

GET A GRIP

Part 3: Heart Health

HEART AWARENESS

- We must give attention to what we put in our hearts (***Proverbs 4:23 NET***)
 1. Where our life and strength are sourced
- Three things that are bad for our heart
 1. Fear (***Proverbs 12:25 NKJV***)
 2. Sorrow (sadness, grief) (***Proverbs 15:13 NKJV***)
 3. Anger (***Psalms 37:8 NKJV***)

WHEN THE DISCIPLES WERE ANGRY (***Luke 9:51-56 NKJV***)

- A Samaritan village rejected Jesus
 1. Even though Jesus had always been good to them
 2. Religious tradition and racial discord caused the village to reject Jesus
- James and John personally felt the sting of that rejection
 1. At least they had the foresight to ask Jesus if He wanted them to call down fire
 2. They had a religious justification in their minds for wiping out this village
- Jesus did not join them in anger (He guarded His heart)
 1. Brought them back to the “big picture”; He came to save, not destroy

PROTECTING AND STRENGTHENING YOUR HEART

- You are what you eat - what we “feed on” gets in us (***Psalms 37:1-3 NKJV***)
 1. There will always be evil/negative things and people but we can’t dwell on that
 2. Trust in the Lord and feed on His faithfulness (***Ezekiel 21:6-7 NKJV***)
- Get comfortable with uncomfortable (***Psalms 116:17 NKJV***)
 1. Easier to be fearful/sad/angry - but we can’t allow them to dominate and dictate
 2. Giving thanks has some resistance - why it’s called a sacrifice
 3. Thanksgiving helps us change our focus - from the negative and temporary
- Go back to the big picture perspective
 1. What matters most - the salvation of people and advancement of God’s Kingdom
 2. The Ark Church exists for the saving of households