

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



HEART TEST RESULTS



DATE: JULY 19, 2026



TIME: 11:29 AM



TEST ID: HT-72491



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

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Hebrews 3:7–15 (WEB)

7 Therefore, even as the Holy Spirit says, “Today if you will hear his voice,
8 don’t harden your hearts as in the rebellion, in the day of the trial in the wilderness, 9 where your fathers tested me and tried me, and saw my deeds for forty years.

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Hebrews 3:7–15 (WEB)

10 Therefore I was displeased with that generation, and said, ‘They always err in their heart, but they didn’t know my ways.’ 11 As I swore in my wrath, ‘They will not enter into my rest.’” 12 Beware, brothers, lest perhaps there might be in any one of you an evil heart of unbelief, in falling away from the living God;



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Hebrews 3:7–15 (WEB)

13 but exhort one another day by day,
so long as it is called “today”, lest
anyone of you be hardened by the
deceitfulness of sin. 14 For we have
become partakers of Christ, if we hold
the beginning of our confidence firm
to the end, 15 while it is said, “Today
if you
will hear his voice, don’t harden
your hearts, as in the rebellion.”

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BIG IDEA

A hardened heart isn't when God stops speaking...

it's when we slowly stop responding.

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THE HEART
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— PSALM 51 —

POINT ONE

The Familiar Heart



PROBLEM:

We stop being amazed
by what once filled us
with **wonder**.

FIRST, IT AMAZED US.



FRESH. NEW. MIRACULOUS.

EXODUS 16:14-15

THEN, IT BECAME ROUTINE.



EXPECTED. REGULAR.

EXODUS 16:21

THEN, WE BEGAN
TO COMPLAIN.



BORED. RESTLESS.

NUMBERS 11:4-5

FINALLY, WE FORGOT.



WE CRAVED YESTERDAY.

NUMBERS 11:5-13

YESTERDAY: WONDER

VS

TODAY: FAMILIAR



Amazed



Thankful



Expectant



Faith is strengthened



Overlooked



Taken for granted



Entitled



Faith becomes weak



A DIVIDED HEART DOESN'T CHASE WHAT IS BAD,
IT CHASES WHAT IS **FAMILIAR**.



BE CAREFUL WHEN YESTERDAY
STARTS LOOKING BETTER THAN TODAY.
HEBREWS 3:12-13

FROM WONDER...
TO WEARY.



The
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HABITUATION

/ ,hæbə'tʃu:ɛɪən / • 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:



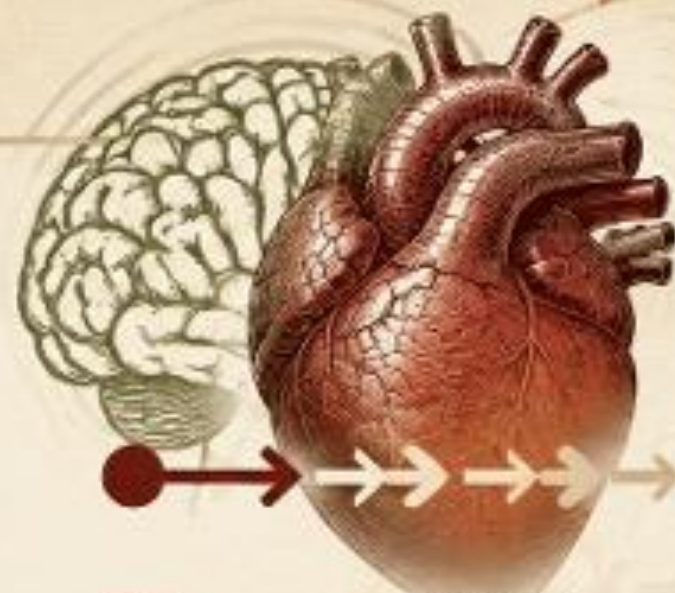
You stop noticing the clock ticking.



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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FROM HEAVEN TO **Ba-Manna** **SPLIT**

CREATIVE DESERT RECIPES
FROM THE WILDERNESS

"Exodus 16:31 (NLT)
"The people of Israel called it
manna. It was white like
coriander seed and tasted like
wafers made with honey."

BA-MANNA SPLIT

Fresh manna scoops, bananas from the wilderness,
honey, nuts, and a touch of sweetness from heaven!



