

Your Heart is the Most Valuable Treasure of God.

“ God wants YOUR Heart ”



Inspired by the Holy Spirit

Compiled by Pastor Dirk

A 52 Week study to Change your Heart to a Holy Treasure for God!

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Extra Studies

The Heart in the Bible

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Chapter 1: Introduction

Often you will hear people speaking of a virus on a computer. Normally, computer viruses are little programs created by someone with the aim of harming you by destroying programs, files and folders on your computer. Virus attacks often happen unexpectedly and will just about always have a negative impact on your computer, it's working, or the contents thereof. The most common ways viruses are spread are by internet, email or memory sticks used in more than one computer. On the internet they are often disguised as games or pictures.

So how do we protect our computers and ourselves? The first thing to do is to have a proper antivirus program installed. Some of the more popular antivirus programs are Norton, Avast, Kaspersky, and MacAfee, we at TruLight Use ESET Internet Security. These programs detect possible treats and block them from being downloaded onto your computer while you're surfing the net or opening your emails. However, we too can limit the treat by not downloading games from a strange or unknown source, by not opening pop-ups and by not opening emails or attachments send to you by people you do not know.

The Major Virus = satan and his demons.

But there is a bigger treat out there. The devil often wants to corrupt or to destroy us. He will do anything to remove us from God's presence or from doings God's will. Yes, he too will place viruses out there to distract us from our life purpose namely to glorify God in all we are and all we do. Like manmade viruses he too will try at any time and in any way to enter our lives. So, what are we to do?

In Proverbs 4:23 we are instructed to guard our hearts, for everything we do flows from the heart. It is important to guard our hearts for our hearts represent who we are. Everything we do is determined by our hearts. A heart filled with hatred will hate. A heart filled with love will love. Our heart is also under attack by the devil. He will do his best to sow anger, hatred and all other bad things into our heart.

Now many might ask: "How do we guard our heart?" Firstly, we need to entrust our heart or give our hearts to God. Secondly, we need to ask God to protect our heart. Then we need to resist the devil. We need to resist pride, envy, jealousy, wrath and hatred. Most important, we need to allow the Spirit of God to fill our hearts with love, joy and peace. Still, when taking all things into consideration, the best way to guard your heart is to place your heart in God's hands by allowing Jesus Christ to dwell in it.

THIS EBOOK ARE DEDICATED TO THIS!

This Study Book - dedicated to a Ministry trip we did in 2024 at a Drug Rehab in South Africa, on that long weekend the Topic of teaching was =
“YOUR HEART – THE MOST VALUABLE TREASURE of GOD”

This study is for the Rest Day Manna – Sabbat day EXTRA MANNA- 52 Rest days, a Study for each day – in changing your heart to a Treasure for God.

Satan will do everything in his power to keep your Heart from God. He uses several plans to get you not to give your Heart to Christ.

This is the ways satan uses to manipulate your heart, for your heart to not reach its full potential – Being the Most Valuable Treasure of God. It all starts with the Introduction of Sin.

1. Sin – Crime = Jail
2. Sin – Illness = Hospital
3. Sin – Injury = Wheelchair
4. Sin – Drugs = Rehab
5. Sin – Love of Earthly Treasures = Bankruptcy

As you can see satan uses Sin to lead us to a Point of Destruction, But God always use that Point of Destruction to your good at the end if you open your spiritual eyes and ears.

Why does he use sin to keep your Heart away from God?

The answer is simple - **BECAUSE GOD WANTS YOUR HEART – AND SATAN DOES NOT WANT YOUR HEART TO BELONG TO CHRIST VIA THE HOLY SPIRIT. TOO GOD YOUR HEART IS THE MOST VALUABLE THING IN THE UNIVERSE.**

Firstly, I just want to say that this Teaching is not about the heart as a living organ, a muscle that pumps blood throughout the body. Nor is this an article about romantic, philosophical or literary definitions.

Instead, we focus on what the Bible says about the heart.

Your Heart is very Important to God! 2nd ly The Blood that run through your Heart and the lastly Your Brain need to be controlled by your Heart.

Let’s Look at some Bible Verses about the Heart. This is what Jesus says about your Heart.

(Mat 5:8) Blessed *are* the **pure in heart**: for they shall see God.

(Mat 5:28) But I say unto you, That whosoever looketh on a woman to lust after her hath **committed adultery with her already in his heart**.

(Mat 6:21) For where your treasure is, there will **your heart be also**.

(Mat 12:34) O generation of vipers, how can ye, being evil, speak good things? for. **out of the abundance of the heart the mouth speaketh**

(Mat 12:35) A good man out of the good treasure of the heart bringeth forth good things: and **an evil man out of the evil treasure bringeth forth evil things**.

(Mat 13:15) For this **people's heart is waxed gross**, and *their* ears are dull of hearing, and their eyes they have closed; lest at any time they should see with *their* eyes, and hear with *their* ears, and should understand with *their* heart, and should be converted, and I should heal them.

(Mat 15:8) This people draweth nigh unto me with their mouth, and honoureth me with *their* lips; but **their heart is far from me**.

(Mat 15:18) But those things which proceed out of the mouth come forth from **the heart; and they defile the man**.

(Mat 15:19) **For out of the heart proceed evil thoughts**, murders, adulteries, fornications, thefts, false witness, blasphemies:

(Mat 22:37) Jesus said unto him, Thou shalt love the **Lord thy God with all thy heart**, and with all thy soul, and with all thy mind.

(Mat 24:48) But and if that evil servant shall say in his heart, My lord **delayeth his coming**;

In this Study we will work through several studies about the Heart into a Final plan called Transformation of your Heart.



Mark all these Bible verses in your Bible with a **Little Red Hearts**.

Chapter 2. What is the heart?

This book is not about the heart as a vital organ, a muscle that pumps blood throughout the body. Neither is this article concerned with romantic, philosophical, or literary definitions.

Instead, we'll focus on what the Bible has to say about the heart. The Bible mentions the heart almost 1,000 times. In essence, this is what it says: the heart is that spiritual part of us where our emotions and desires dwell.

Before we look at the human heart, we'll mention that, since God has emotions and desires, He, too, can be said to have a "heart." We have a heart because God does. David was a man "after God's own heart" (Acts 13:22). And God blesses His people with leaders who know and follow His heart (1 Samuel 2:35; Jeremiah 3:15).

The human heart, in its natural condition, is evil, treacherous and deceitful. Jeremiah 17:9 says, "The heart is deceitful above all things and beyond cure. Who can understand it?" In other words, the Fall has affected us at the deepest level; our mind, emotions and desires have been tainted by sin—and we are blind to just how pervasive the problem is.

We may not understand our own hearts, but God does. He "knows the secrets of the heart" (Psalm 44:21; see also 1 Corinthians 14:25). Jesus "knew all men, and had no need that anyone should testify of man, for He knew what was in man" (John 2:24-25). Based on His knowledge of the heart, God can judge righteously: "I, the LORD, search the heart, I test the mind, Even to give every man according to his ways, According to the fruit of his doings" (Jeremiah 17:10).

Jesus pointed out the fallen condition of our hearts in Mark 7:21-23: "From within, *out of men's hearts*, come evil thoughts, sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come *from inside* and make a man unclean." Our biggest problem is not external but internal; all of us have a heart problem.

In order for a person to be saved, then, the heart must be changed. This only happens by the power of God in response to faith. "With the heart one believes unto righteousness" (Romans 10:10). In His grace, God can create a new heart within us (Psalm 51:10; Ezekiel 36:26). He promises to "revive the heart of the contrite ones" (Isaiah 57:15).

God's work of creating a new heart within us involves testing our hearts (Psalm 17:3; Deuteronomy 8:2) and filling our hearts with new ideas, new wisdom, and new desires (Nehemiah 7:5; 1 Kings 10:24; 2 Corinthians 8:16).

The heart is the core of our being, and the Bible sets high importance on keeping our hearts pure: "Above all else, guard your heart, for it is the wellspring of life" (Proverbs 4:23).

Chapter 3: The Heart of a Man.

The Heart of a Man, God's most Valuable Treasure

The Word Heart mentioned 765 Times in the Bible and Hearts 111 Times. I think this qualifies as an Important Topic for God.

Let me Tell you about ***the Heart Brain – The Control Room of your Body.***

We all know about the brain inside your head, but did you know that you also have a smaller brain inside your heart? Science demonstrates that your heart has its own independent nervous system, which is a complex system referred to as the "brain in the heart". A brain is basically a collection of nerves. I explained earlier that you have 100 billion nerves in your brain inside your head.

Your brain inside your heart has 40 000 nerves.¹⁴ This heart brain works hand in hand with your pre-frontal cortex and free will's decision making. Remember your free will is what you use to accept or reject thoughts and your pre-frontal cortex is your rational decision maker that you use to work through that strong emotion that rises up from the amygdala. The heart brain literally advises the free will and pre-frontal cortex what to do. It is proving to be a real intelligence force behind the intuitive thoughts and feelings you experience.¹ The mini-brain of the heart literally functions like a conscience.¹⁴ This heart brain is the small still voice, it's that gentle nudge, a voice of warning... it seems to be the voice of the Holy Spirit. I am not teaching this as doctrine but from scientific study of the functions of the heart brain it seems that:

The Holy Spirit speaks to our spirit through our heart

So we need to listen to that heart brain. Your heart brain knows what is good for you. Your heart advises your free will on what to do with a thought in your mind and helps you to make the right decision. As you are about to make a decision in your free will, there is a feedback loop that goes to your heart and your heart advice's you – accept this thought, it is good for you or reject that thought, it is bad for you. If your mind is calm and you are at peace, you will hear the voice of your heart and you will know what is right.

However, if there is a chaotic war of fearful, angry and anxious thoughts going back and forth and toxic thorn trees being re-activated and going mad all over the place, this will drown out the voice of your heart and you will find yourself struggling to differentiate between right and wrong.

Your heart will advise your free will what to do but your free will still ultimately makes the choice. The battlefield of the mind is at your free will – this is where you decide to listen to your heart or your flesh (carnal nature). For example, if an angry thought of un-forgiveness and bitterness comes to your mind, your heart will advise your free will to reject that thought, to bring it captive to the obedience of Christ (2 Corinthians 10 v 5) and to forgive and release. Your free will has been advised by your heart on what is the right thing to do with that thought, but it is still up to the free will to decide whether to reject that angry thought or meditate on it.

If you make a decision by your free will to listen to the voice of your heart, you reject that angry thought and choose to forgive that person, your heart will secrete a chemical called ANF (Atrial Natriuretic Factor). ANF is the peace chemical that literally calms your whole body down and makes you feel at peace.

It is very good for you – it produces health in your body, it motivates you and helps your brain to function more efficiently.¹⁴ When our heart is at peace, we are at peace.

If you make a decision by your free will to not listen to the voice of your heart and you choose to meditate on that angry thought, you begin to build a toxic thorn tree of bitterness. Also, because you did not listen to the voice of your heart, the heart doesn't secrete ANF. Instead, the heart causes an imbalance. We all know about the brain inside your head, but did you know that you also have a smaller brain inside your heart?

HEALING BEGINS WITH SANCTIFICATION OF THE HEART

in your whole body chemistry – your body goes into a toxic state of dis-ease that eventually leads to disease.

Obedience to God is not a thing to be taken lightly. When you choose to ignore the quiet prompting of the Holy Spirit in your heart, it has serious adverse effects on your health. Your whole body goes out of rhythm. Your heart is not just a pump; it is the body's strongest oscillator – it pulls every other organ system of the body into its own rhythm. This rhythm can be peace or chaos. Peace means health. Chaos means dis-ease and eventually disease.

