

# Series Conclusion: How to Lead Your Heart

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For the purposes of this series, we are defining the heart like this: **“Your Heart is the part of your being that has Beliefs, Desires, Intentions, and Emotions.”**

## Why Leading Your Heart Is So Important

- Everything in your life flows from your heart (Proverbs 4:23; Luke 6:45; Mark 7:21)
  - Everything you say and do
  - Your quality of life
- Heart change is the central issue of sanctification (Matthew 15:10-20; Hebrews 10:16)
  - The only way a person can really change is if their heart changes
  - Heart change is what God values, because obedience that isn't from the heart is dishonoring to God
    - Matthew 5:27-28

## The Five Habits

### Habit #1: Having an attitude of responsibility and intentionality about leading your heart

- You, as a Christian, are charged by God as responsible for leading your heart
  - Proverbs 4:23; Proverbs 23:19; Proverbs 6:25; Luke 12:33-34
- How intentionality helps
  - Our hearts don't just naturally go where they should. We have to be intentional about directing them
  - Any attitude of being intentional helps in almost any area of life

### Habit #2: Discerning and judging what's in your heart

- In order to effectively lead your heart, you need to know what's in your heart
  - How are you going to watch over your heart if you don't know what's in it?
- In order to manage your heart well, you have to know which thoughts, desires, intentions, and emotions are good and which ones are bad.
- If you want to know more about how to discern and judge what's in your heart, then check out parts 2-5
  - We talked about how to develop discernment
  - And we talked about various heart issues to watch out for
  - We also talked about how to understand certain emotions and how to know whether they are good or bad, helpful or unhelpful in particular instances

### Habit #3: Resisting bad desires and emotions

- You can't just give in just because your desires or emotions doesn't change
- It isn't going to change right away. You have to resist in the meantime.
- What happens if you don't resist
  - You are less likely to change them
  - You are going to make bad decisions

## Habit #4: Regularly, Intentionally, and Strategically Seeking to Renew Your Mind

- God calls us to renew our minds (Romans 12:1-2)
- Our thinking determines what's in our hearts
  - It determines our beliefs
  - It determines our desires
  - It determines our intentions
  - It determines our emotions
    - All your emotions are based on your thinking
      - That's why you can't afford to follow your emotions. If you think whatever you feel is true, and that you feeling it is a sign that it's true, then that means your emotions are following your thoughts, and your thoughts are following those emotions, which means you're chasing your tail running in circles.
- Mind renewal takes intentionality and effort, and how much progress you make and how quickly you make it are directly attached to how intentional you are and how much supernaturally empowered effort you put into it.
  - Ways to be intentional:
    - Spend regular time in God's Word
    - Spend time trying to discover and tear down strongholds of wrong thinking in your life
    - Don't merely read the Scriptures but also study them deeply
    - Memorize and mediate on the Scriptures
    - Apply biblical principles to your life and your choices

## Habit #5: Relying on God and Engaging in Spiritual Warfare

- In order to do our best with leading our hearts, we need to take full advantage of the power of the Holy Spirit, the power of Worship, the power of Prayer and Fasting, and the power of Deliverance
  - God designed us to rely on Him (2 Corinthians 12:7-10)
  - He has much power to give us (Matthew 19:23-26)
    - Power in worship
    - Power in prayer
    - Power in being filled with His Spirit
  - Demonic oppression is real and really does get in the way of heart change
    - There are specific types of demons that seek to cause specific types of sins or struggles
      - 1 Kings 22:13-23; Acts 16:16
    - But through the power of the Holy Spirit, we can discern whether or not a certain struggle is demonic, and we can cast out demons.

## Conclusion

1. Take responsibility for leading your heart
2. Seek to rely on God for strength
3. Intentionally seek to renew your mind
4. Be patient and remember God's grace