— HOW TO MAKE A BA-MANNA SPLIT —

1 GATHER THE MANNA



Collect manna each morning
as God provides. (Exodus 16:4)

2 WASH & PREPARE



Rinse the manna clean
just like the Israelites did.
(Exodus 16:21)

3 SCOOP THE MANNA



Scoop into three generous
scoops of heavenly manna.

4 ADD BANANAS



Slice a banana from the
wilderness and place on
the sides.

5 TOP IT OFF



Add honey, nuts, and your
favorite toppings from the
wilderness. 🍯

6 ENJOY & REMEMBER



Enjoy God's provision and
remember His faithfulness
every single day!

♥
Not just
bread for
the body...
but a
reminder
of His love.

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POINT TWO

The Divided Heart

HEART FULLY FOCUSED ON GOD



SEEKING HIS KINGDOM



TREASURING HIS WORD



WALKING IN OBEDIENCE



DELIGHTING IN HIS PRESENCE



TRUSTING HIS PLAN



ONE HEART.
ONE PURSUIT.
One Purpose.

THE PROBLEM:

We begin pursuing other things
more than God.

HEART DIVIDED BY DISTRACTIONS



ENDLESS SCROLLING



CONSTANT CONSUMING



NEVER ENOUGH



COMPARING & COMPETING



CHASING PLEASURE



DIVIDED HEART.
DIVIDED LIFE.
Drifting Away.

“NO ONE CAN SERVE TWO MASTERS. FOR YOU WILL HATE ONE AND LOVE THE OTHER;
YOU WILL BE DEVOTED TO ONE AND DESPISE THE OTHER. YOU CANNOT SERVE BOTH **GOD AND MONEY.**”

— MATTHEW 6:24 (NIV) —



WHEN OUR HEART DIVIDES, OUR LIFE DRIFTS.



CHOOSE TODAY: WILL YOU PURSUE **LESS...** TO FOLLOW HIM **MORE?**

Numbers 11:4-6 (WEB))

"The mixed multitude that was among them lusted exceedingly. The children of Israel also wept again, and said, 'Who will give us meat to eat? We remember the fish, which we ate in Egypt for nothing; the cucumbers, the melons, the leeks, the onions, and the garlic; but now our soul is dried away.

There is nothing at all except this manna to look at '"

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THE HEART
OF THE MATTER
— PSALM 51 —

HOW WE REMEMBER

The good. The easy.
The passing pleasures.

“

We remember the fish,
the cucumbers, the melons,
the leeks, the onions,
and the garlic...”

NUMBERS 11:5 (WEB)



OUR BRAINS TEND TO:

- ✓ Preserve the positive
- ✓ Fade the painful
- ✓ Simplify the complex

Rosy RETROSPECTION

WE REMEMBER THE MENU...
BUT FORGET THE MISERY.

Rosy retrospection is the tendency to
remember the past as better than it
actually was.

WHEN YOUR HEART BEGINS TO DRIFT,
YOUR MEMORY BEGINS TO LIE.

Be careful when *yesterday* starts looking better
than the day God has you in *today*.

THE REALITY

The hard. The heavy.
The hidden hurt.



400 YEARS
OF SLAVERY



BACK-BREAKING
LABOR



BABIES THROWN
INTO THE NILE



NO FREEDOM.
NO HOPE.



THAT'S WHY GOD SAID,
“REMEMBER.”

DEUTERONOMY 8:2

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Matthew 6:21 (WEB)

"For where your treasure is,
there your heart will be also."

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OUR PHONES



THE HEART
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— PSALM 51 —

ARE THE MOST POWERFUL
ATTENTION-GRABBERS
IN HISTORY.



THINK ABOUT IT – HOW MANY TIMES
HAVE **YOU** REACHED FOR YOUR PHONE TODAY?



186x PER DAY

ON AVERAGE A PERSON LOOKS
AT THEIR PHONE 186x PER DAY –
EVERY 5 MINUTES



4 TO 6 HRS PER DAY
EQUIVALENT TO **76** FULL
24HR DAYS PER YEAR



114 WAKING DAYS
PER YEAR LOOKING
AT OUR PHONE



OUR **ATTENTION**
IS OUR MOST
PRECIOUS
RESOURCE.

GUARD IT.
GIVE IT TO
WHAT **MATTERS**
MOST.



MATTHEW 6:33



WE RESPOND INSTANTLY TO EVERY NOTIFICATION...

