

Freedom Week 5

Overflow of The Heart

(Proverbs 4:20-23) My son, **pay attention** to what I say; **turn your ear** to my words. Do not let them **out of your sight**, keep them within your heart; for **they are life** to those who find them **and health to one's whole body**. Above all else, **guard your heart**, for everything you do **flows from it**.

(Proverbs 4:20-23 TPT) **Listen carefully**, my dear child, to everything that I **teach you**, and **pay attention** to all that I have to say. **Fill your thoughts** with my words until they **penetrate deep** into your spirit. Then, as you **unwrap my words**, they will **impart true life** and **radiant health** into the very core of your being. So above all, **guard the affections of your heart**, for they affect all that you are. **Pay attention** to the welfare of your innermost being, for from there flows the **wellspring of life**.

(I Samuel 16:7) "...The Lord does not look at the things people look at. People look at the outward appearance, **but the Lord looks at the heart.**"

Four Blockages of The Heart

1. Selfishness.

(James 3:14-16) But if you harbor **bitter envy and selfish ambition** in your hearts, do not **boast** about it or **deny** the truth. Such "wisdom" does not come down from heaven but is earthly, unspiritual, and demonic. For where you have **envy and selfish ambition**, there you find **disorder** and every **evil practice**.

2. Bitterness.

(Luke 17:1 NKJV) Then He said to the disciples, "It is impossible that **no offenses** should come..."

(Proverbs 18:19) A brother **wronged** is more unyielding than a **fortified** city; disputes are like the **barred gates** of a citadel.

"When you **indulge** yourself in bitter thought, **it feels so satisfying to fantasize about payback**. But slowly and surely it will enlarge your capacity for **self-pity**, erode your ability to **trust and enjoy** relationships, and generally **drain the happiness out of your daily life**. Sin always the conscience, locks you in the **prison** of your own **defensiveness and rationalizations**, and **eats you up slowly from the inside**." – Tim Keller, The Prodigal Prophet: Jonah and the Mystery of God's Mercy

3. Rejection.

(Proverbs 18:21) **The tongue has the power of life and death**, and those who love it will eat its fruit.

4. Evil Thoughts.

(Mark 7:21-23) “For it is from **within**, out of a person’s **heart**, that **evil thoughts** come—sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and defile a person.”

Three Steps to Transforming the Heart

(Ezekiel 36:27) “I will give you a **new heart** and put a **new spirit** in you; I will remove from you your heart of stone and give you a **heart of flesh**. And I will put **my Spirit in you** and **move you to follow** my decrees and be careful to keep my laws.”

1. Invite the Holy Spirit to show me.

(Psalm 139:23-24) **Search me**, God, and **know my heart**; test me and know my anxious thoughts. See if there is any **offensive way** in me, and **lead me** in the way everlasting.

2. Invite the Holy Spirit to change me.

(Psalm 51:10-11) **Create in me a pure heart**, O God, and renew a **steadfast spirit** within me. Do not cast me from **Your presence** or take Your **Holy Spirit** from me.

3. Invite the Holy Spirit to fill me.

(Ephesians 5:18) Do not get drunk on wine, which leads to debauchery. Instead, **be filled with the Spirit**.

“It is one thing to **read** about being filled with the Holy Spirit and quite another thing to **experience** the mighty **infilling** of the Holy Spirit that **radically** changes our life to a life of adoring **wonder** and **amazement** at the things of God. Reading and experiencing are two quite different things.” — A.W. Tozer