

## LOVE YOUR HEART

Love your heart by bringing your heart into the presence of God, where there is health and life.

### KEY POINTS

- ❖ Inside each person is one of the greatest miracles ever. Every second or so, it pushes out a stream of life that travels a total of 60,000 miles *inside* of you. We're talking about the heart.
- ❖ We use the word "heart" to mean the seat of our emotions. We also use it to mean the core (essence) of something, or, "the heart of the matter."
- ❖ We use "heart" to talk about who we really are—what we value, what we fear, what we think about.
- ❖ And just like the physical heart, this philosophical heart is super important because it affects everything we do.
- ❖ Proverbs 4:23 (NIV) gives us essential counsel: "Above all else, guard your heart, for everything you do flows from it."
- ❖ All incoming information we encounter is adjusted and given meaning by our feelings—by our hearts.
- ❖ It's not that God is not there, but we have the gift of free will. *We* determine how much we allow God to influence us, and we believe what our heart allows.
- ❖ In Romans 1, the apostle Paul describes how people's hearts can be toward God sometimes—unthankful, futile, and foolish (vv. 21-22).
- ❖ As individuals and societies, we tend to create a picture of "God" based on what we want and what we don't want. But that has consequences.
- ❖ According to Romans 1, when we decide when and where we don't want to retain (acknowledge) God, we are in danger of our hearts going dark and us becoming as fools (v. 28).
- ❖ The chapter goes on to describe people becoming open to the influence of seducing and deceiving spirits, which lead human hearts to doubt, suspect, and attack things connected with God and to run to after anything *not* associated with God.
- ❖ Let's check our hearts. Do we believe, accept, and live according to all of the word of God?
- ❖ Hebrews 4 describes some people of God who had definitely received His word, had experienced many demonstrations of the power of God...and, yet, something was missing:
- ❖ "...Indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard it" (4:2). The place where this mixing with faith happens (or not) is our heart.

**KEY SCRIPTURES: Proverbs 4:23;  
Romans 1:22-23; Deuteronomy 8:2, 11-17**

- ❖ When we hear or read the word of God, it's not information that we can take or leave as we see fit. The word is alive and active inside us, in this place we call the heart (Heb. 4:12).
- ❖ What goes on in our hearts affects what God does in our lives. God looks at our hearts. Does He see complete loyalty to *Him*, or that we're more loyal to our own mind, opinions, and will?
- ❖ Are there things in the word of God that we reject, resent, ignore or don't act on because we basically don't believe them? If so, our heart is not purely toward God.
- ❖ In Deuteronomy 8:2, Moses delivered the word of God to the people of Israel one last time to help them understand what their years of wandering in the desert was really about. Their experience in the wilderness helped them to observe their own hearts, to see who and how they had been and to make choices about who and how they would be as they moved forward.
- ❖ Then God showed them how their hearts were likely to be in the future. He tried to warn and inoculate them against a heart condition He could see coming (vv. 11-17).
- ❖ Has God has taken you through some experiences that gave you a chance to observe and consider your heart? What did you see? Did you make some decisions about how you wanted to be on the inside going forward?
- ❖ This is serious and we have to make decisions. It takes diligence and effort to keep our hearts. We can't do this keeping-of-heart all by ourselves. We need God.
- ❖ Love your heart. Let your heart be pure and strong by keeping your heart in the life-changing presence of God.

### DISCUSSION/REFLECTION TOOLS

1. What are some of the things you do—or know you should do—to keep yourself heart-healthy?
2. What are the things we can do to keep our hearts healthy in a spiritual sense? Provide scriptures from the Bible.
3. In Psalm 51, David prays a prayer of repentance. Let's pray that prayer with him and ask God for a healthy heart.

### PRAYER TIME

"Create in me a clean heart, O God, and renew a steadfast spirit within me (Ps. 51)." Let my heart, oh Lord, be continually in Your presence. Amen.

Start-up: Has your heart ever "ached"? What experience prompted this response and what helped to heal the pain?

**WEEK OF SUNDAY, JULY 11, 2021**

### NOTES

Meditate as you read through/listen to this week's message. If it helps, use symbols for your notes.

- ✓ (Reminds me/Confirms)
- 💡 (New idea)
- 🌀 (Think about)
- ⚡ (Do this)
- ❤️ (Speaks to my heart)
- ↔️ (Must share)

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### PRAYER NEEDS/THANKSGIVINGS

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**Go deeper with your Life Group family.  
CONNECT-REFLECT-DISSECT THE WORD  
Your Life Group ~ Your Lifeline**

PRAYER FOCUS: U.P.C.I. Ontario District departments,  
leaders, participants



## ANNOUNCEMENTS

### To register for in-person Sunday services:

Go to [www.faithsanctuary.com](http://www.faithsanctuary.com) > click the "Eventbrite" link in  
the top menu and follow prompts

Time: Church doors open at 10:15 a.m. & close at 11:00 a.m.