BUT HOW QUICKLY DO WE RESPOND TO THE **VOICE OF GOD?**

“TODAY, IF YOU HEAR HIS VOICE, DO NOT HARDEN YOUR HEART.” HEBREWS 3:15

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BIG IDEA

Whatever you trust most...
will eventually shape your heart.

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— PSALM 51 —

POINT THREE

The UNRESPONSIVE HEART

THE PROBLEM:

We stop
responding
to God's voice.

SIGNS OF AN UNRESPONSIVE HEART

-  TUNED OUT TO CONVICTION
-  FAMILIARITY BREEDS INDIFFERENCE
-  DISTRACTED BY OTHER VOICES
-  DELAYING OBEDIENCE
-  SPIRITUALLY NUMB

“ Today, if you
will hear His voice,
*don't harden
your hearts...* ”
HEBREWS 3:15 (WEB)



HARD HEARTS DON'T HAPPEN OVERNIGHT.
They happen ONE IGNORED PROMPTING AT A TIME.





Hebrews 3:15 (WEB)

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WE MUST CHANGE THE WAY WE HEAR GOD – TO GRAB OUR ATTENTION



THE HEART
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— PSALM 51 —

IN ORDER TO HEAR GOD'S VOICE – WE MUST:



1



**SLOW DOWN AND “BE STILL”
BEFORE GOD**

Psalm 46:10 – “Be still, and know that I am God...”

2



CHANGE OUR ENVIRONMENT

as Jesus went into solitude probably daily.

3



REMOVE OTHER COMPETING NOTIFICATIONS

Turn off the phone.

4



OPEN THE WORD

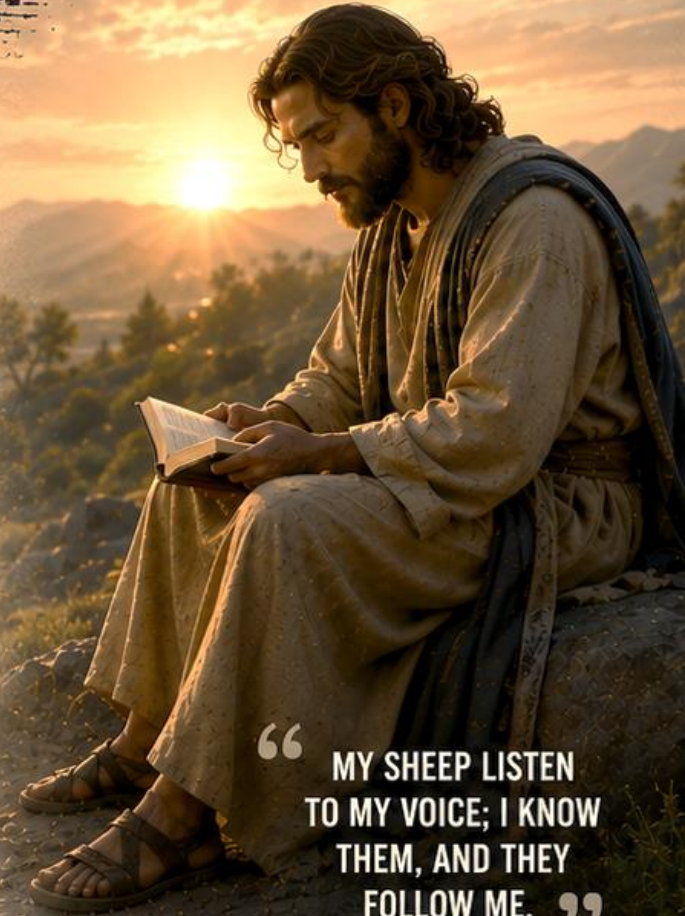
God’s “text” messages are already written.
Psalm 119:105 – “Your word is a lamp
to my feet and a light to my path.”

5



WE MUST RESPOND TO HIS “TEXT”

Don’t be rude and not respond (delete it).
James 1:22 – “Do not merely listen to the word,
and so deceive yourselves. Do what it says.”



“MY SHEEP LISTEN
TO MY VOICE; I KNOW
THEM, AND THEY
FOLLOW ME.”
JOHN 10:27

 **GOD IS ALREADY
SPEAKING.**
THE QUESTION IS –
ARE WE LISTENING?



THE GOAL ISN'T CHANGING GOD'S NOTIFICATION SOUND.
THE GOAL IS PUTTING HIS VOICE BACK ON TOP.



