

Choices – Part 5
It's Complicated
A love, hate, relationship
Guard your heart
Having a habit that sets it heart towards God

3 ways to create healthy habits

Real change doesn't start with new habits – real change (lasting change, forever change) starts FIRST with your heart!

POINT 1 – SET YOUR HEART

- Have a goal (write it down—study shows that those that have a plan have more success) set your heart towards something, not because someone else says so but because you know you should
 - If your heart isn't set towards something you will find yourself just “wondering” and then at the end of a year you will wonder what did I do this year?

Chronicles 12:14 (ESV)

And he did evil, for he did not set his heart to seek the LORD.

- **Set – Verb /**
 - Directed towards (something)
 - To fix
 - To be securely determined
 - To establish (to put beyond doubt)
- **Heart**
 - Inner man, mind, will, understanding
 - Inclination - natural disposition
- **Seek**
 - To enquire
 - To require
 - To investigate
 - To practice
 - To study
 - To follow
 - Carries the idea of one who makes an earnest inquiry for something so intense that it causes one to put his whole effort forward in search for it.
 - **IF YOUR HEART ISN'T SET TOWARDS GOD YOU WILL NEVER SEEK HIM.**

- **What your heart is set towards is what you will seek**

What you set your heart towards is what you will seek

We are trying to get people to seek God without setting their hearts towards Him

How do we set our hearts towards Him?

By choosing to fix your eyes on Him – doesn't mean not living but living for Him above all things

Matthew 6:21 (AMP)

for where your **treasure** is, there your heart [your wishes, your desires; that on which your life centers] will be also.

- **Treasure** – within this word we get the idea of something that has been “set for”, establish
 - In other words the thing that you are set towards your heart will follow – why because you have chosen to go after it.

Colossians 3:2 (JUB)

Set your sight on things above, not on things on the earth.

Proverbs 23:19 (AMP)

Listen, my son, and be wise, and direct your heart in the way [of the LORD].

Luke 12:29-31 (CJB)

²⁹ “In other words, don't **strive** after what you will eat and what you will drink — don't be anxious. ³⁰ For all the pagan nations in the world set their hearts on these things. Your Father knows that you need them too. ³¹ Rather, seek his Kingdom; and these things will be given to you as well.

POINT 2 – GUARD Your heart

- **LISTEN** - If you don't then you will **slowly drift away from the goal.**
 - The further you get away from the "set" point the greater the chance of error.
- How do you make sure that won't happen?

- **Determine in your heart to stay on course.** How? – **GUARD IT**
 - Example of two people starting at a start point only 12 inches apart but at the end they end up 18 inches apart. Not a big deal but now there is more opportunity for strive to get in between, offense to get in, and so on!!!!

Proverbs 4:23 (AMP)

Watch over your heart with all diligence, for from it *flow* the springs of life.

- **Watch**
 - To guard, watch, watch over, keep
 - To watch, guard, keep
 - To preserve, guard from dangers
 - To keep, observe, guard with fidelity
 - To guard, keep secret
 - To be kept close, be **blockaded**
 - Watchman (participle)

Listen – from your heart, out of your heart, out of the very core of what you believe, will come your habits.

LET ME SAY IT AGAIN – YOUR HEART HAS A GREAT INFLUENCE ON YOUR HABITS, AND HABITS (NO MATTER THE SIZE) HAVE A HUGE IMPACT ON YOUR LIFE

POINT 3 – Know where to hide

Psalm 119:114 (AMP)

You are my hiding place and my shield; I wait for Your word.

Healthy heart creates healthy habits

Inside not just outside – you can look healthy on the outside and die because on the inside you are anything but healthy

Matthew 23:27-28 (AMP)

²⁷ “Woe to you, [self-righteous] scribes and Pharisees, hypocrites! For you are like whitewashed tombs which look beautiful on the outside, but inside are full of dead men’s bones and everything unclean. ²⁸ So you, also, outwardly seem to be just *and* upright to men, but inwardly you are full of hypocrisy and lawlessness.