Habits of a Healthy Heart (4)

January 5/19 /2025

Steadfastness: The Habit That Will Strengthen 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 <u>LIFE</u>, change your habits.

If you want to change your habits, let God change your <u>HEART</u>.

"Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain. (1 Cor. 15:58)

Habits of a Healthy Heart

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

Four Habits that will _ Your Heart.

Jonah, a cautionary tale.

1. - Avoided Hard Things. (Knew better than God)
 2. - Quit too Early. (Throw me overboard)
 3. - Negative self-talk. (Discouraged himself)

4. - Blinded by prejudice. (Rejected in God's mercy for the lost)

Four Habits that Develop Spiritual G.R.I.T.

1. **G** (2 Corinthians 12:9)
2. **R** (Galatians 6:9)
3. **I** (Proverbs 11:3)
4. **T** (Proverbs 22:29)

"Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain. 1 Corinthians 15:58 NLT

A steadfast heart enables me to tap into God's:

- Grace to sustain me in times of AFFLICTION.
- Power to strengthen me in times of CONFLICT.
- Hope that carries me in times of UNCERTAINTY

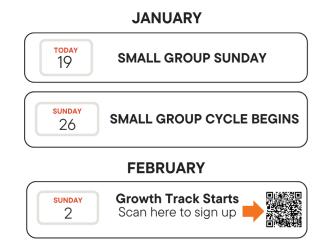
Talk it Over

- 1. What is the Holy Spirit speaking to you through today's message?
- 2. Read Jonah 1 avoided hard things What does this reveal about Jonah Character?
- 3. Read Jonah 2 Quit too early (rather die) What does this tells us about his motivation?
- 4. Read Jonah 3 Focused on the negative talk What does this reveal about his perspectives?
- 5. Read Jonah 4 Disappointed in God outcome. (Ninevah could have been evangelized changing their destiny, instead they returned to their former ways and became a byline in history.

Next Week Habits of a Healthy Heart pt 5 Justin Klinger

UPCOMING EVENTS





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