

## Lesson 6: The Heart of Change

### Introduction

#### I. The \_\_\_\_\_ Level

<u>Positive</u>	<u>Negative</u>	<u>Down</u>	<u>Disconnected</u>	<u>Stressed</u>
Content	Angry	Sad	Numb	Anxious
Joy	Annoyed	Depressed	Aloof	Burned out
Delighted	Agitated	Despondent	Bored	Cranky
Eager	Bitter	Disappointed	Confused	Depleted
Energized	Contempt	Discouraged	Distant	Edgy
Excited	Cynical	Gloomy	Empty	Exhausted
Happy	Disturbed	Grief-stricken	Indifferent	Frazzled
Invigorated	Edgy	Heartbroken	Lethargic	Overwhelmed
Passionate	Frustrated	Hopeless	Removed	Rattled
Playful	Grouchy	Lonely	Resistant	Restless
Satisfied	Impatient	Longing	Uneasy	Shaken
Thrilled	Moody	Sorrow	Withdrawn	Weary
Vibrant	Upset	Unhappy	Embarrassed	Worn out

Scripture	Emotion	World's view of the emotion	God's view of the emotion	Should the emotions have been embraced?
1. Ex 32:2-6, 17-19				
2. Ps 38:1-10				
3. Gen 4:5				

Emotions are \_\_\_\_\_, not \_\_\_\_\_.

You don't work for \_\_\_\_\_; they work for \_\_\_\_\_.

Do feelings/emotions indicate whether you are living to please self or living to please God?

**II. The \_\_\_\_\_ Level****A. \_\_\_\_\_ (Gal 5:19-21)**

Do your thoughts indicate whether you are living to please self or living to please God?

**B. \_\_\_\_\_ (Matt 5:21-22)**

Do your words indicate whether you are living to please self or living to please God?

**C. \_\_\_\_\_ (John 13:35, Rev 2:5)**

Do your deeds indicate whether you are living to please self or living to please God?

**III. The \_\_\_\_\_ Level****A. What is the heart? (2 Cor 4:16)**

1. The seat of your \_\_\_\_\_ (Prov 4:20-21; 7:1-3)
2. The seat of your \_\_\_\_\_ (Prov 14:30; 15:15)
3. The seat of your \_\_\_\_\_ (Prov 11:20; 14:14)
4. The \_\_\_\_\_ (Prov 3:5; 4:23-27) In other words, the “heart” refers to your character or inner life with its desires and purposes for living.

Does your heart indicate whether you are living to please self or living to please God?

**B. How do I analyze my problems on a heart level?**

1. It's impossible for you to \_\_\_\_\_ understand your heart (Jer17:9).
2. The \_\_\_\_\_ is God's chosen instrument by which He reveals what's going on in your heart (Heb 4:12).

**C. What if I don't desire God or His Word? (Ps 1:2, 51:10; 2 Cor 5:9)**

1. Recall to mind that when your heart is not focused on loving God, problems inevitably occur (Matt 15:18-20). A partial list of these problems includes:
  - Pride, greed (coveting), fleshly lusts (I John 2:16)
  - Selfishness (Phil 2:21)
  - Bitterness (Heb 12:15)
  - Envy/jealousy (Jas 3:14-16)
  - Laziness or slothfulness (Matt 25:26)
  - Self-righteousness (Luke 18:9-14)
  - Immorality, idolatry, enmities, strife, jealousy, outbursts of anger, dissensions, drunkenness, and envy (Gal 5:19-21) (*Self-Confrontation Manual*, p. 100)
2. Get on your knees and \_\_\_\_\_/\_\_\_\_\_ once again (or for the first time) (Ps 51)

**IV. Practical Application**

- A. Do you have an angry child that is tough to deal with?
- B. Do you have a sibling who is leaving/left his family?
- C. Do you have a friend that is difficult?
- D. Do you have a parent who is a drunkard?
- E. Do you have a spouse who looks at pornography?

# FOR WHOM ARE YOU LIVING?

“There are only two options on the shelf: pleasing God or pleasing self.”

## PLEASING GOD

### PRINCIPLE-ORIENTED BLESSINGS!

WHAT DO YOU REAP?

Results: Galatians 5:22-24

“EASIER”

Prov. 4:18  
Matt. 11:30

HARD NOW  
TO DENY SELF  
Luke 9:23

HABITS  
“DOING”  
WILL

“HABITS FORM”

GETS  
HARDER

Gal. 6:7  
Prov. 13:15

EASY NOW

POINT OF  
DECISION  
“THINKING”  
MIND

## PLEASING SELF

### FEELINGS-ORIENTED CONSEQUENCES

WHAT DO YOU REAP?

Results: Galatians 5:19-21



So whether we are at home or away, we make it our aim to please Him. 2 Corinthians 5:9