



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

If you want to change your _____, change your habits.

If you want to change your habits, let God change your _____.

1. Habits of a Healthy Heart

- The Habit of Self-Examination
- The Habit of Sorrow
- The Habit of Sowing
- The Habit of Steadfastness
- The Habit of Solitude
- The Habit of Simplicity

2. The Habit of Self-Examination

- Psalm 139:23-24 NIV
- 2 Samuel 11:1 NLT
- Psalm 36:2 NIV

3. _____ Indicators of Self-Deception.

- Addiction to Distraction
- Manic Cheeriness
- Judgmentalism
- Defensiveness
- Cynicism

4. Face the _____

Then Nathan said to David, “You are the _____! ...” 2 Samuel 12:7 NIV

- What **PROBLEM** are you denying?
- What _____ are you rationalizing?
- What **ISSUE** are you hiding?

5. Three Warning Signs to Watch for:

- What others have _____ to tell you?
- What you _____.
- Where you're most _____.

6. Remember:

- The more convinced you are you don't have a problem, the more likely it is that you do.
- You cannot change what you won't confront.

– You are only as healthy as your secrets.

Action Points

ADMIT it to God

Commit it to God

Submit it to God

Talk it Over

1. What is the Holy Spirit speaking to you through today's message?
2. Read **Psalm 139:23-24**. Have you practiced the habit of self-examination before? What are your thoughts or feelings when you think about this habit?
3. Talk about a time when you confronted a personal problem or sin. How did God work in your life, and what did you learn as a result?
4. Share one habit that you need to quit. How would your life look different a year from now if you allowed God to work in your life and change your heart?
5. Start the *How to Slow Down and Simplify Your Life* Bible Plan using Plans With Friends: www.go2.lc/simplify

Next Week

Habits of a Healthy Heart pt 2

Pastor Tom Johnson

UPCOMING EVENTS

JANUARY

Seek Week

Dec. 29th-January 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.

You were made to change
the world

– We are here to help.
www.sanford.manna.church

WED
1

SEEK WEEK
Night of Prayer
6: 30pm

SUNDAY
5

9 & 11 AM
The Habit of
Simplicity

SUNDAY
5

Growth Track Starts
Scan here to sign up



SUNDAY
12

The Habit of
Sowing