



## Understand How Your Emotions Work: A Heart Built to Make Good Choices

Pastor Daren L. Barron | June 25, 2023

### A Heart Built to Make Good Choices: You can make decisions from your heart

#### 2 Corinthians 9:7 New Living Translation

You must each decide in your heart how much to give. And don't give reluctantly or in response to pressure. "For God loves a person who gives cheerfully."

### A Heart Built to Make Good Choices: The difference between the Mind and Heart

- The Mind is a processor
- The Heart is a foundational center, storage center, information center

### A Heart Built to Make Good Choices: A Holy Spirit filled heart changes everything!

#### Romans 5:5 New Living Translation

And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.

#### 2 Corinthians 1:22 New Living Translation

and he has identified us as his own by placing the Holy Spirit in our hearts as the first installment that guarantees everything he has promised us.

### A Heart Built to Make Good Choices: My heart can encourage/corrupt my mind; my mind can encourage/corrupt my heart

#### Titus 1:15 New Living Translation

Everything is pure to those whose hearts are pure. But nothing is pure to those who are corrupt and unbelieving, because their minds and consciences are corrupted.

#### Romans 2:15 New Living Translation

They demonstrate that God's law is written in their hearts, for their own conscience and thoughts either accuse them or tell them they are doing right.

## When Holy Spirit fills your heart make sure you guard it!

### Proverbs 4:23 New Living Translation

Guard your heart above all else, for it determines the course of your life.

- We know the heart is the life giving and life sustaining organ in our body. So we use the word "heart" metaphorically for the essence of something: the "heart" of the matter; speaking from the "heart". **Heart, therefore, means the command center of the soul; the mind, will, emotions, and intellect.** It is a high risk, vulnerable place because of sin. Jeremiah 17 says, "The heart is more deceitful than all else and desperately sick. Who can understand it? I the Lord search the heart, I test the mind."

## Don't give up...God is just getting to heart of the matter

### Jeremiah 17:9-10 The Message

"The heart is hopelessly dark and deceitful, a puzzle that no one can figure out. But I, God, search the heart and examine the mind. I get to the heart of the human. I get to the root of things. I treat them as they really are, not as they pretend to be."

## The Word of God implanted in my heart will help me understand what is best for my life

### James 1:21 New Living Translation

So get rid of all the filth and evil in your lives, and **humbly accept the word God has planted in your hearts, for it has the power to save your souls.**

### Hebrews 4:12 Easy-to-Read Version

God's word is alive and working. It is sharper than the sharpest sword and cuts all the way into us. It cuts deep to the place where the soul and the spirit are joined. **God's word cuts to the center of our joints and our bones. It judges the thoughts and feelings in our hearts.**

## God's Peace (Word) serves as a back-up/anti-virus to our hearts

### Philippians 4:7 Amplified Bible

And the peace of God [that peace which reassures the heart, that peace] which transcends all understanding, [that peace which] stands guard over your hearts and your minds in Christ Jesus [is yours].