

The Habit That Will Heal Your Heart

“The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is?” Jeremiah 17:9 NLT

A Healthy Heart Changes Everything

If you want to change **your life**,
change **your habits**.

If you want to change your habits,
let God change **your heart**.



Habits of a Healthy Heart

- 1 The Habit of Self-Examination
- 2 The Habit of Simplicity
- 3 The Habit of Solitude
- 4 The Habit of Sorrow
- 5 The Habit of Slowing

“Search me, God, and know my heart; test me and know my anxious thoughts. ²⁴See if there is any offensive way in me, and lead me in the way everlasting.

Psalms 139:23-24 NIV



“In the spring of the year, when kings normally go out to war, David sent Joab and the Israelite army to fight the Ammonites. ... However, David stayed behind in Jerusalem.

2 Samuel 11:1 NLT

“In their own eyes they flatter themselves too much to detect or hate their sin.

Psalms 36:2 NIV

5

Indicators of Self-Deception



Addiction to Distraction



Manic Cheeriness



Judgmentalism



Defensiveness



Cynicism

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Then Nathan said to David, “You are the man! ...”

2 Samuel 12:7 NIV

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- What problem are you denying?
- What sin are you rationalizing?
- What issue are you hiding?

3

Warning Signs

1. Watch for what others have tried to tell you.
2. Watch for what you rationalize.
3. Watch for where you're most defensive.

The more convinced you are that you don't have a problem, the more likely it is that you do.

You cannot change what you won't confront.

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Create in me a pure heart, O God, and renew a steadfast spirit within me. ... ¹²Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

Psalms 51:10, 12 NIV

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Search me, God, and know my heart; test me and know my anxious thoughts. ²⁴See if there is any offensive way in me, and lead me in the way everlasting.

Psalms 139:23-24 NIV

A HEALTHY HEART LEADS TO A HEALTHY LIFE.

HABITS CHANGE • HEARTS HEAL • LIVES ARE TRANSFORMED