

Summer in the Red Heart Surgery- Week 2

What bliss you experience when your heart is pure! For then your eyes will be opened to see more of God.

Matthew 5:8

How do I protect my heart after heart surgery?

Check Your Pulse Daily

So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.

Romans 12:1-2

- pulse indicates whether my heart is in a safe range
- check my heart daily- am I keeping it in a safe place
- what are the indicators that I'm allowing impurity into my life again
- what irregularities are in my life- where am I not consistent and stable
- just take my everyday life and let Him in

Change Your Habits

So then, prepare your hearts and mind for action! Stay alert and fix your hope firmly on the marvelous grace that is coming to you. For when Jesus Christ is unveiled, a greater measure of grace will be released to you. As God's obedient children, never again shape your lives by the desires that you followed when you didn't know better. Instead, shape your lives to become like the Holy One who called you. For Scripture says: "You are to be holy, because I am holy."

1 Peter 1:13-16

- shape my life according to holiness
- what did the Holy One model as His habits?
...And as His custom was, He went into the synagogue on the Sabbath day, and stood up to read.

Luke 4:16- *Jesus' custom was to be in church/ in the Word*

Coming out, He went to the Mount of Olives, as He was accustomed, and His disciples also followed Him.

Luke 22:39- *Jesus custom was to pray* (Mt of Olives was a place of prayer)

- 3 holy habits from the Holy One's life: love the Word, love prayer, love the Church

Choose to Follow Up

But those who wait upon God get fresh strength.

They spread their wings and soar like eagles,
They run and don't get tired,
they walk and don't lag behind.

Isaiah 40:31

-time waiting on the Lord

-it's only in His presence that we see who we truly are & develop a reflection of His purity in an impure world

RESPONSE:

1. Invite Him in for the 1st time
2. Which of these 3 areas do you need to ask for His help in? Let's give it back to Him today.