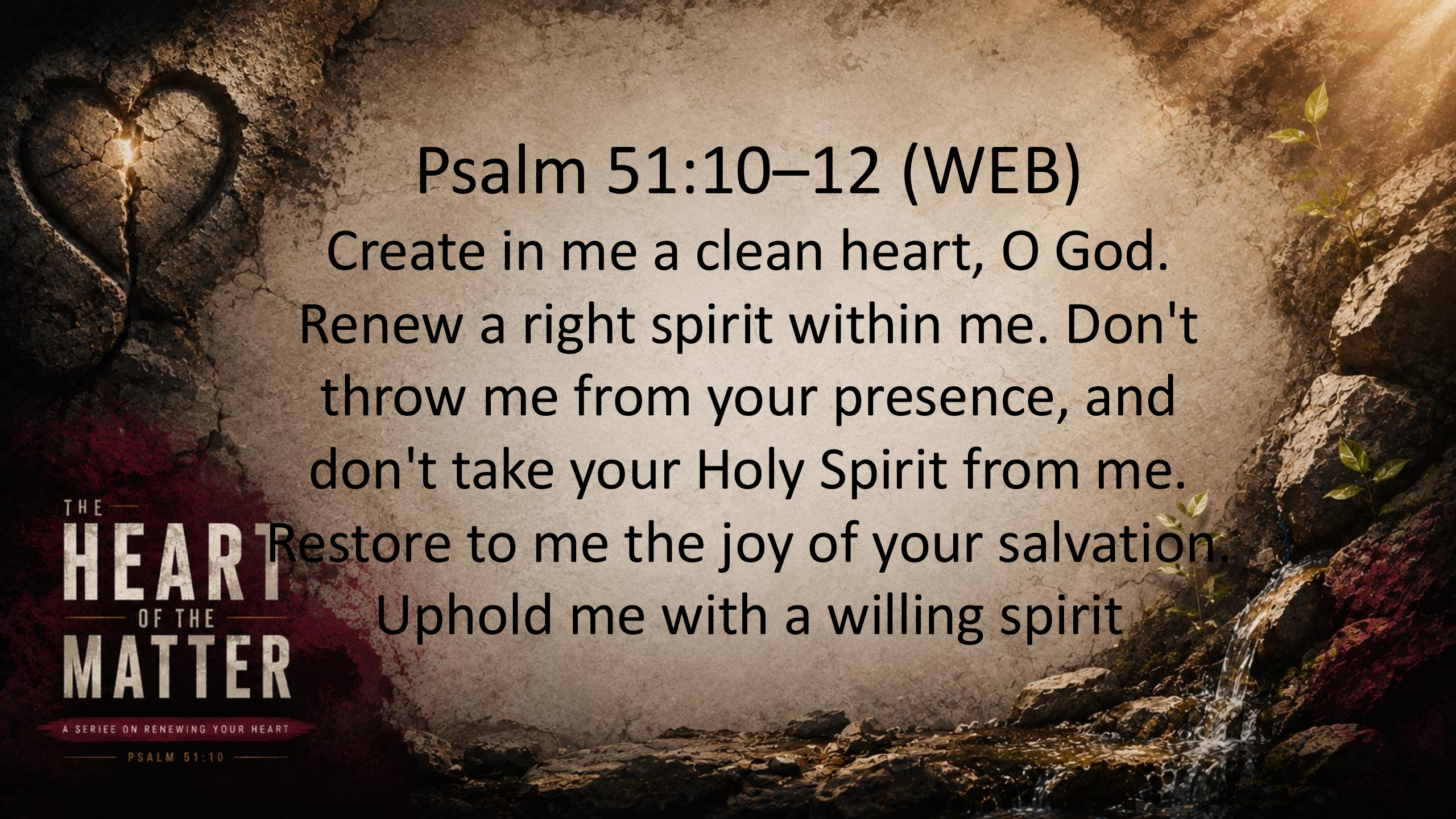
David didn't run. He ran to God. Repentance is the door to restoration.

“

The sacrifices of God are a broken spirit; a broken and contrite heart, O God, You will not despise.”

— Psalm 51:17 (NASB)





Psalm 51:10–12 (WEB)

Create in me a clean heart, O God.
Renew a right spirit within me. Don't
throw me from your presence, and
don't take your Holy Spirit from me.