2 Corinthians 10 v 4 – 5: “4 For the weapons of our warfare are not physical [weapons of the flesh and blood], but they are mighty before God for the overthrow and destruction of strongholds. 5[In as much as we] refute arguments and theories and reasoning's and every proud and lofty thing that sets itself up against the [true] knowledge of God; and we lead every thought and purpose away captive into the obedience of Christ.”

The Bible tells us to be careful what we think. You must never allow a thought to go unchecked – you need to bring every thought captive to the obedience of Christ...and as you can see, there is an enormous reality to this from both a medical and Biblical perspective. The quality of your life and health is brought about by the quality of your thinking. If you are sick, you have to take responsibility with the help of the Holy Spirit to change your thinking and renew your mind with the Word of God so that you can pull down those negative strongholds in your brain.

Being a Christian means that you believe that Jesus died on the cross and rose again. However, as Dr. Caroline Leaf preaches, it also means that you have put Him on the Throne of your life. The Throne of your life is there in your free will in the front of your corpus callosum. He not only wants to be your Saviour, He wants to be your Lord. As we submit our thoughts to God with our free will, the Holy Spirit will lead us to make the right decisions, reject the bad information that literally becomes hot air and build good memories into our brain that produce health in our body.

If you want your life to change, if you are not happy with the state of your health, you have got to change your thinking. Start to become aware of what you are thinking...think about what you think about. It takes a lot of discipline to become aware of what you are thinking. You will be amazed at how lazy you have actually been when it comes to your thought life. We just let whatever toxic thought pops into our mind roam in our head and then we wonder why we are sick and why we have tension headaches. Meanwhile if we would just control our thought life, we would be so much happier, healthier people.

So don't sit back and be passive, watch out for what is going on in your mind, say to yourself, "What is my breeze through the trees activating now? What thorns and toxic strongholds are being activated? How am I feeling?" Don't react to that first strong emotion that rises up from your amygdala. First stand back and analyze it with your pre-frontal cortex which is your rational decision maker and listen to the advice from the still quiet voice of the Holy Spirit in your heart. If that emotion is good for you – then run with that emotion. If it is not good for you, deal with it. Control your mind with your free will. Reject those toxic thoughts so that they become hot air and don't penetrate your mind. Accept those good uplifting thoughts such as the Word of God and push it into the trees of your mind and grow branches.

That is great – you've built a good healthy memory. Remember, the stronger, good memories you build, the healthier you become and the more intelligent you become. Now I don't know about you, but increasing your intelligence is very appealing to me because the more intelligent you become, the more you use your mind correctly, the more wisdom you have, the healthier you become and the more enjoyable life becomes. You will prosper and be in health, even as your soul (your mind) prospers (3 John v 2). And you will be able to help others as well. God gave you a phenomenal brain – purposefully use it to your advantage.

The stronger memories you build, the healthier you become and the more intelligent you become.

Essential background knowledge of disease from a Medical perspective

"Whatever is true, whatever is worthy or reverence and is honorable and seemly, whatever is just, whatever is pure, whatever is lovely and lovable, whatever is kind and winsome and gracious, if there be any virtue and excellence, if there is anything worthy of praise, think on and weigh and take account of these things [fix your minds on them]." (Philippians 4 v 8)
Mathew 5 v 8 and Psalm 24 v 3 and 4 – "Blessed are the pure in heart for they shall see God".

When you get your inside world which is your mind and heart put right, then you can see God in your outside world. Here are some famous quotes:

Ralph Waldo Emerson: "You are what you think all day long." J. Allen: "You are today where your thoughts have brought you. You will be tomorrow where your thoughts take you."

Dennis Watley: "It's not what you think that holds you back – it's what you think you are not."

Dr. Caroline Leaf: "As we think the brain has the ability to change itself for better or for worse. The recognition of this is a gigantic and significant leap in the history of mankind."

It all starts and ends in the mind. Your mind is fully under your control.

You can affect the whole way in which you function, just by controlling your thought life. When your thoughts are toxic, you are going to develop a disease.

Your thoughts have a direct link to your body through the mind body connection involving all the different nerve and chemical pathways via the hypothalamus.

If 87% of diseases are a result of what goes on in our thought life, then

87% of diseases can be cured by sorting out our thought life. When you meditate on the Word of God, you are going to build lush trees in your brain that

have been scientifically proven to secrete healthy chemicals such as serotonin, dopamine, endorphins and enkephalins that cause healing. It is all in your thought life – the trees of your mind. This mystery or secret has been in the Word of God for thousands of years:

Revelation 22 v 2: "...the leaves of the trees are for the healing and restoration of the nations."

Chapter 4: God knows your heart.

When Jesus said, “**God knows your heart**” in Luke 16:15, He was speaking to the Pharisees—men who lived double lives. Outwardly, they sought public approval. They made a point of following all the religious rules and worked hard to impress people so that they would appear to be godly and wise. But God knew their hearts. He saw through their phony, pious displays to what was on the inside.

Luke called these Pharisees “lovers of money” (Luke 16:14), and Jesus said to them, “You like to appear righteous in public, but God knows your hearts. What this world honors is detestable in the sight of God” (Luke 16:15, NLT). Jesus had just finished teaching about wealth and possessions (Luke 16:1–13). Through a parable, He showed that genuine kingdom followers obey God and His Word rather than pay homage to those things the world values like money and status. He closed with this piercing caution to people who attempt to live dual lives: “No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money” (Luke 16:13).

God knew that, in the heart of the Pharisees, they served money. They were only generous with their money on public occasions when others could see them giving. Despite their strict religious fervor, they cultivated godless values just like the unbelieving worldly crowd. They even claimed that their wealth was God’s reward for their righteous living (Luke 18:9–11). But Jesus harshly criticized their outward displays of piety: “Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven. So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by others. Truly I tell you, they have received their reward in full. But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you” (Matthew 6:1–4; see also Matthew 23:5).

God called out these religious leaders for their greed, self-indulgence, and hypocrisy: “Woe to you, teachers of the law and Pharisees, you hypocrites! You clean the outside of the cup and dish, but inside they are full of greed and self-indulgence. Blind Pharisee! First clean the inside of the cup and dish, and then the outside also will be clean. . . . You are like whitewashed tombs, which look beautiful on the outside but on the inside are full of the bones of the dead and everything unclean” (Matthew 23:25–27).

The Pharisees proved that appearances can be deceiving. Their actions were inconsistent with who they really were in their hearts. In the Bible, "the heart" refers to a person's inner moral and spiritual life.

Jesus' challenge to these hypocritical leaders is the same for His followers today. We must be careful not to simply honor the Lord with our lips while we live like the world because our hearts are far from Him (Matthew 15:8; Isaiah 29:13). We need to focus on cleaning up the inside of our spiritual houses, dealing with our sinful attitudes and misguided motives. If the inner person is righteous, "the good treasure of his heart produces good" (Luke 6:45, ESV). The inner treasure of righteousness will flow out to produce external holiness as well. Our moral and spiritual character will automatically be revealed on the outside.

God knows your heart is a concept seen throughout the Bible. The prophet Jeremiah declared that the Lord "tests the righteous" and "sees the heart and the mind" (Jeremiah 20:12, ESV). "The Lord weighs the heart," says Proverbs 21:2. When it came time for Samuel to anoint a new king, God looked past outward appearances to the heart to make His choice: "But the LORD said to Samuel, 'Do not consider his appearance or his height. . . . The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart'" (1 Samuel 16:7). When King David passed the mantle to his son Solomon, he prayed, "And you, my son Solomon, acknowledge the God of your father, and serve him with wholehearted devotion and with a willing mind, for the LORD searches every heart and understands every desire and every thought" (1 Chronicles 28:9).

God sees what is done in secret. His eyes "range throughout the earth to strengthen those whose hearts are fully committed to him" (2 Chronicles 16:9). He knows the motives behind every action because He knows every human heart (1 Kings 8:39; Acts 1:24; 15:8). Since God knows our hearts, we ought to always live to please Him alone and not worry about impressing people.

Chapter 5: God looks at the heart.

People tend to judge the character and worth of others by looking at outward appearances. If a person is tall, good-looking, well-built, and tastefully dressed, then he or she possesses physical qualities that humans generally admire and respect. Often these are the physical qualities we seek in a leader. But God has the unique ability to see inside a person. God knows our true character because **He “looks at the heart.”**

In 1 Samuel 16, the time had come for Samuel to go to the house of Jesse in Bethlehem to anoint Israel’s next king. As Samuel looked at Jesse’s oldest son, Eliab, Samuel was impressed with what he saw. “Surely, this is the man the Lord wants me to anoint,” said the prophet (verse 6).

But God told Samuel, “Don’t look at his appearance or how tall he is, because I have rejected him. God does not see as humans see. Humans look at outward appearances, but the LORD looks into the heart” (1 Samuel 16:7, GWT).

Saul, Israel’s first king, was tall and handsome. Samuel may have been looking for someone like Saul, and Eliab’s appearance was quite striking. But God had a different man in mind to anoint as Israel’s king. The Lord had earlier revealed to Samuel that He sought a man after God’s own heart (1 Samuel 13:14).

Samuel looked at all seven of Jesse’s older sons, but the Lord rejected them all as His choice for king. God was looking for one who had a faithful heart. David, Jesse’s youngest son, whom they had not even bothered to call, was out tending the sheep. After Samuel passed over the other sons, they sent for David, and the Lord said, “This is the one” (1 Samuel 16:12).

David was God’s choice—imperfect but faithful, a man after God’s heart. Although the Bible says he was handsome (verse 12), David was not a striking figure. But David had developed a heart after God. In his time alone in the fields, shepherding the flocks, David had come to know God as his Shepherd (see Psalm 23).

Appearances can be deceiving. The outward appearance doesn’t reveal what people are really like. Physical looks don’t show us a person’s value or character or integrity or faithfulness to God. Outward qualities are, by definition, superficial. Moral and spiritual considerations are far more important to God.

God looks at *the heart*. The heart in Scripture is a person's inner moral and spiritual life. Proverbs 4:23 explains that everything we do flows from our hearts. The heart is the core, the inner essence of who we are: "A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of" (Luke 6:45).

To everyone who saw him, Judas Iscariot looked like a faithful disciple, but his appearance was deceiving. The other disciples had no idea of what was going on inside Judas. Jesus was the only one who knew Judas's heart: "Have I not chosen you, the Twelve? Yet one of you is a devil!" (John 6:70). God's perspective is higher, deeper, and wiser than ours.

Second Chronicles 16:9 says the eyes of God are continually roaming throughout the earth to strengthen people whose hearts are fully committed to Him. God can peer into our hearts, examine our motivations, and know everything there is to know about us (Psalm 139:1). God knows if a person will be faithful. God sees what people can't see.

King David was far from perfect. He committed adultery and murder (2 Samuel 11). But God saw in David a man of deep, abiding faith who was wholly committed to the Lord. God saw a man who would depend on the Lord for strength and guidance (1 Samuel 17:45, 47; 23:2). God saw a man who would recognize his sin and failure and who would repent and ask the Lord for forgiveness (2 Samuel 12). God saw in David a man who loved his Lord; a man who worshiped his Lord with all his being (2 Samuel 6:14); a man who had experienced God's cleansing and forgiveness (Psalm 51) and had come to understand the depths of God's love for him (Psalm 13:5-6; 106:1). God saw a man with a sincere and personal relationship with his Creator. When God looked at the heart of David, He saw a man after His own heart (Acts 13:22).

Like Samuel, we can't see what the Lord sees, and we must rely on Him for wisdom. And we can trust that, when God looks at our hearts, He sees our faithfulness, our true character, and our value as individuals.

Chapter 6: love the Lord with all your heart.

