

Heart Trouble?

Sunday AM 06/07/20

Introduction.

This last week we have seen the brutal killing of a black man and the protest with looting, rioting, lawlessness. Reminds me of the late 1960's and early 70's. At that time we had the killings of Martin Luther King Jr. and Robert Kennedy plus the issue of race relations and the Vietnam War. At Kent State national guard opened fire on students and some died. Cities were set on fire as businesses were destroyed. The question then and now is why? Why is this happening? To answer we have to notice there is a difference in symptoms and the actual disease. Symptoms- George Floyd death, Vietnam War, race relations. But we have to address the cause which deals with the Bible heart. When we talk about the physical heart we realize it can have a number of things wrong with it; enlarged heart, blockage, hole in the heart, valve not working properly, etc.

I) Various Passages Dealing with the Heart

A) What we do is determined by our heart.

1. ***Matthew 12:34 "Brood of vipers! How can you, being evil, speak good things? For out of the abundance of the heart the mouth speaks. 35 "A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things.***
2. Have you ever asked somebody why they did something and they respond with "I don't know." The Bible says it comes from your heart.
3. The words we speak comes from the heart; our actions come from the heart.

B) What we do can cause us to be defiled, made filthy or sinful

1. ***Matthew 15:17*** "Do you not yet understand that whatever enters the mouth goes into the stomach and is eliminated? 18 "But those things which proceed out of the mouth come from the heart, and they defile a man. 19 "For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies. 20 "These are the things which defile a man, but to eat with unwashed hands does not defile a man."
2. We tend to look at the individual sin (crime) without looking at the heart.
3. How many times does someone say, "Well they have a good heart." There is something wrong with their heart.
 - a. A man who sleeps with his neighbor's wife does not have a good heart.
 - b. A man who steals by looting does not have a good heart.
 - c. A man who kills an innocent person does not have a good heart. Etc.
4. A so-called good heart does not make sin ok.

C) Therefore we need to pay attention to our heart

1. ***Proverbs 4:23*** Keep your heart with all diligence, For out of it spring the issues of life. 24 Put away from you a deceitful mouth, And put perverse lips far from you. 25 Let your eyes look straight ahead, And your eyelids look right before you. 26 Ponder the path of your feet,

And let all your ways be established. 27 Do not turn to the right or the left; Remove your foot from evil.

2. **Verse 23** plainly speaks of the importance of our heart.
3. The next verses is the application of being diligent in keeping out hearts pure. Reminds me of the children song “Be careful little children what you see, be careful little children what you do, be careful little children where you go”

II) Heart Trouble

A) **The way we think and how we think about things.**

1. There is a godly way of thinking and a worldly way of thinking.
2. The Pharisees had a dirty heart. ***Matthew 23:27 "Woe to you, scribes and Pharisees, hypocrites! For you are like whitewashed tombs which indeed appear beautiful outwardly, but inside are full of dead men's bones and all uncleanness. 28 "Even so you also outwardly appear righteous to men, but inside you are full of hypocrisy and lawlessness.***
3. What can I get by with? Can I get by with adultery without anyone finding out? Can I get by with stealing this television without going to jail? Can I get by with murder, lying, etc.
4. If you are thinking along these lines then there is something wrong with your thinking heart.

B) **Desiring sinful things**

1. What we want can be wrong. Covetousness – which is idolatry.

2. When we out of “righteous indignation” and seek revenge.

Leviticus 19:18 'You shall not take vengeance, nor bear any grudge against the children of your people, but you shall love your neighbor as yourself: I am the LORD.

Hebrews 10:30 For we know Him who said, "Vengeance is Mine, I will repay," says the Lord. And again, "The LORD will judge His people."

3. OK to be angered by sin and hate the sin but it is wrong to seek vengeance.

C) Feelings and emotions can be wrong

1. We tend to think the way we feel is just the way we feel.
2. Feelings can be wrong such as bitterness, anger, prejudice, etc.
3. We might wonder how someone can kill another human being because they are of a different color. But I might also wonder how a woman can abort her baby, or how a person can abuse a person, etc.
4. They are beyond feeling. ***Romans 1:31-32 TCNT*** *They were undiscerning, untrustworthy, without natural affection or pity. 32 Well aware of God's decree, that those who do such things deserve to die, not only are they guilty of them themselves, but they even applaud those who do them.*

III) How To Solve Heart Trouble

- A) Obviously we must start with the heart and not just the symptoms.

1. **Matthew 23:25** *"Woe to you, scribes and Pharisees, hypocrites! For you cleanse the outside of the cup and dish, but inside they are full of extortion and self-indulgence. 26 "Blind Pharisee, first cleanse the inside of the cup and dish, that the outside of them may be clean also.*
2. Have to purify the inward man and not just the outside.
3. New clothes on an old mannequin does not make the mannequin any better.

B) Change the way one thinks.

1. **Colossians 3:2** *Set your mind on things above, not on things on the earth.*
2. This is an unnatural way of thinking because it means to seek to please God first.
3. Examples of this way of thinking--Love your enemies-**Matthew 5:43** *"You have heard that it was said, 'You shall love your neighbor and hate your enemy.' 44 "But I say to you, love your enemies, bless those who curse you, do good to those who hate you, and pray for those who spitefully use you and persecute you, 45 "that you may be sons of your Father in heaven; for He makes His sun rise on the evil and on the good, and sends rain on the just and on the unjust. 46 "For if you love those who love you, what reward have you? Do not even the tax collectors do the same?*
4. Not throw a brick at them but to seek their best.
5. How do I do that? Look to Jesus, He is our example of loving the unloveable.

C) Change what we want and make it more about what God wants.

1. This begs the obvious question, what does God want?
2. ***James 4:4 Adulterers and adulteresses! Do you not know that friendship with the world is enmity with God? Whoever therefore wants to be a friend of the world makes himself an enemy of God... 8 Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded.***
3. Instead of “what can I get by with” it is “how close can I get to being godly.”
4. Us to be “holy vessels” ***1 Thessalonians 4:3 For this is the will of God, your sanctification: that you should abstain from sexual immorality;***
5. Us to obey His Son and to be doing good works. ***1 Peter 4:19 Therefore let those who suffer according to the will of God commit their souls to Him in doing good, as to a faithful Creator.***

D) Change the way we “feel”

1. How do you feel about God's word? ***Psalms 1:2 But his delight is in the law of the LORD, And in His law he meditates day and night.***
2. Do we find comfort in God's word? ***Psalms 119:50 This is my comfort in my affliction, For Your word has given me life.***
3. Do love your neighbor? ***Matthew 19:19 'Honor your father and your mother,' and, 'You shall love your neighbor as***

yourself."

Conclusion:

Heart trouble can hide itself for a while and then show up. It can be deadly. In order to prevent it we must practice "sound doctrine" on a daily basis.