Restore to me the joy of your salvation.
Uphold me with a willing spirit

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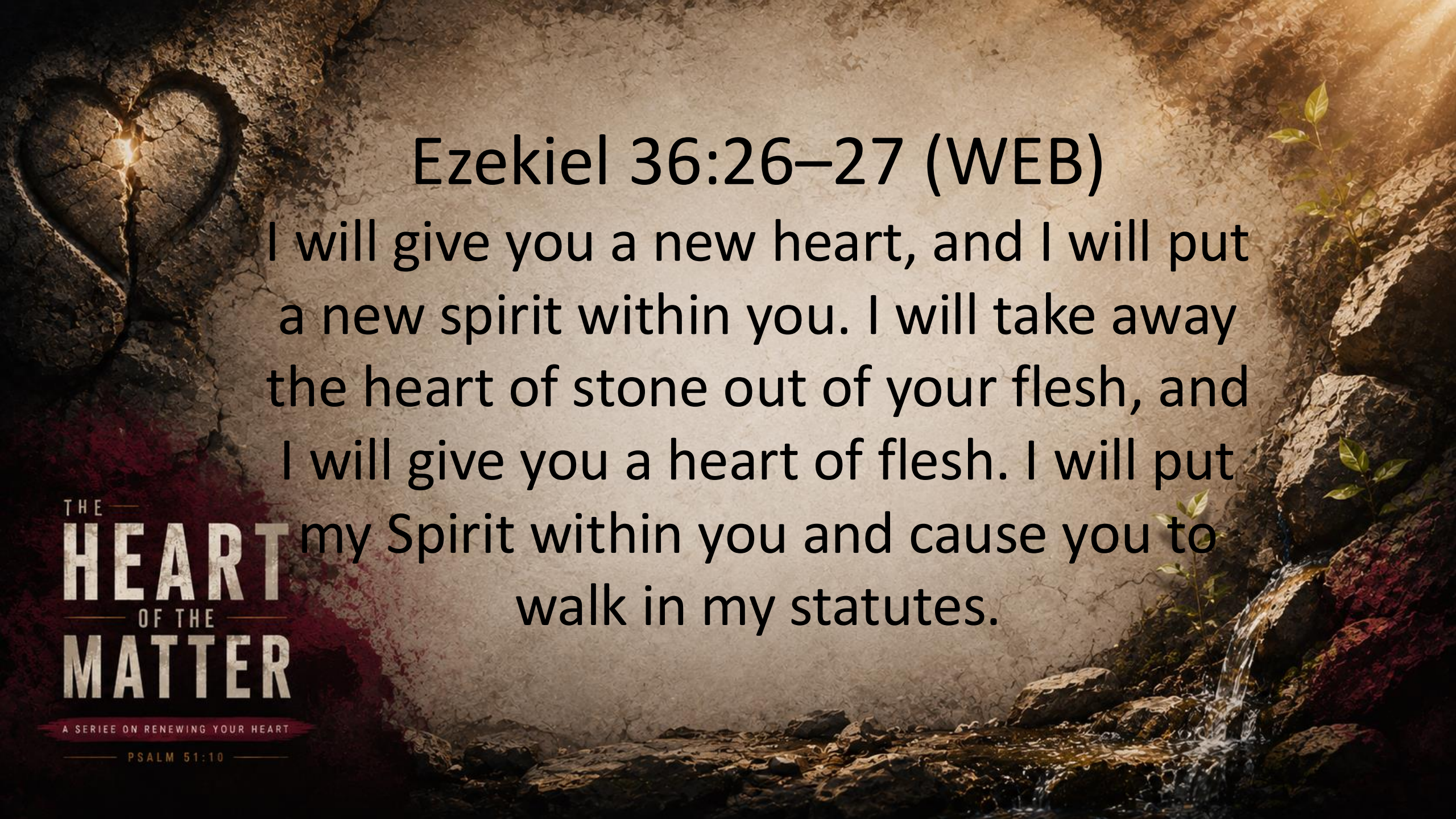
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Ezekiel 36:26–27 (WEB)

I will give you a new heart, and I will put a new spirit within you. I will take away the heart of stone out of your flesh, and I will give you a heart of flesh. I will put my Spirit within you and cause you to walk in my statutes.

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HEART TEST RESULTS



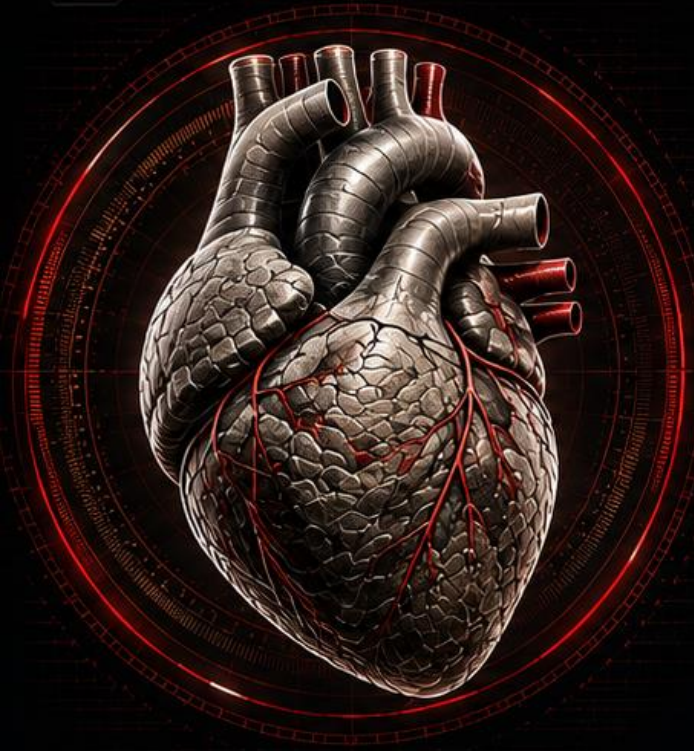
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CURRENT HEART ZONE

HARD

Closed off, unyielding



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HEART RATE

146

BPM

Very High

Normal Resting Range:
60-100 BPM



Very high heart rate detected.
Stress, anger, and spiritual hardness detected.

HEART ZONE METER



PURE

Close to God, at peace

50-60
BPM



JOYFUL

Overflowing with joy

60-70
BPM



CONTENT

Calm and satisfied

70-80
BPM



CONFUSED

Uncertain, seeking clarity

80-95
BPM



FEARFUL

Worried and anxious

95-110
BPM



STRESSED

Overwhelmed and burdened

110-125
BPM



ANGRY

Irritated and resentful

125-140
BPM



HARD

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OVERALL ASSESSMENT: **CRITICAL – HEART IS NOT HEALTHY**

Repentance, forgiveness, and surrender are essential for healing and restoration.



STATUS: **CRITICAL**



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Steady rhythm. Strong and healthy.

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