“Hear, O Israel: The LORD our God, the LORD is one. Love the LORD your God with all your heart and with all your soul and with all your strength” (Deuteronomy 6:4–5). This is known as the *Shema*, taken from the first word “hear” in Hebrew. Modern Jews consider the recital of the *Shema* both evening and morning to be one of their most sacred duties. It was cited by Jesus as the “**greatest commandment in the Law**” (Matthew 22:36–37).

This command seems to be impossible to obey. That’s because, in the natural state of man, it is impossible. There is no greater evidence of the inability of man to obey God’s Law than this one commandment. No human being with a fallen nature can possibly love God with *all* his heart, soul, and strength 24 hours a day. It’s humanly impossible. But to disobey any commandment of God is sin. Therefore, even without considering the sins we commit daily, we are all condemned by our inability to fulfill this one commandment. This is the reason Jesus continually reminded the Pharisees of their inability to keep the Law of God. He was trying to get them to see their utter spiritual bankruptcy and their need for a Savior. Without the cleansing of sin that He provides, and the empowering presence of the Holy Spirit who lives in the hearts of the redeemed, loving God to any degree is impossible.

But, as Christians, we have been cleansed from sin and we do have the Spirit. So how do we begin to love God the way we should? Just as the man in Mark 9:24 asked God to help his unbelief, so too we can ask God to help us in areas where we don’t love Him with all our heart, soul, mind, and strength. It is His power that we need to do the impossible, and we begin by seeking and appropriating that power.

In most cases, our love and affection for God grows more intense as time goes by. Certainly, young Christians newly saved are very much aware of the love of God and their love for Him. But it is through the witness of God’s faithfulness during times of struggle and trial that a deep love for God grows and grows. Over time, we witness His compassion, mercy, grace, and love for us, as well as His hatred for sin, His holiness, and His righteousness. We cannot love someone we don’t know, so knowing Him should be our first priority. Those who pursue God and His righteousness, who take seriously the command to love Him above all else, are those who are consumed with the things of God. They are eager to study God’s Word, eager to pray, eager to obey and honor God in all things, and eager to share Jesus Christ with others. It is through these spiritual disciplines that the love for God grows and matures to the glory of God.

Chapter 7: The heart is desperately wicked.

Jeremiah 17:9 says, "The heart is deceitful above all things, and desperately wicked: who can know it?" (KJV). The immediate context of the verse speaks of Judah's sinfulness in spite of all the blessings of God. Jeremiah 17:1 says, "Judah's sin is engraved with an iron tool, inscribed with a flint point, on the tablets of their hearts and on the horns of their altars." Saying that their sin is inscribed on the tablets of their hearts is similar to saying that they are "desperately wicked" in verse 9.

The phrase *desperately wicked* is from the KJV. Some of the modern translations use other wording such as "beyond cure" (NIV) and "desperately sick" (NASB and ESV). The Hebrew word translated "desperately wicked" has the idea of a terminal, incurable illness.

While the immediate context speaks of the nation of Judah, that nation illustrates the human condition that is true everywhere and for everyone. This is a concept that theologians have called "**total depravity.**"

Romans 1—3 speaks of the total depravity of mankind. The following verses serve to illustrate the point:

Romans 1:29–32: "They have become filled with every kind of wickedness, evil, greed and depravity. They are full of envy, murder, strife, deceit and malice. They are gossips, slanderers, God-haters, insolent, arrogant and boastful; they invent ways of doing evil; they disobey their parents; they have no understanding, no fidelity, no love, no mercy. Although they know God's righteous decree that those who do such things deserve death, they not only continue to do these very things but also approve of those who practice them."

Romans 3:9–18: "What shall we conclude then? Do we have any advantage? Not at all! For we have already made the charge that Jews and Gentiles alike are all under the power of sin. As it is written: 'There is no one righteous, not even one; there is no one who understands; there is no one who seeks God. All have turned away, they have together become worthless; there is no one who does good, not even one.' 'Their throats are open graves; their tongues practice deceit.' 'The poison of vipers is on their lips.' 'Their mouths are full of cursing and bitterness.' 'Their feet are swift to shed blood; ruin and misery mark their ways, and the way of peace they do not know.' 'There is no fear of God before their eyes.'"

Not every person will commit all the sins listed above. Total depravity does not mean that every person is as bad as he possibly can be, but that every person is completely consumed by sin and there is no hope of his turning it around and “getting better” on his own. We are “desperately wicked.” Romans 8:8 says, “Those who are in the flesh cannot please God.” *In the flesh* in context refers to the natural person who has not been regenerated by the Spirit of God. The “illness” is terminal and incurable—so much so that Paul describes the unregenerate as “dead in sins” (Ephesians 2:1; Colossians 2:13).

The only hope for the sinful human heart is to be supernaturally changed. Jeremiah 31:33 gives the solution. Where sin was once inscribed on the hearts of His people, God provides a new inscription: “For this is the covenant that I will make with the house of Israel after those days, declares the Lord: I will put my law within them, and I will write it on their hearts. And I will be their God, and they shall be my people.”

Jesus came to inaugurate a New Covenant so that sins could be forgiven and sinners could be born again (John 3:5). As “desperately wicked” people, we cannot reform our hearts by our own effort. The only solution is for God to make our hearts new, washed clean from sin and fundamentally reoriented toward pleasing Him.

Chapter 8: The Law of the Heart.

Galatians 6:2 states, "Carry each other's burdens, and in this way you will fulfill the **law of Christ**" (emphasis added). What exactly is the law of Christ, and how is it fulfilled by carrying each other's burdens? While the law of Christ is also mentioned in 1 Corinthians 9:21, the Bible nowhere specifically defines what precisely is the law of Christ. However, most Bible teachers understand the law of Christ to be what Christ stated were the greatest commandments in Mark 12:28–31, "'Which commandment is the most important of all?' Jesus answered, 'The most important is, "Hear, O Israel: The Lord our God, the Lord is one. And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength." The second is this: "You shall love your neighbor as yourself." There is no other commandment greater than these.'"

The law of Christ, then, is to love God with all of our being and to love our neighbors as we love ourselves. In Mark 12:32–33, the scribe who asked Jesus the question responds with, "To love him with all your heart, with all your understanding and with all your strength, and to love your neighbor as yourself is more important than all burnt offerings and sacrifices." In this, Jesus and the scribe agreed that those two commands are the core of the entire Old Testament Law. All of the Old Testament Law can be placed in the category of "loving God" or "loving your neighbor."

Various New Testament scriptures state that Jesus fulfilled the Old Testament Law, bringing it to completion and conclusion (Romans 10:4; Galatians 3:23–25; Ephesians 2:15). In place of the Old Testament Law, Christians are to obey the law of Christ. Rather than trying to remember the over 600 individual commandments in the Old Testament Law, Christians are simply to focus on loving God and loving others. If Christians would truly and wholeheartedly obey those two commands, we would be fulfilling everything that God requires of us.

Christ freed us from the bondage of the hundreds of commands in the Old Testament Law and instead calls on us to love. First John 4:7–8 declares, "Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. Anyone who does not love does not know God, because God is love." First John 5:3 continues, "This is love for God: to obey His commands. And His commands are not burdensome."

Some use the fact that we are not under the Old Testament Law as an excuse to sin. The apostle Paul addresses this very issue in Romans. "What then? Are we to sin because we are not under law but under grace? By no means!" (Romans 6:15). For the follower of Christ, the avoidance of sin is to be accomplished out of love for God and love for others. Love is to be our motivation. When we recognize the value of Jesus' sacrifice on our behalf, our response is to be love, gratitude, and obedience. When we understand the sacrifice Jesus made for us and others, our response is to be to follow His example in expressing love to others. Our motivation for overcoming sin should be love, not a desire to legalistically obey a series of commandments. We are to obey the law of Christ because we love Him, not so that we can check off a list of commands that we successfully obeyed.

Chapter 9: The law must be written on our hearts.

Can God justly condemn someone who is ignorant of the Mosaic Law? Paul says the answer is “yes”: “For when Gentiles, who do not have the law, by nature do what the law requires, they are a law to themselves, even though they do not have the law. They show that the work of the law is written on their hearts, while their conscience also bears witness, and their conflicting thoughts accuse or even excuse them” (ESV).

In the book of Romans, there are several passages that seem to support the idea that ignorance of the Mosaic Law pardons sinful behavior. For instance, in Romans 5:13, Paul says, “Sin indeed was in the world before the law was given, but sin is not counted where there is no law” (ESV). And in Romans 7:7, Paul asks, “What then shall we say? That the law is sin? By no means! Yet if it had not been for the law, I would not have known sin. For I would not have known what it is to covet if the law had not said, ‘You shall not covet’” (ESV). A reasonable inference is that God cannot condemn people who are ignorant of the Mosaic Law, but is that a proper conclusion to draw?

According to Paul, God can justly condemn people for sin because the **“law is written on their hearts”** (Romans 2:15, ESV). No, not the Mosaic Law, but God’s absolute and universal moral law. God’s moral law is manifest to everyone—both Jew and Gentile. Paul says, “The wrath of God is revealed from against all ungodliness and unrighteousness of men, who by their unrighteousness suppress the truth. For what can be known about God is plain to them because God has shown it to them. For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made. So, they are without excuse” (Romans 1:18–20, ESV). Creation, then, reveals enough about God to hold people accountable for sin and unbelief.

Gentiles may not have the Mosaic Law, but they naturally “do what the law requires” (Romans 2:14, ESV). How can this be? Again, they possess an internal awareness of God’s moral law. This makes them a law to themselves, even though they do not have the Mosaic Law. There are many unsaved people who believe that it is wrong to murder someone or commit rape or steal someone’s possessions or commit adultery. The list goes on. These things reveal that God’s “law is written on their hearts” (Romans 2:15, ESV).

Whether they are Jew or Gentile, God justly condemns people for sin and unbelief. He has provided sufficient evidence for His existence and righteous demands, yet sinners suppress the truth in unrighteousness. Those who suppress the truth cannot stand before God and say they were ignorant of it. No, they will all give an account some day: "The Son of Man is going to come in his Father's glory with his angels, and then he will reward each person according to what they have done" (Matthew 16:27).

Chapter 10: As a man thinketh in his heart, so is he.

Maybe you've heard the expression "you are what you eat." In a nutritional sense, this statement may be accurate. In the King James Version, Proverbs 23:7 seems to suggest a different but related truth—that we are what we *think*: "For as he thinketh in his heart, so is he." Unfortunately, this translation fails to give contemporary readers a precise understanding of what "as a man thinketh, so is he" really means.

The statement is part of a collection of thirty wise sayings of Solomon, often called "the sayings of the wise" or "the words of the wise." Solomon compiled these instructions to encourage faith in God, admonish, and teach young people who were seeking wisdom.

Proverbs 23:7 is contained in saying number nine. The context of "**as a man thinketh in his heart, so is he**" provides insight into the meaning of the clause, so let's look at the whole saying:

"Do not eat the bread of a miser,
Nor desire his delicacies;
For as he thinks in his heart, so is he.
'Eat and drink!' he says to you,
But his heart is not with you.
The morsel you have eaten, you will vomit up,
And waste your pleasant words"
(Proverbs 23:6–8, NKJV).

Note that the context has to do with understanding the heart of a miser or a stingy person. The ESV translates the same passage this way:

"Do not eat the bread of a man who is stingy;
do not desire his delicacies,
for he is like one who is inwardly calculating.
'Eat and drink!' he says to you,
but his heart is not with you.
You will vomit up the morsels that you have eaten,
and waste your pleasant words."

The Hebrew verb translated “thinketh” in the Authorized Version of Proverbs 23:7 means “estimate” or “calculate.” The clause might more accurately be rendered “as one who calculates with himself, so is he,” or “he is like one who is inwardly calculating.” The “he” is the stingy miser mentioned in verse 6; the NIV translates it “a begrudging host” who is “always thinking about the cost” of the meal he shares.

