

## **INNER HEALTH**

### Part 2: Heart Care

#### **TAKING CARE OF THE INNER MAN (1 Peter 3:2-3 NKJV)**

- More to you than meets the eye
  1. The focus is not merely outward
  2. Hidden person of the heart - the part of you that is not visible
- The heart
  1. Your inner man is also referred to as the heart (***Proverbs 4:23 NKJV***)
  2. We guard what is important - out of the inner man comes life
- Guarding what you put in your heart
  1. We are conscious of what we put in our bodies
  2. What you put in your heart is what comes out (***Luke 6:45 N KJV***)
- Jesus shifted the focus from outside to inside (***Mark 7:15-20 NKJV***)
  1. The Jews of His day were focused on foods - foods could defile a person
  2. Jesus minimized the importance of food
  3. What comes from within a person is more important
- God's word is the best food for the heart (***1 Peter 2:1-2 NKJV***)
  1. This is how we grow
  2. Paul referred to feeding people God's Word as food (***1 Corinthians 3:2 NKJV***)

#### **STRONGER OR WEAKER - YOUR CHOICE**

- An Old Testament example of the impact of food (***1 Samuel 30:11-12 NKJV***)
  1. The man had been deprived of food
  2. After he ate, his strength came back
- Spiritual food produces spiritual strength (***Acts 20:32 NKJV***)
  1. God's Word is able to build you up
  2. Lack of spiritual food causes lack of strength
- Understanding you are a spiritual being and your inner health matters
  1. Helps to change your perspective of God's Word