**\*Public Health protocols to be observed\***

### FAITH SANCTUARY DONATIONS

To donate online, please go to [www.faithsanctuary.com/give](http://www.faithsanctuary.com/give)  
For email transfers, please use [donate@faithsanctuary.com](mailto:donate@faithsanctuary.com)

### RATIFICATION VOTE: Pastor Adrian Peel

Date: Sunday, July 11<sup>th</sup>

Time: Right after morning service

\*F.S. members should register for the service on Eventbrite,  
or, if not yet comfortable being in the building, please drive  
up to the front door between 12:30 p.m. and 1:00 p.m. to  
receive and deposit your ballot outdoors.

Refiner's fire  
My heart's one desire  
Is to be holy  
Set apart for You, Lord  
I choose to be holy  
Set apart for You, my Master  
Ready to do Your will

### FAITH SANCTUARY ON-LINE SERVICES

SUNDAY @ 10:15 a.m. – Sunday Bible Study

SUNDAY @ 11:00 a.m. – Worship Service LIVE

SUNDAY @ 3:00 and 8:00 p.m. – Worship  
Service Rebroadcast

MONDAY @ 6:30 p.m. – Berean Bible Study on  
Zoom, Facebook, YouTube

WEDNESDAY @ 7:00 p.m. – Worship Service  
Rebroadcast

## FAITH FOUNDATIONS

### GOD

We believe there is only one God: the eternal, holy, loving, all-  
knowing, all-powerful, omnipresent Spirit, creator of all  
(Deuteronomy 6:4; 1 Timothy 1:17; Leviticus 19:2; 1 John 4:8;  
Hebrews 4:13; Revelation 19:6; Jeremiah 23:24; John 4:24;  
Isaiah 44:24; Colossians 1:16).

### GOD'S WORD

We believe the Holy Scriptures—The Bible—is God's true and  
complete Word to humanity, verified most notably through  
fulfilled prophecies concerning Jesus Christ (2 Timothy 3:16;  
2 Peter 1:20-21; Isaiah 41:21-23, 42:8-9, 46:9-10;  
Luke 24:25-27; John 17:17).

### GOD'S CREATION

We believe all people were created in the image of God for His  
pleasure, to be His children, His church and His bride, living in  
eternal love and fellowship with Him (Revelation 4:1;  
Genesis 1:27; John 1:12-13; Romans 8:16;  
Ephesians 5:25-32; Revelation 19:7).

### HUMANITY'S FALL

We acknowledge that we have all sinned and failed to fulfill  
God's plan and purpose for our lives, through willful  
disobedience to the word of God and our own conscience. All  
sinful acts lead to separation and alienation from God's pure,  
holy presence, eventually resulting in both physical and  
spiritual death (Romans 3:23, 6:23a).

### THE GOSPEL

We believe that Jesus Christ is the Almighty God, fully divine  
and fully human (1 Timothy 3:16). He came to Earth and  
suffered death by crucifixion, willingly substituting Himself for  
us in receiving God's judgment against sin (Isaiah 53:5). But  
God raised Him from death (Acts 5:30), and He now offers  
eternal life to all who will believe in Him (John 3:14-17, 6:29; 2  
Corinthians 5:18-21; Romans 6:23b; Ephesians 2:4-9). Faith is  
sparked within us when we hear the gospel, the "good news"  
that Jesus died, was buried and rose from the dead for our  
benefit (Romans 10:14-17; 1 Corinthians 15:1-4).

### OUR FAITH RESPONSE

Hearing the gospel is intended to lead us to repentance, a  
divinely inspired change of heart that causes us to turn away  
from our sins and turn to God (2 Corinthians 7:9-10; 2 Timothy  
2:24-26). Faith and repentance lead us to obey the scriptural  
command to be baptized in Jesus' name for the forgiveness of  
our sins and to receive His gift of the Holy Spirit. His Spirit  
gives us the power to live a righteous, godly life, joyfully  
sharing the good news of our new life in Christ with others  
(Mark 16:16; Acts 2:38, 4:12; 1 Peter 1:22-23).

### CHRIST'S RETURN

We believe our Lord Jesus Christ will soon return to  
Earth to receive His people to Himself and establish  
His righteous, eternal kingdom  
(John 14:3; Matthew 25:34).

JULY 11, 2021

  
Know Jesus, Love Jesus, Share Jesus

2021 ~ Live It! ~ 2021

Pastor: Rev. Granville E. McKenzie

*"Create in me a clean heart, O  
God, And renew a steadfast spirit  
within me. Do not cast me away  
from Your presence, And do not  
take Your Holy Spirit from me.  
Restore to me the joy of Your  
salvation, And uphold me by  
Your generous Spirit."  
Psalm 51:10-12 NKJV*

1901 Jane St, Toronto, Ontario M9N 3T9

Phone: 416-244-4898

Email: [mail@faithsanctuary.com](mailto:mail@faithsanctuary.com)

Website: [www.faithsanctuary.com](http://www.faithsanctuary.com)

Livestream: <https://faithsanctuarytoronto.online.church>