According to most modern translations, the ninth saying of Solomon instructs seekers of wisdom to avoid greedily eating food served by a stingy man. Craving such a man’s delicacies is dangerous because his generosity is false. With a warm welcome, he says, “Eat and drink,” but his heart is not in it. He’s not glad to see you enjoying his fare; rather, he is watching every bite you take and calculating the cost the whole time. Once you realize what your host is thinking, you’ll want to spit out your food because what seemed to be offered so freely was begrudgingly served. And all of your kind compliments and table talk was wasted. The penny-pinching host was not genuinely interested in sharing his bounty with you or listening to the conversation you shared as his guest. Everything you said fell on deaf ears, because he is the kind of man who is always “thinking/calculating in his heart.”

In the Septuagint, the ancient Greek translation of the Hebrew Bible, translators applied a different meaning to this ninth saying: “Sup not with an envious man, neither desire thou his meats: so he eats and drinks as if anyone should swallow a hair, and do not bring him in to thyself, nor eat thy morsel with him: for he will vomit it up, and spoil thy fair words” (Proverbs 23:6–8, Brenton LXX).

Greek translators took Solomon’s instruction as a warning against inviting an envious or gluttonous man to dine at your table. The Hebrew word translated “in his heart” in Proverbs 23:7 can also mean “throat,” and the verb *calculates* or *thinketh* can be read as “hair,” producing a phrasing such as “for like a hair in the throat, so are they” (NRSV) or, more understandably rendered, “for they will stick in your throat like a hair” (REB). Just like getting a hair caught in your throat might cause a gag reflex or vomiting, so might the experience of dining with an envious man, leaving you feeling disgusted.

Translators are divided on exactly what “as a man thinketh in his heart, so is he” means. It may be part of a warning against eating with an inwardly calculating, stingy person or a caution against dining with an envious person who will likely leave one feeling sick. Either way, the general instruction for the wise is to be cautious about whom they choose to fellowship with, since their efforts at friendship may be wasted.

Chapter 11: Store up God's Word in our heart.

The unparalleled importance and power of God's Word in the life of those who love, honor, and obey it is the theme of Psalm 119. In verse 11, the psalmist acknowledges, "I have hidden your word in my heart that I might not sin against you," stressing the purifying quality of the Word of God to keep believers from straying into sin. Outward obedience comes from having **the Scriptures buried deep within our hearts like a priceless treasure.**

How can we have God's Word hidden in our hearts? Let's start by gaining a better understanding of what the psalmist is saying. The word for "hidden" in the original Hebrew means "to treasure, to regard as highly valued, to hide, keep, save up, store." Translations range from "I have treasured your word in my heart" (CSB), to "I have stored up your word in my heart" (ESV), to "I've banked your promises in the vault of my heart" (The Message).

God's Word is the agent of His Spirit used to cleanse the hearts of all who believe in Christ and are saved (Ephesians 5:25–27). And it is through keeping God's Word securely planted in our hearts and living according to what it says that believers continue to walk in holiness (Psalm 37:31; 119:9).

The Lord commanded Israel, "Fix these words of mine in your hearts and minds; tie them as symbols on your hands and bind them on your foreheads. Teach them to your children, talking about them when you sit at home and when you walk along the road, when you lie down and when you get up. Write them on the doorframes of your houses and on your gates" (Deuteronomy 11:18–20). This passage mentions several of the ways we can hide, treasure, and store up God's Word in our hearts. Let's explore these in detail.

Read

One of the first steps in hiding God's Word in our hearts is reading the Bible. We get to know God and understand His plan for our lives through the Scriptures (2 Timothy 3:16; Hebrews 4:12; Psalm 119:105). Every Christian ought to pursue a consistent method of reading through the Bible.

Listen

Proverbs 2:1–5 conveys the benefits of listening to the Word of God: “My child, listen to what I say, and treasure my commands. Tune your ears to wisdom, and concentrate on understanding. . . . Search for them as you would for silver; seek them like hidden treasures. Then you will understand what it means to fear the LORD, and you will gain knowledge of God” (NLT).

Romans 10:17 says, “So faith comes from hearing, that is, hearing the Good News about Christ” (NLT). The spoken Word of Christ—the peaching of the gospel message—has the power to produce faith and reveal Christ. In Jesus Christ’s day, Scripture was read aloud in the synagogues and recited in households. When we listen to the Scriptures, either in music or read out loud, we reinforce God’s Word in our hearts.

Write

Proverbs 7:1–3 states, “My son, keep my words and store up my commands within you. Keep my commands and you will live; guard my teachings as the apple of your eye. Bind them on your fingers; write them on the tablet of your heart.” Writing down our thoughts as we read and listen to the Bible will help clarify and strengthen those biblical truths in our hearts (Exodus 34:27; Deuteronomy 6:6, 8–9; Habakkuk 2:2).

Talk About

Discussing God’s Word with our children, spouse, friends, and small group members will further strengthen, illuminate, and solidify its teachings in our hearts and minds (Deuteronomy 6:7).

Study

The Bible urges us to study the Scriptures for greater understanding (Acts 17:11). The apostle Paul told Timothy, “Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth” (2 Timothy 2:15). Use a study Bible and other resources to help you accurately apprehend what Scripture is saying, not superficially, but historically and in the proper context.

Meditate

The Bible also encourages us to “delight in the law of the LORD, meditating on it day and night” (Psalm 1:2, NLT). We are to think about God’s instructions and promises all day and night long (Psalm 119:97, 148). As we ponder God’s Word continually, treasuring, storing, and hiding it in our hearts, it will literally transform how we think and behave (Romans 12:2).

Chapter 12: Is your heart currently with satan?

What if satan or one of his demons offered you a deal? He will give you anything your heart desires—wealth, power, beauty, great skill, etc.—in this life. In exchange, he owns your soul for all eternity.

The idea **of making a deal with the devil** was made popular by the classic legend of Faust, a scholar who made a bargain with a demon named Mephistopheles. Many similar stories have been told around the same theme. In some of the legends, the person tricks the devil in some way, escaping the contract and getting his soul back. In others, the devil wins with deception or a double-cross.

In any case, the idea of forfeiting one's soul in a deal with the devil is much more cultural and literary than it is biblical. The Bible never records an account of a human being bargaining with satan or demons.

The Bible does depict the devil as a deal-maker, however. It's just that he is shown attempting to make deals with God Himself as opposed to mere mortals. In the book of Job, for instance, Satan proposes a kind of wager with God. If God would allow Satan to cause great suffering for Job, Satan argues, Job would surely curse God to His face (Job 1:9–11). God allows that to play out with surprising results.

Much later in human history, the devil attempts to make a deal with Jesus at the end of His forty days of fasting in the wilderness. After showing Jesus “all the kingdoms of the world and their splendor” (Matthew 4:9), Satan offers them all to Jesus if the Lord will bow down and worship him. Jesus sends Satan away with a rebuke from God's Word (verse 10).

The Bible gives no support to the notion that people can make a deal with the devil, but some people have attempted to make such a bargain unilaterally, pledging themselves to Satan in hopes of receiving some special favors back from him. In a sense, that's the nature of idolatry and genuine witchcraft as described in the Bible. When a pagan worshiper dedicated a sacrifice to his gods, he hoped for something in return—fruitful crops, victory in battle, etc. (see 2 Chronicles 28:23). When a sorcerer or witch practiced her craft, she hoped to gain special knowledge or power.

From the Bible's perspective, making a deal with the devil would not make any sense for several reasons:

First, the Bible reveals satan to be a liar. His greatest weapon is deception. From Eve's conversation with the serpent (Genesis 3) to Jesus' condemnation of the Pharisees as children of "the father of lies" (John 8:44), the devil is always shown taking what is true and twisting it to corrupt and destroy human beings. Anyone who would attempt a deal with such a being is a fool.

Second, while satan may have some power as the "prince of the power of the air" (Ephesians 2:2) to manipulate the circumstances of a person's life, the Bible never shows that power as absolute—only God has absolute power. Also, the Bible always presents the devil's power as bringing pain and destruction and corruption and death along with any fleeting success. The pleasures of sin endure only "for a season" (Hebrews 11:25, KJV), and any theoretical pact made with Satan would end in misery.

Finally, satan cannot own human souls. All souls belong to the God who created them (Ezekiel 18:4). Hell is not Satan's kingdom. In spite of a million jokes and stories to the contrary, Satan will not reign as master of hell, relishing his power over human souls; no, he will be sentenced to the lake of fire as a prisoner himself (Revelation 20:10).

The truth is far worse than the legend of Faust would imply. According to God's Word, every human soul is already bound for hell. No deal with the devil has to be struck to ensure that fate. Because of our sin, our rebellion against God, we are "by nature deserving of wrath" (Ephesians 2:3). We stand "condemned already" (John 3:18). Without some change of course, our souls will end up in hell without ever having to trade them away to Satan.

We don't need a deal with the devil—we're already on his side—we need a deal with God Himself. We need for Him to save our souls, to change our destination. The problem is that we have nothing to offer Him in trade. He needs nothing from us (Romans 11:33–36), and all our attempts to appease His wrath through religious observance are futile (Isaiah 1:11). But the good news—the gospel—is that God loves us and has offered us a unilateral "bargain" of His own. He will save our souls, giving us everything our hearts truly desire for eternity, in exchange for nothing but our faith in His Son, Jesus Christ. In a great exchange, Jesus has appeased God's wrath for us, taking our sin and its penalty upon Himself (1 John 4:10; 1 Peter 2:24). In Christ, God will make us alive when we were dead. He will fill our futile lives on this side of eternity with meaningful work and joyful anticipation. See Ephesians 2:1–10 to read more about this pact that God offers.

Chapter 13: Let not your heart be troubled.

In John 14:1, Jesus tells His disciples, "**Let not your hearts be troubled**" (ESV). As always, the meaning of any particular passage of Scripture can only be ascertained by understanding the context. So we will back up and take a look at what leads up to Jesus' command to "let not your heart be troubled."

In John 12, Jesus tells the crowds (including the disciples) that He would be crucified. In John 13, in the intimate setting of a Passover meal, the meal that later became known as "the Last Supper," Jesus tells His disciples that one of them would betray Him. He then goes on to tell Peter that he will deny and disown the Lord. Obviously, all of this was upsetting news to the disciples.

After the Last Supper, before He is arrested, Jesus assures His disciples, "Do not let your hearts be troubled. You believe in God; believe also in me" (John 14:1). The information that He goes on to communicate, about heaven and about the Holy Spirit, is the antidote to the disturbing information that they have taken in.

When Jesus said, "Let not your hearts be troubled," He was comforting His disciples, who definitely had troubled hearts. Jesus promises them that His death will not be the end, and Peter's denial will not be the end for Peter, either. He explains that His death and subsequent ascension into heaven, rather than leaving them destitute, will bring about two specific blessings: it will enable Him to prepare a place for them, and it will allow Him to send the Holy Spirit to comfort them.

When Jesus said He was going to "prepare a place" for the disciples, He was speaking of His death (John 14:3). We should not imagine that Jesus has been "building heaven" for the last 2,000 years and that it is still "under construction." Rather, His words mean that His death was the preparation for us to receive a place in the Father's house. It is ready now.

As part of allaying the disciples' fears, Jesus also promised that, when He did leave the earth, He would send the Holy Spirit to the disciples and to all believers. Throughout John chapters 15 and 16, Jesus speaks of the disciples' victory over the world by the power of the Spirit. The book of Acts gives the historical fulfillment of these promises as believers, in the power of the Spirit, took the gospel to the world. The Spirit is still at work in all believers today.

