



## Discovering Moments that can heal your Heart!

Pastor Daren Barron | September 3, 2023

### 10 simple steps in making Wise Decisions

- Be very clear about who your real guide is; whoever has control of your heart has control over you.
- When you know who your real guide is, Pray for guidance.
- Ask for advice
- Get the facts; know the Truth!
- Setting goals helps you avoid unwanted distractions
- Count the Cost
- Plan for Problems
- Understand how your emotions (fear, happy, sad, angry, excitement) work

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- MIND & HEART

### 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.

### A Heart built to make good Choices: 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."

## A Heart built to make good Choices: 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."

## 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.

## Discovering Moments that can heal your Heart!

- Genius Moments
  - A spiritual/mental infused moment that is received.
  - Matthew 16:13-20
- Great Moments
  - Moments that make positive impact in/on the spirit, soul and body
- God Moments
  - The moment when God all by Himself interjects in your life
- Growth Moments
  - The moment when you see your life elevate from one level to the next