

<p style="text-align: center;">How to Have a Tender Heart Hebrews 3:7 - 4:13</p> <p>October 16, 2022 Doug Husen</p>
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And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you. Ephesians 4:32

We can Overcome the 3 Obstacles Preventing a Tender Heart

Obstacle #1: Hardened-hearts. (3:7-15)

- Our hearts can become hard from repeated disappointments and disobedience. (7-11)
- Hard hearts show our focus is not on God! (12-15)
- The antidotes to a hardened heart:
 - A heart focused on God. (12)
 - We walk by faith, not by sight. (2 Cor 5:7)
 - A circle of encouraging friends. (13)
 - We speak to build up, not tear down. (Eph 4:29-32)

Obstacle #2: Exhausted-hearts. (4:1-11)

- Our hearts become exhausted from over-work. (10)
- Exhausted hearts show we trust in our efforts, not God's. (3)
 - Signs our hearts may be exhausted:
 - Lack of desire to worship.
 - Lack of joy in service.
 - Desire to be disobedient.
- The antidotes to an exhausted heart:
 - A heart trusting in God's work, not my own. (10)
 - We enter God's rest; we don't create our own rest!
 - For Christians, every day is the Sabbath!

Obstacle #3: Unhealthy-hearts. (4:12-13)

- Our hearts are naturally deceitful and shameful.
 - The only "correct" view is God's view.
- The antidote to an unhealthy heart:
 - The Word of God - The Bible. (12)
 - The Bible is "living" = it's alive!
 - The Bible is "active" = it's self-installing!