The admonition “do not let your hearts be troubled” was spoken specifically to the disciples in the face of Jesus’ impending death. Believers today are not in the same specific situation, but the admonition still applies. We should not let our hearts be troubled by anxiety or worry about Jesus’ care and plan for us.

When we face trouble, we may think that, if only Jesus were here with us, in person, standing beside us so that we could talk face to face, we could get through the trial. We are tempted to think that we could trust Him better if He were visible and in the flesh. When we begin to have these thoughts, we need to let our hearts be comforted by two key facts: Jesus has done everything that needs to be done for us to be welcomed into the Father’s house, so we are children of the King; and the Holy Spirit lives in us to help us, if we will yield ourselves to His leading. When we rest in the salvation that Jesus provided and rely on the Holy Spirit to help us navigate the dangerous world around us, we can keep from being troubled in our hearts.

Chapter 14: The desires of my heart.

“For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, slander” (Matthew 15:19). And then: “What comes out of a man is what makes him ‘unclean.’ For from within, out of men’s hearts, come evil thoughts, sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and make a man ‘unclean’” (Mark 7:20-23).

In these passages, Jesus reveals the very springboard of our wants: our fleshly desires come from our innermost being. Sin does not just come about as a result of outside forces. It is borne from those hidden little niches residing in our thoughts and intentions, from the secret desires that only the mind and heart can envision. The bottom line is that, in our fallen state, the desires of our hearts do not come from God. Jeremiah further confirms the nature of man’s heart: “The heart is deceitful above all things and beyond cure. Who can understand it?” (Jeremiah 17:9)

It has long been the view of many that all humans are basically good and decent and that it is the circumstances of life such as poverty or poor nurturing that turn us into murderers and thieves. But the Bible teaches that all men suffer from a common frailty—sin. The apostle Paul calls it our sin nature. “I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For what I do is not the good I want to do; no, the evil I do not want to do--this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it” (Romans 7:18-20). Our evil hearts lead us to sin.

Furthermore, the heart is so corrupt and deceitful that our motives are unclear even to ourselves. As sinful creatures we devise and create evil things in the arrogance and self-sufficiency of our hearts (Proverbs 16:30; Psalm 35:20; Micah 2:1; Romans 1:30). The truth is that only God can examine our deepest motives and inward desires and only by His power can we ever hope to untangle the uncertainty and depravity that is bound up within our hearts. He alone searches all and knows us intimately (Hebrews 4:11-13).

Fortunately, God does not abandon us in our struggles with hurtful desires and sinful tendencies. Instead, He provides us the grace and strength we need to resist and overcome sin when it crouches at the door of our hearts. The psalmist says, “Delight yourself in the LORD and He will give you the desires of your heart. Commit your way to the LORD; trust in Him and He will do this: He will make your righteousness shine like the dawn, the justice of your cause like the noonday sun” (Psalm 37:4-6).

Here we see that God can literally plant His own desires into the heart of man, the heart that, without Him, is desperately wicked and deceitful. He replaces the evil with good and sets our hearts on the path toward Him, removing our own desires and replacing them with His. This only happens when we come to Him in repentance and accept the gift of salvation through the Lord Jesus Christ. At that point, He removes our hearts of stone and replaces them with hearts of flesh (Ezekiel 11:19). He accomplishes this by the supernatural implanting of His Spirit into our hearts. Then our desires become His desires, our wills seek to do His will, and our rebellion turns to joyous obedience.

Chapter 15: To love God with all your Heart.

In the Bible, Jesus tells us how to love God: ***“Love the Lord your God with all your heart and with all your soul and with all your mind”*** (Matthew 22:37). In other words, God wants us to love Him with our whole being and in every possible way. God’s own Son taught us to love God the Father with everything we are, saying this was the first and greatest of all the commandments (verse 38).

God wants us to love Him exclusively above all other things and beings. Lukewarm, half-hearted, or apathetic fondness for God won’t do. He wants our total devotion. The Bible says that King David—the man after God’s own heart (Acts 13:22)—had this kind of singular passion for God: “As the deer longs for streams of water, so I long for you, O God. I thirst for God, the living God. When can I go and stand before him?” (Psalm 42:1–2, NLT).

David exemplified how we are to love God by delighting in praise and worship of Him: “My soul longs, yes, faints for the courts of the LORD; my heart and flesh sing for joy to the living God” (Psalm 84:2, ESV; see also Psalm 43:4; 122:1).

Even so, we know that David did not love God perfectly. His ability to love God was often hindered by his human weakness toward sin, just as ours is. But when we fail, we turn to God as David did and declare, “Whom have I in heaven but you? And there is nothing on earth that I desire besides you. My flesh and my heart may fail, but God is the strength of my heart and my portion forever” (Psalm 73:25–26, ESV).

We love God by keeping His commands and doing His will (John 14:15, 23; 1 John 5:3; 2 John 1:6; Psalm 40:8). Jesus said the second greatest command, which is like the first, is to love others, and the measure by which we are to love them is as much as we love ourselves (Matthew 22:39). It is impossible to genuinely love the Lord without loving other people, for the desire within God’s heart is to love others: “Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God, because God is love. This is how God showed his love among us: He sent his one and only Son into the world . . . as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another” (1 John 4:7–11). Because of God’s love for us, we are bound to love one another. Demonstration of that love is carried out in part by reproducing His life in others as we spread the gospel of His kingdom.

God desires to have an intimate love relationship with us. Our love for Him is a response to His divine love for us (1 John 4:19). We express our love for God by spending time in His presence, enjoying His nearness, listening to His voice, reading His Word, and daily seeking to know Him better. As the apostle Paul said, "Whoever loves God is known by God" (1 Corinthians 8:3).

Perhaps one of the purest examples in the Bible of how to love God comes from an unnamed woman who anointed the Lord's feet with her perfume (Luke 7:36–50). So grateful was she for Christ's forgiveness of her many sins that she poured out her love in extravagant worship and absolute devotion. This woman appreciated the true worth of her Savior, and in humble gratitude, sacrifice, and servitude, she loved and worshiped Jesus with her tears, her hair, her kisses, and her priceless bottle of perfume. She loved God with all she was and everything she had to offer.

Chapter 16: Where your treasure is there will your heart be also.

In the Sermon on the Mount, Jesus taught His listeners the difference between earthly treasure and heavenly treasure, and He emphasized the importance of the heavenly: “Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. ***For where your treasure is, there your heart will be also***” (Matthew 6:19–21). Whatever we focus on dictates our actions. When we focus on earthly success and wealth, we will extend our energies on earthly matters. However, when we focus on God’s priorities, our actions will reflect different priorities—and our reward in heaven will last forever.

Treasure is anything we value above all else and that which motivates us to action. For some it is money. For others it is power. Still other people strive for fame or attention. There are many things in this world vying for control of our heart. According to Jesus, determining where our treasure is also determining where our heart is. Many people claim to look forward to heaven, but their hearts are really not in it—their hearts are caught up in the cares of this world, because that’s where their treasure lies.

Jesus warned us that earthly currency has an expiration date. While it may satisfy us temporarily, it is unstable and fleeting. The ever-changing faces on magazine covers remind us that the famous are here and gone in a blink. The stock market crash of 1929 taught us that the wealthy can quickly lose it all. Power, prestige, and public approval are limited and can be gone in an instant. Even the Son of God experienced the fickleness of human approval. One day people were trying to make Him king (John 6:15), and the next they were leaving Him in droves (verse 66).

“This world in its present form is passing away” (1 Corinthians 7:31). The moment we take our last breath; earthly treasure won’t matter anymore. Jesus urged us to think beyond that last breath to eternity. When our focus is on eternity—when our treasure is laid up in heaven—our lifestyles reflect that perspective.

We will all give an account of ourselves before God for every action (Romans 14:12) and every idle word (Matthew 12:36). No one is exempt. Excuses are not accepted. God sees and knows every thought we think and holds us accountable for the truth we've been given (Romans 1:18–22). We store up "treasure in heaven" when we make choices on earth that benefit God's kingdom. Jesus said that even offering a cup of cool water to a fellow believer is worthy of eternal reward (Matthew 10:42).

In Luke 16:19–31, Jesus told a story about a rich man and a beggar. The rich man had invested his life in opulence and pleasure. He cared little for anyone or anything but himself. When he died, his riches could not follow him. His life choices had prepared him only for hell, and all the money and prestige he enjoyed on earth counted for nothing. After death, he would have given everything he ever owned for a single drop of water, but his treasure had been invested elsewhere.

It is no sin to be rich, but our passions follow our investments. Wealthy people who consider their riches as belonging to God will use what they have in ways that have eternal significance, protecting their own hearts from the love of money (1 Timothy 6:10). People whose treasure is in heaven cannot be owned by their possessions. They cannot be bought off because nothing on earth is worth the price of their soul. They value the currency of heaven and use their earthly treasure to purchase "heavenly gold," which will never lose its value. Investing our treasure in material things keeps our hearts anchored to earthly values; however, when we invest in things of eternal value, our hearts remain loyal to the Lord, and we will not be tempted to foolishly attempt to serve both God and money (Luke 16:13).

Chapter 17: Your Hearts Door.

Through the apostle John in Revelation 2—3, Jesus addressed seven letters to seven churches in Asia Minor. They were individualized letters of instruction, rebuke, and encouragement to the local congregations. To the last church, the lukewarm church in Laodicea, Jesus made this urgent plea: “Here I am! ***I stand at the door and knock***. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me” (Revelation 3:20).

The idea of Jesus standing at a door and knocking is often used as an illustration of Jesus’ offer of salvation to individuals: if you would only “open your heart’s door” and let Jesus into your life, all will be well. But in Revelation 3:20, Jesus is not pleading with an individual to be saved; He’s seeking admittance to a church! It’s alarming to think of Jesus standing *outside* of the church and knocking, but that’s the position He was in. The Laodicea church had shut the door on the Head of the church; they were smug in their prosperity, but Jesus was left standing in the cold. He was an outsider to the hearts of the entire congregation.

Most of the seven letters contained a compliment, a complaint or criticism, a command, and a commitment from Jesus. But the church of Laodicea, like their spiritually dead sister church in Sardis, merited no words of approval from Jesus. The Laodicea’s were guilty of self-reliance, self-righteousness, and spiritual indifference. Even worse, the church was unaware of their wretched condition.

To the congregation at Laodicea, Jesus issued this scathing criticism: “I know your deeds, that you are neither cold nor hot. I wish you were either one or the other! So, because you are lukewarm—neither hot nor cold—I am about to spit you out of my mouth. You say, ‘I am rich; I have acquired wealth and do not need a thing.’ But you do not realize that you are wretched, pitiful, poor, blind and naked” (Revelation 3:15–17).

In their proud, self-satisfied, and spiritually blind state, the church of Laodicea was useless in God’s kingdom. Using figurative language, Jesus issued His command, beckoning the members of the church to exchange their counterfeit righteousness for genuine righteousness (Revelation 3:18). He called the church to be zealous and repent (verse 19).

Christ's appeal was heartfelt and urgent: "Listen! I am standing at the door and knocking! If anyone hears my voice and opens the door I will come into his home and share a meal with him, and he with me" (Revelation 3:20, NET). The Lord's plea was also personal. He spoke to individuals using singular words like *anyone*, *his*, *him*, and *he*. He was inviting everyone in the church to experience intimate fellowship with Him. And even though His desire was for the whole church to respond and open the door to Him, ultimately it was up to the individual to decide.

Jesus knows that not everyone will answer His invitation and open the door to a relationship with Him. Many, like those living in Laodicea, will choose to reject His call. Lukewarm, and with hardened hearts, they will remain blind to the fact that they have accepted a false righteousness (Hebrews 3:7–8). To these Jesus will say, "I never knew you, depart from me" (Matthew 7:21–23). Sadly, they will not enter the kingdom of heaven.

