

HEART THERAPY

Part 5

TEXT: *Proverbs 18:14 AMPC* The strong spirit of a man sustains him in bodily pain or trouble, but a weak and broken spirit who can raise up or bear?

SPIRITUAL STRENGTH PATTERN (*Proverbs 4:20-23 NKJV*)

- Strength multipliers
 1. Giving God's word top priority
 2. Seeing yourself in the light of God's word
 3. Keeping God's word in your heart (*Joshua 1:8 NKJV*) (*Romans 10:8 NKJV*)

THE IMPORTANCE OF YOUR THOUGHTS

- Possibly the most challenging area to change
 1. There are so many thoughts coming your way
 2. The most private area
 3. Thoughts will eventually show up (*Romans 8:6 NKJV*)
- Instructions on thoughts (*Psalms 1:1-3 NKJV*)
 1. Reject thoughts contrary to God's word and Kingdom
 2. Accept God's word and ways as right
 3. Think about what God says
 4. There are benefits associated with retrained / restrained thinking (*1 Timothy 4:15 NKJV*)

GUARD AGAINST THE THINGS THAT STEAL STRENGTH (*Proverbs 4:24-27 NKJV*)

- Three areas to watch, to be aware of
 1. Words
 2. Focus
 3. Walk (how you live; your conduct)