

The Habit That Will Cleanse 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

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

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

1. Habits of a Healthy Heart

- Self-Exam
- Sharing
- Simplicity
- Godly Sorrow
- Steadfastness
- Solitude

2. Four Habits that will "_____ " Your Heart.

- The **BRAIN** Game (Genesis 3:2-7)
- The _____ Thrower (Genesis 3:8-13)
- The **LYING** Tamer (Isaiah 5:20)
- The _____ Shifter (Romans 3:23)

3. Three Heart **HEALTHY** Habits.

- Self Assessment. (Ps 139:23-24)
- Look in the **MIRROR**. (James 1:22-23)
- Confront Your **SIN**. (1 John 1:9)

4. The Habit that Will **HEAL** Your Heart.

2 Corinthians 7:9-10 NIV ... yet now I am happy, not because you were made sorry, but because your sorrow led you to repentance. For you became sorrowful as God intended ... ¹⁰Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

Godly Sorrow → **Repentance** → Salvation

Worldly Sorrow → **Remorse** → Spiritual Death

5. Heart Surgery

- Confess Quickly
- Repent Whole Heartedly

ADMIT it to God

Commit it to God

Submit it to God

Receive Freely

Talk it Over

1. What is the Holy Spirit speaking to you through today's message?
 2. Read **2 Corinthians 7:9-10**. What are some ways godly sorrow is different than worldly sorrow?
 3. Talk about some of the dangers that come with rationalizing sin. How could this have a negative impact on your relationship with God and others?
 4. Do you need to confess and repent because of a current sin in your life? Use this time to talk about that with your spouse, trusted friend or your Small Group, and then spend time praying together.
 5. Start the *How to Slow Down and Simplify Your Life* Bible Plan using Plans With Friends: www.go2.lc/simplify
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Next Week

Habits of a Healthy Heart pt 3

Roland Beard

UPCOMING EVENTS

JANUARY

Seek Week

Dec. 29th-Jan. 5th

Join us for a powerful week of prayer and fasting as we cry out for more of God's Presence in our lives, in our church, and in our communities.

Lead A Small Group

Scan here to sign up



SUNDAY

5

Growth Track Starts

Scan here to sign up



SUNDAY

19

SMALL GROUP SUNDAY

SUNDAY

26

SMALL GROUP CYCLE BEGINS

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