During His ministry on earth, Jesus went to great lengths to demonstrate that righteousness comes to us as a gift through faith alone. Having Christ's righteousness, by grace through faith, is the only way to enter the kingdom of heaven (Romans 3:24–25; 2 Corinthians 5:21; Ephesians 2:4–8).

When Jesus said, "I stand at the door and knock," He was inviting the members of the Laodicea church to recognize their miserable spiritual condition and receive His authentic gift of salvation. Like the apostle Paul, the Laodicea's needed to realize their absolute dependence on Christ: "What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith" (Philippians 3:8–9).

To those who would open the door, Jesus promised a close fellowship, pictured as enjoying a meal together. And He offered this great reward: "To the one who is victorious, I will give the right to sit with me on my throne, just as I was victorious and sat down with my Father on his throne" (Revelation 3:21). These words were Christ's commitment to the Laodicea church.

Today Jesus continues to say, "I stand at the door and knock!" To churches who are filled with nominal Christians, He sends out His earnest invitation for full fellowship. The One who holds the keys to the kingdom of heaven (Matthew 16:19; Revelation 1:18; 3:7) calls us all to hear His voice and open the door so that He can come in and share an intimate union with us. To those who respond, Jesus Christ guarantees the open door of eternal life and the reward of ruling with Him in heaven.

Chapter 18: A Heart after God.

King David was called a Man after His heart - To understand why David was a man after God's own heart, we need to see what characteristics he had to qualify for such an exalted description. In the book of Acts, the apostle Paul speaks of God's feelings about King David: "After removing Saul, he made David their king. He testified concerning him: 'I have found David son of Jesse, **a man after my own heart**; he will do everything I want him to do'" (Acts 13:22). The answer to why David was considered a man after God's own heart is found right in the verse: David did whatever God wanted him to do. An obvious question is how could God still call David a man after His own heart when David committed such terrible sins, including adultery and murder?

We learn much of David's character in the book of Psalms as he opened up his life for all to examine. David's life was a portrait of success and failure, and the biblical record highlights the fact that David was far from perfect. But what made David a cut above the rest was that his heart was pointed toward God. He had a deep desire to follow God's will and do "everything" God wanted him to do. He was a man after God's own heart. Let's look at some characteristics of David's life to discover what that entails:

Part of why David is called a man after God's own heart is that he had absolute faith in God. Nowhere in Scripture is this point better illustrated than in 1 Samuel 17 where David as a young shepherd boy fearlessly slew the Philistine, Goliath. Shortly before the duel, we see direct evidence of David's faith when David says, "'The LORD who delivered me from the paw of the lion and from the paw of the bear will deliver me from the hand of this Philistine.' And Saul said to David, 'Go, and the LORD be with you!'" (verse 37). David was fully aware that God was in control of his life, and he had faith that God would deliver him from impending danger. How else would one venture into a potentially fatal situation with such calm and confidence? David knew early on in life that God was to be trusted and obeyed. As we see in Scripture, David's faith pleased God, and God rewards David for his faithfulness.

Another reason David was a man after God's own heart is that he absolutely loved God's Law. Of the 150 psalms in the Bible, David is credited for writing over half of them. Writing at various and often troubling times in his life, David repeatedly mentioned how much he loved God's perfect Word. We find a beautiful example of this in Psalm 119:47-48: "For I delight in your commands because I love them. I lift up my hands to your commands, which I love, and I meditate on your decrees." It is not hard to see his complete adoration for God's Word. Also notice how David "meditates" on God's statutes. God granted David understanding and wisdom through daily meditation. We would do well to not only read God's Word but also think about it throughout the day, for God loves us to think about Him. "Blessed are they who keep his statutes and seek him with all their heart. They do nothing wrong; they walk in his ways" (Psalm 119:2-3).

David was a man after God's own heart in that he was truly thankful. "I wash my hands in innocence, and go about your altar, O LORD, proclaiming aloud your praise and telling of all your wonderful deeds" (Psalm 26:6-7). David's life was marked by seasons of great peace and prosperity as well as times of fear and despair. But through all of the seasons in his life, he never forgot to thank the Lord for everything that he had. It is truly one of David's finest characteristics. "Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!" (Psalm 100:4, ESV). As followers of Jesus Christ, we would do well to follow David's lead of offering praise through thanksgiving to our Lord.

After he sinned, David was truly repentant. David's sin with Bathsheba is recorded in 2 Samuel 11:2-5. The mighty fall hard, and David's fall included adultery, lying, and murder. He had sinned against God, and he admits it in 2 Samuel 12:13: "David said to Nathan, 'I have sinned against the LORD.' And Nathan said to David, 'The LORD also has put away your sin; you shall not die.'" But admitting our sin and asking for forgiveness is only half of the equation. The other half is repentance, and David did that as well. Psalm 51 is David's prayer of repentance to God: "Have mercy on me, O God, according to your steadfast love; according to your abundant mercy blot out my transgressions. Wash me thoroughly from my iniquity, and cleanse me from my sin!" (Psalm 51:1-2).

In conclusion, David was a man after God's own heart because he demonstrated his faith and was committed to following the Lord. Yes, his faith was tested on a grand scale, and he failed at times. But after his sin he sought and received the Lord's forgiveness. In the final analysis, David loved God's Law and sought to follow it exactly. As a man after God's own heart, David is a role model for all of us.

Chapter 19: a Merry heart does good.

Family life and interpersonal relations are the focus of Proverbs 17—19. According to Proverbs 17:22, a joyful, positive mindset is key to experiencing healthy relationships and a fulfilling life:

“A merry heart does good, like medicine, But a broken spirit dries the bones”
(NKJV).

In the original Hebrew, the word for “merry” means “joyful, happy, full of cheer.” The “heart” is a person’s inner self, thoughts, emotions, and will. “A joyful heart is good medicine,” says Proverbs 17:22 in the English Standard Version. “Medicine” is something that treats or alleviates the symptoms of disease. One commentary suggests, “A cheerful heart causes good healing” as an appropriate literal translation. The NET Bible reads, “A cheerful heart brings good healing.” The Revised English Bible says, “A glad heart makes for good health.”

Scripture repeatedly testifies to the potent effects of the mind on the body: “A peaceful heart leads to a healthy body; jealousy is like cancer in the bones,” states Proverbs 14:30 (NLT). “A glad heart makes a happy face; a broken heart crushes the spirit,” declares Proverbs 15:13 (NLT).

“A merry heart does good” because it generates health and healing within one’s inner being. By contrast, “a broken spirit saps a person’s strength” (Proverbs 17:22, NLT). Proverbs 12:25 explains that “anxiety in the heart of man causes depression” (NKJV). These wisdom sayings agree with scientific studies from the American College of Cardiology, Harvard Medicine, and John Hopkins that demonstrate the mind’s powerful influence over the body. A cheerful, contented temperament not only fortifies our mental health but enables us to resist the attacks of physical disease.

Since the heart is the center of our inner life, its condition and tone reach the outermost parts of our existence, including our bodies and even our relationships with others. Jesus said, “What comes out of the mouth proceeds from the heart, and this defiles a person” (Matthew 15:18, ESV). If our hearts are elevated, our bodies will be lifted up, our words will be uplifting, and our relationships will be enriched. If our hearts are crushed and broken, the condition of our bodies will break down, and we’ll have no strength to encourage others.

So, if a good medicine is a merry heart, how can we foster and promote internal joy? Scripture says that God's laws, precepts, and statutes refresh the soul and gladden the heart (Psalm 19:7-8; 119:111). Spending time in God's Word, meditating on His promises, is a guaranteed way to do your heart some good. The prophet Jeremiah testified, "When your words came, I ate them; they were my joy and my heart's delight" (Jeremiah 15:16).

Considering God's works and His ways will also make our hearts glad. The psalmist sang, "For you make me glad by your deeds, LORD; I sing for joy at what your hands have done" (Psalm 92:4). When Barnabas saw the grace of God, his heart was filled with joy (Acts 11:23). When we take time each day to consider all that God has done for us and in the lives of all His people, we can't help but "be glad now and rejoice," like the prophet Joel, "for the LORD has done great things" (Joel 2:21, NLT). Countless Scripture passages give us cause to be joyful in God, who is the source of our joy (Psalm 43:4; Isaiah 61:10; Psalm 63:5; Luke 1:47).

The prophet Isaiah said, "With joy you will draw water from the wells of salvation" (Isaiah 12:3). We can "rejoice and be glad" in the Lord's salvation (Isaiah 25:9). Jesus told the disciples to "rejoice that your names are written in heaven" (Luke 10:20).

Perhaps the most excellent way to cultivate a merry heart that does good, like medicine, is to spend time in God's presence. Both King David in the Old Testament and the apostle Peter in the New Testament found their greatest joy in the presence of the Lord (Acts 2:28; Psalm 16:9-11). In God's company, we experience the fullness of joy.

Chapter 20: How can I know the heart of God?

The heart refers to the central part of a person. The heart is the nature of a person, and to know the heart of someone is to know that person's innermost character, feelings, or inclinations (see Proverbs 4:23 and 16:1). ***The heart of God is the essence of who He is, what He desires, His will, and His purposes.*** By reading the Bible, knowing Jesus, and spending time in prayer, a person can know the heart of God.

The Word of God reveals the heart of God. To know the heart of God, a person must read His Word, for that is God's revelation of Himself and His message to all. People read autobiographies about celebrities to get an idea of who they "really are." Historians read journals and letters from people in history to understand what their life was like and what influenced and motivated them. In a more profound way, the Lord has given us His Word so that we can know Him. By reading the Bible, a person can know the heart of God because Scripture was divinely breathed out by Him (2 Timothy 3:16). From Genesis to Revelation, the entire Bible speaks of God and reveals who He is and what He is like. Reading the Bible merely to gain facts about God will not bring a person any closer to the heart of God (see John 5:39). Instead, reading Scripture should cause a person to worship and love Him.

Studying Jesus reveals the heart of God. Anyone who has seen Jesus has seen the Father (John 14:9). No one can truly know the heart of God without knowing and trusting in Jesus for salvation. Jesus Christ revealed the Father, for "He is the image of the invisible God" (Colossians 1:15, ESV). Since Jesus and the Father are one, Christ visually represents the heart of God, the essence of who He is (John 10:30). Jesus dying for the sins of the world and being resurrected to bring life to those who believe in Him vividly presents the love, judgment, and mercy of God (John 3:16). In Christ we see God as the Savior of mankind who desires all to come to know Him and experience the salvation He offers (2 Peter 3:9).

Prayer reveals the heart of God. Spending time with the Lord in prayer assists in knowing His heart. Just as a child must spend time with his father to know him personally, so we also must spend time with God in prayer to know Him more deeply. The first part of James 4:8 says, "Come near to God and he will come near to you." Spending time alone with God in prayer will encourage a deeper relationship and create a greater intimacy between us and God, in which our desires will become more aligned with His.

Seeking to know the heart of God is a serious endeavor, as knowing Him will change a person's entire life. The more a person learns and knows about the Lord, the more he or she will long for Him and declare with the psalmist, "As the deer longs for streams of water, so I long for you, O God" (Psalm 42:1, NLT).

Chapter 21: Guard your heart above all else.

Proverbs 4:23 says, "Above all else, guard your heart, for everything you do flows from it." These words of wisdom from King Solomon emphasize the importance of protecting our innermost being. ***Our heart is the source of our thoughts, attitudes, beliefs, and actions.*** Therefore, it is crucial to guard our hearts above all else.

