Habits of a Healthy Heart (3)

January 12, 2025

#### Sharing: the Habit that will FILL Your Heart

"Do not be deceived: God is not mocked, for whatever one sows, that will he also reap. For the one who sows to his own flesh will from the flesh reap corruption, but one who sows to the Spirit will from the Spirit reap eternal life."

God so loved us that He gave... (John 3:16).

Then, His life in us means we are enabled to do good (Galatians 6:9-10) by word and deed through the Holy Spirit...to walk as He walked (1 John 2:6)

#### 1. The Series in context: habits of a healthy heart

Habits: those things done repeatedly for others that stem from thankfulness for what He has done in us. They begin with single and usually simple steps that develop a lifestyle that reflects the heart.

## Sharing or Sowing – the outworking of the Spirit from the heart of a person.

Galatians 6:9-10 ...don't grow <u>weary</u>... in due season we shall <u>reap</u> ...have opportunity, <u>do good</u>

1 John 2:6 Do you abide in Him? ...then we ought to walk in the <u>same</u> way in which He walked

- **2. Old Testament example:** regard for the sojourner or the oppressed, of widow, or fatherless (Lev 19;34-35, Is 58: 7,10)
- 3. Examples in the Gospels: Jesus' place for his disciples in John 1:38, 2:12, Mark 3:13-20; women ministering to Christ and the disciples (Luke 8:1-3); Zacheus (Luke 19:1-10); the house of Lazarus (Luke 11-12)
- **4. Examples and Admonitions in the Early Church:** Examples are Acts 2:32-33, 16:15, 32-34; admonitions are Rom12:13, 1 Tim 5:10, 1 Peter 4:8-9
- **5. The 'Home'.** What does it take to <u>deliberately</u> make someone else the center of attention rather than ourselves? <u>A changed heart</u>. Where can that most likely be manifest? <u>Where you abide (your home)</u>.
- **6. Where do I start?** Have enough heart? Have room? Any practice of sowing begins with simple things and events. Have a calendar? The Holy Spirit is willing.
- 7. Note: being a missionary is like having a home where you go serve.

## **Action Points**

#### **The Homework Part**

- 1. How can you make a home more accessible and inviting for God's use?
- 2. How can you train your children to look to the needs of others as you do?
- 3. If you are a widow or single, how might you develop hospitality with neighbors?
- 4. Home alone and afraid to be hospitable? Can you write? Can you call? Begin.
- 5. What pattern of good works can you imagine if you see a need before you?

# Next Week Habits of a Healthy Heart pt 4 Tirus Tholen

**UPCOMING EVENTS** 