**MAKE GOD'S VOICE
A PRIORITY NOTIFICATION
IN YOUR LIFE.**

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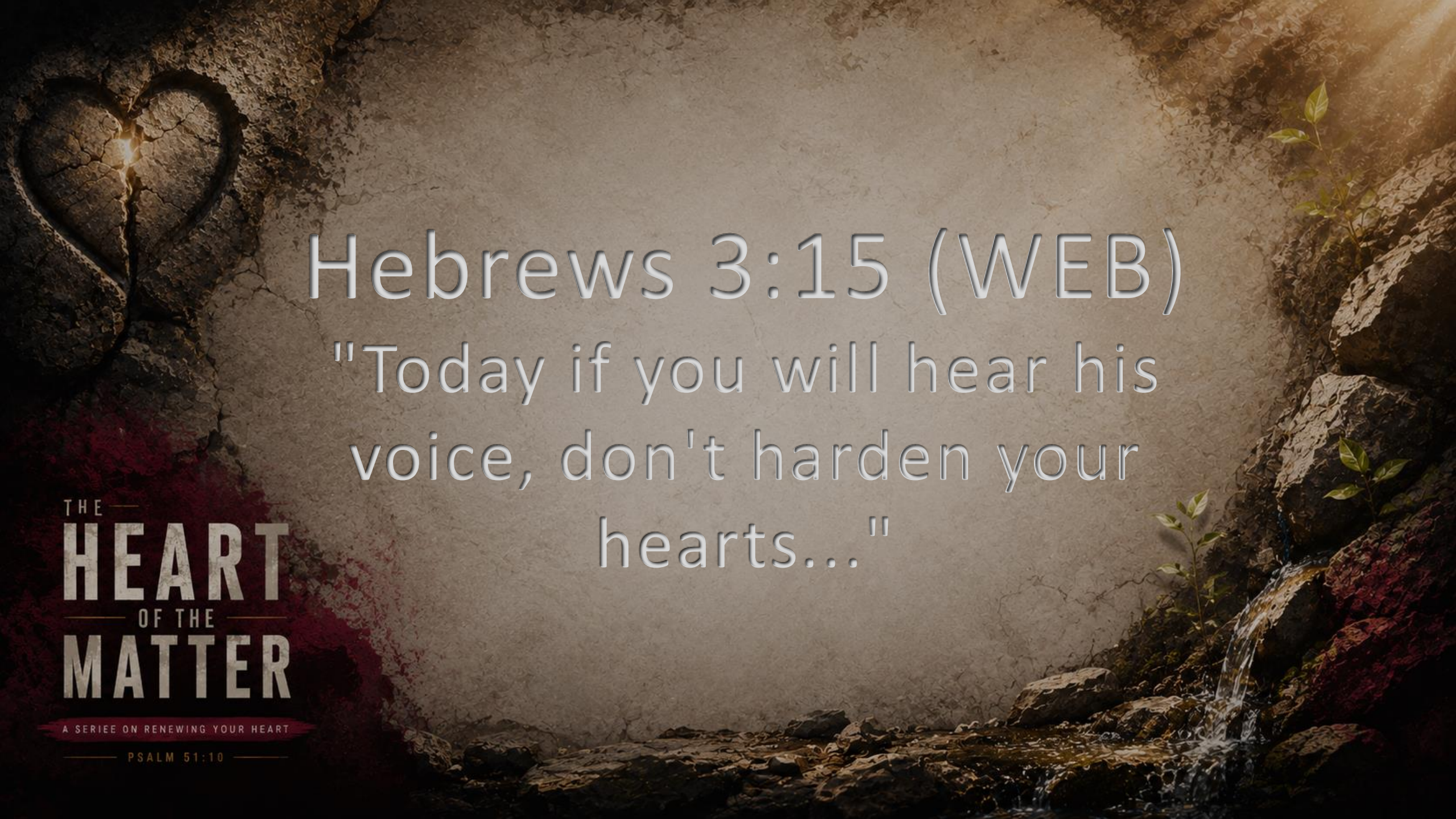
Revelation 3:20 (WEB)

"Behold, I stand at the door
and knock. If anyone hears
my voice and opens the door,
then I will come in
to him, and will dine with
him,
and he with me."

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BIG IDEA

The truth of the Christian life isn't that
you'll never drift...

...The truth is that God will never
stop calling you back to Himself.

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