The heart is a powerful force that drives our actions and influences our thinking and behavior. It can either lead us down a path of righteousness or a path of destruction. Our hearts are susceptible to sinful thoughts, attitudes, and beliefs. Hence, we must be mindful of what we allow into our hearts; everything we do flows from it.

Guarding our hearts is about protecting ourselves from external and internal factors. We must be mindful of the things we think about, the things we set our affection on, and the things we give our attention to. Negativity, bitterness, and anger can take root in our hearts and lead to sinful behavior. For this reason, the apostle Paul says, "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice" (Ephesians 4:31). Guarding your heart means choosing to focus on godly thoughts (Colossians 3:2; Philippians 4:8), as well as seeking wisdom and guidance from God (Proverbs 4:7; James 1:5).

When we guard our hearts, we take responsibility for our mental, psychological, and spiritual well-being. In doing so, we protect ourselves from sinful influences that impede spiritual progress (Hebrews 12:1–3). By guarding our hearts, we become who God designed us to be (Ephesians 2:10).

There are several reasons why it is imperative to guard our hearts. First, our hearts have a significant impact on our relationship with God, and the condition of our heart can either draw us closer or push away us away from Him. When we meditate on the Word of God (Psalm 1:2) and allow it to sink into our hearts, we are radically transformed and will experience a greater sense of peace, joy, and contentment (John 10:10; Philippians 4:6–7; Galatians 5:22–23).

On the other hand, allowing sinful influences to take root in our hearts will hinder our relationship with God. We will struggle to pray, read the Bible, and may even feel distant from God. Thus, we must guard our hearts and cultivate a deeper relationship with God.

The second reason why it is imperative to guard our hearts is that the heart impacts our relationship with others. It can draw us closer to others or estrange us from them. For example, if we cultivate an attitude of love, kindness, and compassion toward others (Ephesians 4:32), we will build strong and meaningful connections with them. A heart of patience, understanding, and forgiveness creates a culture of trust and mutual respect (1 Corinthians 12:25–27).

On the other hand, allowing sinful thoughts to take root in our hearts and harboring resentment, bitterness, or envy toward others will create a toxic culture that drives people away. Strained and broken relationships are the natural result of sinful thoughts.

In John Bunyan's *The Holy War*, the author pictures the heart as a city called Mansoul. In the allegory, access to Mansoul is obtained through five gates: Eye-Gate (one of the most significant gates), Ear-Gate (where the enemy of Mansoul, Diabolus, first attacks the city), Mouth-Gate, Feel-Gate (which is weakly guarded), and Nose-Gate. These entry points "could never be opened nor forced but by the will and leave of those within" (ch. 1, p. 62). Mr. Godly-Fear is in charge of the gatekeeping, and all of Diabolus's attacks on Mansoul are repelled as long as Godly-Fear is the gatekeeper (chapter 15, p. 285).

Casting Crown's 2007 song "Slow Fade" sounds a warning to guard your heart:

"Be careful little eyes what you see

It's the second glance that ties your hands

As darkness pulls the strings. . . .

It's a slow fade when you give yourself away.

It's a slow fade when black and white have turned to grey

And thoughts invade, choices are made,

A price will be paid

When you give yourself away.

People never crumble in a day" (John Mark Hall, BMG Rights Management, Capitol CMG Publishing).

Guarding our hearts in godly fear is essential for maintaining a healthy relationship with God and others and for maintaining our own spiritual health. It means being intentional about what we allow into our hearts. It involves choosing to focus on thoughts and influences that promote love, kindness, and compassion. It means seeking God's wisdom and guidance through prayer and meditation and allowing His love to flow through us to others. When we exercise discernment and guard our hearts, we experience the joy and blessings that come from living in community with other believers, and we become more effective in sharing God's love and truth with the world.

Chapter 22: The eyes of your heart may be enlightened.

In Ephesians 1:15–23, the apostle Paul prays for the Ephesian believers to be filled with spiritual insight to know Jesus better and understand the fullness of God’s blessings in Christ: “I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe” (verses 17–19).

Throughout the Bible, the “heart” often represents the center of a person’s physical, emotional, mental, and spiritual life—the whole inner person, encompassing the mind, will, and emotions. Thus, “**the eyes of your heart**” refers to our inner perception. Our “inner eyes” are “enlightened” when they open and light is cast on them, allowing them to see and understand the things of the Spirit.

Paul prays for the Father to give believers the “Spirit of wisdom and revelation.” True spiritual enlightenment can only come from the Holy Spirit (Isaiah 11:2; John 14:25–26; 16:12–14; 1 Corinthians 2:9–16). The natural mind cannot comprehend the things of God. Christians “have received God’s Spirit (not the world’s spirit), so we can know the wonderful things God has freely given us” (1 Corinthians 2:12, NLT). The Spirit of God opens the eyes of the heart to see, receive, and understand the truth in God’s Word (Psalm 19:8; 119:18).

Paul says, “I pray that the eyes of your heart may be enlightened” because he wants all believers to comprehend the great hope, riches, and power they have received in Jesus Christ. Paul himself would have remained a blind Pharisee had the eyes of his heart not been opened on the road to Damascus. Acts 9:1 says Paul (then Saul) was “still breathing threats and murder against the disciples of the Lord” (ESV). While on his way to arrest followers of Jesus in the city of Damascus, Paul was struck down by a blinding light. He heard the voice of Jesus calling him to salvation. Three days later, he was filled with the Holy Spirit, and his sight was restored (Acts 9:17–19). The restoration of physical eyesight symbolized Paul’s inner transformation as the eyes of his heart were enlightened to see the truth of salvation in Jesus Christ.

Paul tells the believers in Corinth that the same God who spoke light into existence in Genesis 1:3 “has made this light shine in our hearts so we could know the glory of God that is seen in the face of Jesus Christ” (2 Corinthians 4:6, NLT). The apostle wants Christians to grasp three things: the hope of our calling (Romans 8:30; Ephesians 4:4; Colossians 1:5; 2 Timothy 1:9; 1 Thessalonians 2:12; Philippians 3:14), the riches of our glorious inheritance (Colossians 1:12; Ephesians 1:14), and the matchless power that is available to us who believe (Ephesians 3:7, 16; Philippians 3:21; 4:19).

The Christian life is an ongoing experience of growing in our faith, knowledge, and understanding of God and our relationship with Jesus Christ. Before salvation, we lived in darkness until the true light of the world shined in our hearts (Isaiah 9:2; Matthew 4:16; John 1:9; John 8:12; Acts 26:18; Ephesians 5:8). But once we come to know Him through salvation, the eyes of our hearts are opened (John 17:3; Hebrews 6:4). He becomes our Savior and Lord. Jesus says to us, “Blessed are your eyes, because they see; and your ears, because they hear” Matthew 13:16 (NLT).

If we keep seeking the Lord throughout our lives, we will increasingly get to know Him through experiential sanctification (Philippians 3:10–16). We will discover that He is our “Abba, Father” (Romans 8:15), “Good Shepherd” (John 10:10–16; 1 Peter 5:1–4), and “Bright Morning Star (Revelation 22:16). We will slowly transform into the image of Christ (Romans 8:29; 2 Corinthians 3:18; Ephesians 4:22–24; Colossians 3:9–10) until one day the eyes of our hearts are fully enlightened, and we know Him “face to face” in complete perfection (1 Corinthians 13:9–12).

Chapter 23: Treasures in heaven.

Jesus told us to “store up for yourselves treasures in heaven” (Matthew 6:20). He linked this command to the desire of our hearts: “**Where your treasure is, there your heart will be also**” (Matthew 6:21; see also verses 10–20).

The Bible mentions rewards that await the believer who serves the Lord faithfully in this world (Matthew 10:41). A “great” reward is promised to those who are persecuted for Jesus’ sake. Various crowns are mentioned (in 2 Timothy 4:8, e.g.). Jesus says that He will bring rewards with Him when He returns (Revelation 22:12).

We are to treasure the Lord Jesus most of all. When Jesus is our treasure, we will commit our resources—our money, our time, our talents—to His work in this world. Our motivation for what we do is important (1 Corinthians 10:31). Paul encourages servants that God has an eternal reward for those who are motivated to serve Christ: “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving” (Colossians 3:23–24).

When we live sacrificially for Jesus’ sake or serve Him by serving the body of Christ, we store up treasure in heaven. Even seemingly small acts of service do not go unnoticed by God. “If anyone gives even a cup of cold water to one of these little ones who is my disciple, truly I tell you, that person will certainly not lose their reward” (Matthew 10:42).

Some with more visible gifts (see 1 Corinthians 12) such as teaching, singing, or playing a musical instrument might be tempted to use their gift for their own glory. Those who use their talents or spiritual gifts coveting the praise of men rather than seeking God’s glory receive their “payment” in full here and now. The applause of men was the extent of the Pharisees’ reward (Matthew 6:16). Why should we work for worldly plaudits, however, when we can have so much more in heaven?

The Lord will be faithful to reward us for the service we give Him (Hebrews 6:10). Our ministries may differ, but the Lord we serve is the same. “The man who plants and the man who waters have one purpose, and each will be rewarded according to his own labor” (1 Corinthians 3:8).

The rich young man loved his money more than God in Matthew 19:16–30, a fact that Jesus incisively pointed out. The issue wasn't that the young man was rich but that he "treasured" his riches and did not "treasure" what he could have in Christ. Jesus told the man to sell his possessions and give to the poor, "and you will have treasure in heaven. Then come, follow me" (verse 21). The young man left Jesus sad, because he was very rich. He chose this world's treasure and so did not lay up treasure in heaven. He was unwilling to make Jesus his treasure. The young man was very religious, but Jesus exposed his heart of greed.

We are warned not to lose our full reward by following after false teachers (2 John 1:8). This is why it is so important to be in God's Word daily (2 Timothy 2:15). That way we can recognize false teaching when we hear it.

The treasures that await the child of God will far outweigh any trouble, inconvenience, or persecution we may face (Romans 8:18). We can serve the Lord wholeheartedly, knowing that God is the One keeping score, and His reward will be abundantly gracious. "Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain" (1 Corinthians 15:58).

Chapter 24: Set your Heart on things above.

Colossians 3:2 says, "Set your minds on things above, not on earthly things," or, as the NET puts it, "Keep thinking about things above, not things on the earth." To set one's mind on something is to choose to think about it, influencing one's goals and guiding one's course of action. The first part of the chapter is worth quoting in full to give the proper context:

"Since, then, you have been raised with Christ, ***set your hearts on things above***, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God. When Christ, who is your life, appears, then you also will appear with him in glory.

"Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. Because of these, the wrath of God is coming. You used to walk in these ways, in the life you once lived. But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips. Do not lie to each other, since you have taken off your old self with its practices and have put on the new self, which is being renewed in knowledge in the image of its Creator. Here there is no Gentile or Jew, circumcised or uncircumcised, barbarian, Scythian, slave or free, but Christ is all, and is in all.

"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.

"Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him" (Colossians 3:1–17).

Colossians was written by the apostle Paul to the church in the city of Colossae. The culture of Colossae was thoroughly pagan and immoral, as it was in most of the Roman world—and as it is in much of the world today. The Christians in Colossae, however, could no longer take their cues from the world around them. They had to take direction from “above.” Although physically in the world, they were not to believe the same things that the culture around them did. They were not to behave according to the standards of the culture around them. That would be taking their cues from “below.”

Paul describes the “below” culture in a number of words and concepts: anger, rage, malice, slander, filthy language, lying. The “above” culture, in contrast, is characterized by compassion, kindness, humility, gentleness, patience, forgiveness, peace, singing, worship, and gratitude.

