Matters of the Heart



Out of the heart flows the issues of life

Attached you will find a three week study prepared for those who desire for God to create within a clean heart. The heart is something we all need to guard from the challenges life can bring. If we are going to continue to be a blessing to others, family, and self we must keep watch over our hearts.

**Matters of the Heart**
Proverbs 4:23 NIV
“Above all else, guard your heart, for everything you do flows from it.”

**Week I**
The heart is deceitful above all things, and desperately wicked: who can know it? I the Lord search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings. **Jeremiah 17:9-10 KVJ**:
**Note**: The heart supplies **oxygen** and **nutrients** to our bodies by working with the respiratory system. At the same time, the circulatory system helps carry waste and carbon dioxide out of the body. The four main chambers of the heart are **two atria and two ventricles.** The intent of this study is to point out the importance of the heart both in our physical and spiritual life. Let’s review the function of the right atria and the right ventricle chambers from a physical a spiritual perspective.
**Physically**:
The right atrium receives oxygen-poor blood and the right ventricle carries blood into the heart where it can receive oxygen and nutrients.
**Scripture Reference**
We must be careful what we allow in our lives particularly into our heart.
·         **Proverbs 23:7** “Whatever a man thinks in his heart so is he…”
·         **Proverbs 17:22**: A merry heart doeth good like a medicine: but a broken spirit drieth the bones.
·         **Proverbs 10:8**: The wise in heart will receive commandments: but a prating fool shall fall.
**The left atrium receives oxygen-rich blood.**
·         **Jeremiah 29:13** “And ye shall seek me, and find me, when ye shall search for me with all your heart.”
·         **Psalm 37:4** Delight thyself also in the Lord: and he shall give thee the desires of thine heart.
·         Ezekiel 36:26 “A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you a heart of flesh.”
Guarding our heart is a very important matter in life. This prevents us from being deceitful and selfish when it comes to engaging with the world. If our heart is in the right place, we need not worry about matters that do not go our way because the Lord our God is with us. Whatever you do this week ask yourself when you are making decisions; is my heart in the right place.

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**Week II**
This week we are going to look at the functions of the ventricles. The ventricles are responsible for carrying blood in and out of the heart. It is obvious the importance of blood being able to flow in and out of the heart and effectively. Without proper blood flow you will experience heart failure which will lead to death. We understand from a physical and spiritual perspective that blood is symbolic of life.
**Scripture Reference**
**Matthew 22:37**
Jesus said unto him, Thou shalt love the Lord thy God with all thy heart,
o   What does this mean?
o   What happens if we lose heart?

If we keep the faith and don’t lose heart God has great things in store for us.
**Jeremiah 29:11**
For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end.
**Joshua 1:9**
Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest.
**I Corinthians 16:13**
Be on your guard; stand firm in the faith; be courageous; be strong.
**Did not our heart burn within us…? —Luke 24:32**
We need to learn this secret of the burning heart. Suddenly Jesus appears to us, fires are set ablaze, and we are given wonderful visions; but then we must learn to maintain the secret of the burning heart— a heart that can go through anything. It is the simple, dreary day, with its commonplace duties and people that smothers the burning heart— unless we have learned the secret of abiding in Jesus. (Oswald Chambers)

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**Week III**
In week three we are concluding the study Matters of the Heart. This is where we look at how we completely open our heart to what God wants us to do and make ourselves vulnerable to the challenges of having an open heart and mind to God’s will. When a person has need of an open heart surgery he/she is suffering from a coronary heart disease.

Coronary heart disease occurs when the blood vessels that provide blood and oxygen to the heart muscle become narrow and hard. This is often called “hardening of the arteries.” Hardening occurs when fatty material forms a plaque on the walls of the coronary arteries. This plaque narrows the arteries, making it difficult for blood to get through. When blood can’t flow properly to the heart, a heart attack may occur.

When we become harden we build walls in our lives that prevent us from being as available to live a healthy spiritual life. The walls we build up in our hearts prevent the love of God from working on our character as we seek to live for Him.

**Scripture Reference**

**Hebrews 3:14-15**

**14**For we are made partakers of Christ if we hold the confidence we had in the beginning steadfast unto the end,
**15**while it is said, “Today if ye will hear His voice, harden not your hearts as in the provocation.”

**Proverbs 28:14**

How blessed is the man who fears always, But he who hardens his heart will fall into calamity.

**Quote**:

The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.
**Helen Keller**

**Final Thought**

Initially, when “the love of God has been poured out in our hearts by the Holy Spirit” (Romans 5:5), it is easy to put Jesus first. But then we must practice the things mentioned in 2 Peter 1 to see them worked out in our lives.