How are we to cultivate the values that are from above while living below? It takes a concentrated effort. We must “set our minds” to it. We are inundated with messages that promote the “below” behavior. If we listen to the radio, overhear conversations at work, read billboards, watch the news, read the newspaper, flip through a magazine at the doctor’s office, watch TV programs or movies, etc., we will be constantly directed to embrace values that are clearly from below. Even if the messages we receive are not overtly immoral, the perspective is one that excludes God and prioritizes things as though life on earth is all that matters—our happiness and fulfillment (the “right” to be happy) are top priority. If we want to be directed “from above,” we must make an effort to counteract the messages that are omnipresent in our culture. To set our minds on things above, we must read and meditate on Scripture, attend church, listen to uplifting music, and read things that turn our hearts toward God. This is a recurring theme in Scripture:

Romans 12:2: “Do not conform to the pattern of this world, but be transformed by the renewing of your mind.”

Matthew 6:19–20, 33: “Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but lay up for yourselves treasures in heaven. . . . Seek first the kingdom of God and his righteousness, and all these things will be added to you.”

1 Timothy 6:17: “Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment.”

Following his contrast of things below and things above in Colossians 3, Paul goes on to give a list of standards for Christian behavior that make absolutely no sense in today's culture. Everything about the individualist, self-centered priorities that have high value today run counter to the type of restraint and sacrifice that Paul enjoins in verses 18–22:

“Wives, submit yourselves to your husbands, as is fitting in the Lord. Husbands, love your wives and do not be harsh with them. Children, obey your parents in everything, for this pleases the Lord. Fathers, do not embitter your children, or they will become discouraged. Slaves, obey your earthly masters in everything; and do it, not only when their eye is on you and to curry their favor, but with sincerity of heart and reverence for the Lord.”

The only way that a person can live according to the above dictates is if he or she is taking directions from somewhere other than the secular culture. Thinking on “things above” (the truths of God’s Word) not only guides us in what we should do but gives the reasons we should do it (grace, our position in Christ, our eternal reward, etc.). As we believe the truth “from above” more than the lies “from below,” we will start to act like creatures born from above, who have been raised with Christ (Colossians 3:1) and seated with Him at the right hand of the Father (Ephesians 2:6).

Chapter 25: When Hope defers it makes the heart sick.

No one likes waiting. It feels good to get what we want. But when our expectations are delayed for a long time, we can experience disappointment, disillusionment, and loss of hope. In some cases, prolonged waiting for what we eagerly desire can become such an affliction to us that it differs little from a lingering sickness. This scenario is the exact meaning of Solomon's words "hope deferred makes the heart sick."

The term *deferred* in the passage means "to put off" or "drag out," as in a long, drawn-out process. Hope deferred can look like many things: a prayer of salvation for a loved one that continues unanswered year after year, an agonizing job search filled with endless interviews and rejections, a long-term battle with cancer, or a heartbreaking string of miscarriages. As we eagerly hope for something important, and it keeps being postponed, the longing we feel can make our heart sick.

The word *heart* in the passage embodies not only the mental or emotional core but the whole inward person. If something "makes the heart sick," it causes despair and affliction. The Good News Translation renders the verse like this: "When hope is crushed, the heart is crushed." Hope deferred can lead to depression, anxiety, and actual physical sickness. When we wait for a good thing for so long that the desire and expectation turns to hopelessness, we can become spiritually dried up and vulnerable to the enemy's attacks.

The second part of Proverbs 13:12 gives the antithesis of hope deferred: "But a longing fulfilled is a tree of life." The tree of life represents the renewal of life. When our hopes and desires are fulfilled, we are refreshed. When our prayers are answered, we are encouraged. When we obtain the good thing that we desire, we undergo a reviving of the soul. Solomon reiterates the sentiment in Proverbs 13:19: "A longing fulfilled is sweet to the soul."

Dashed hopes sicken the heart, and the higher the expectations, the greater the frustration. While getting what we desire can be an excellent thing, we must not allow the pursuit of fulfillment to become a temptation to sin. Waiting is an opportunity to trust God and allow Him to work in our hearts and strengthen our character: "But if we look forward to something we don't yet have, we must wait patiently and confidently" (Romans 8:25, NLT; see also Romans 5:4). We ought to see these long stretches as opportunities to turn to God and depend on Him in our weakness (Psalm 62:1, 5; 2 Corinthians 12:9–10). Our unfulfilled desires and deferred hopes can lead us to rich encounters with our Savior: "The LORD is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the LORD" (Lamentations 3:25–26; see also Romans 5:5). The Lord alone is the true fulfillment of our longings.

When hope deferred makes your heart sick, look to Jesus Christ: "And so, Lord, where do I put my hope? My only hope is in you" (Psalm 39:7, NLT). When we place our hope in Christ alone, we won't be disappointed, for He is "a strong and trustworthy anchor for our souls" (Hebrews 6:19, NLT).

Chapter 26: We have eternity in our hearts.

Ecclesiastes 3:11 states God has “set eternity in the human heart.” In every human soul is a God-given awareness that there is “something more” than this transient world. And with that awareness of eternity comes a hope that we can one day find a fulfillment not afforded by the “vanity” in this world. Here is a closer look at the verse:

“In the human heart” is an expression representing the mind, soul, or spirit of each person. God places eternity (Hebrew *olam*) into our heart and soul.

The word translated “eternity” is much debated regarding its translation in this passage. The word *olam* can be translated as “darkness,” “eternity,” or “the future.” The use of this word could indicate darkness (in the sense of ignorance), contrasting this concept with what follows in verse 11: “Yet no one can fathom what God has done from beginning to end.” It could be that Solomon is contrasting human ignorance with **God’s perfect wisdom**.

A better possibility, and the one that is the typical interpretation, is that *olam* refers to God’s placing an eternal longing or sense of eternity in the human heart. Taking this understanding to be the correct one, Ecclesiastes 3:11 affirms the idea that humans operate in a different way than other forms of life. We have a sense of eternity in our lives; we possess an innate knowledge that there is something more to life than what we can see and experience in the here and now.

The larger context of the chapter aids our understanding of verse 11. Ecclesiastes 3:1 says, “There is a time for everything, / and a season for every activity under the heavens.” The next seven verses list a series of contrasts: love and hate, scattering and gathering, tearing and mending, weeping and laughter. Then comes verse 11, which begins, “He has made everything beautiful in its time.” In other words, life is comprised of opposite experiences in balance; God has appointed each to its season. Each season is to be considered as part of a whole.

Seasons come and go, but does anything in this life truly satisfy? The answer in Ecclesiastes is, no, all is vanity (Ecclesiastes 1:2). However, through all the ups and downs and vicissitudes of life, we have a glimpse of stability—God has “set eternity in the human heart.” Life is but a vapor (James 4:14), but we know there is something past this life. We have a divinely implanted awareness that the soul lives forever. This world is not our home.

Chapter 27: The fool says in his heart, 'There is no God'.

Both Psalm 14:1 and Psalm 53:1 read, "The fool says in his heart, 'There is no God.'" Some take these verses to mean that atheists are stupid, i.e., lacking intelligence. However, that is not the only meaning of the Hebrew word translated "fool." In this text, the Hebrew word is *nabal*, which often refers to an impious person who has no perception of ethical or religious truth. The meaning of the text is not "unintelligent people do not believe in God." Rather, the meaning of the text is "sinful people do not believe in God." In other words, it is a wicked thing to deny God, and a denial of God is often accompanied by a wicked lifestyle. The verse goes on to list some other characteristics of the irreligious: "They are corrupt; their deeds are vile; / there is no one who does good." Psalm 14 is a study on the universal depravity of mankind.

Many atheists are very intelligent. It is not intelligence, or a lack thereof, that leads a person to reject belief in God. It is a lack of righteousness that leads a person to reject belief in God. Many people do not object to the idea of a Creator, as long as that Creator minds His own business and leaves them alone. What people reject is the idea of a Creator who demands morality from His creation. Rather than struggle against a guilty conscience, some people reject the idea of God altogether. **Psalm 14:1 calls this type of person a "fool."**

Psalm 14:1 says that denying God's existence is commonly based on a desire to lead a wicked life. Several prominent atheists have admitted the truth of this. Some, such as author Aldous Huxley, have openly admitted that a desire to avoid moral restraints was a motivation for their disbelief:

"I had motives for not wanting the world to have a meaning; and consequently assumed that it had none, and was able without any difficulty to find satisfying reasons for this assumption. The philosopher who finds no meaning in the world is not concerned exclusively with a problem in pure metaphysics. He is also concerned to prove that there is no valid reason why he personally should not do as he wants to do. For myself, as no doubt for most of my friends, the philosophy of meaninglessness was essentially an instrument of liberation from a certain system of morality. We objected to the morality because it interfered with our sexual freedom. The supporters of this system claimed that it embodied the meaning - the Christian meaning, they insisted - of the world. There was one admirably simple method of confuting these people and justifying ourselves in our erotic revolt: we would deny that the world had any meaning whatever." — Aldous Huxley, *Ends and Means*

Belief in a divine Being is accompanied by a sense of accountability to that Being. So, to escape the condemnation of conscience, which itself was created by God, some simply deny the existence of God. They tell themselves, "There is no overseer of the world. There is no Judgment Day. I can live as I please." The moral pull of the conscience is thus more easily ignored.

Trying to convince oneself there is no God is unwise. The point of "The fool says in his heart, 'There is no God'" is that it is an impious, sinful heart that will deny God. The atheist's denial flies in the face of much evidence to the contrary, including his own conscience and the universe he lives in.

A lack of evidence of God's existence is not the true reason atheists reject a belief in God. Their rejection is due to a desire to live free of the moral constraints God requires and to escape the guilt that accompanies the violation of those constraints. "The wrath of God is being revealed from heaven against all the godlessness and wickedness of people, who suppress the truth by their wickedness, since what may be known about God is plain to them . . . so that people are without excuse...Their thinking became futile and their foolish hearts were darkened. Although they claimed to be wise, they became fools...Therefore God gave them over in the sinful desires of their hearts...They exchanged the truth about God for a lie" (Romans 1:18–25).

Chapter 28: Their hearts are far from me.

In Isaiah 29, Isaiah is prophesying against Jerusalem and, by extension, the rest of Judah (verse 8). He predicts judgment on the kingdom due to their sin—judgment that will come through invading armies (Isaiah 29:3–4). However, the prophet also affirms that God is incredibly graceful and will restore Judah after bringing justice upon their enemies (Isaiah 29:5, 18–24). In the middle of Isaiah’s prophecy, he diagnoses Judah’s problem of hypocrisy, which is bringing about their judgment: “These people come near to me with their mouth and honor me with their lips, but their hearts are far from me. Their worship of me is based on merely human rules they have been taught” (Isaiah 29:13). While the Israelites were saying the right things, **their hearts were far from God.**

The word *heart* is a common metaphor. In English, *heart* often represents someone’s emotions. When we say that someone has a “heart of stone,” we do not mean that his blood-pumping organ has been mineralized; we mean that he is unmoved by emotional appeals. When an ancient Israelite used the word *heart* metaphorically, he was thinking of the center of someone’s soul, the place where he makes all his decisions and experiences all his emotions. The “heart” was the location of one’s will and intellect. Therefore, when the Bible commands us to love something “with all our hearts,” it means loving with everything we have on the inside.

When God said that “their hearts are far from me,” He meant that they had chosen other loyalties besides God. While they might have sounded religious, they did not love God or obey Him. Their thoughts and their decisions were bent away from God. The NET Bible has a helpful translation here: “These people say they are loyal to me; they say wonderful things about me, but they are not really loyal to me. Their worship consists of nothing but man-made ritual” (Isaiah 29:13). In English, we might say that the Israelites worshiped “but their hearts weren’t in it.”

In the New Testament, Jesus quotes this verse in an important confrontation with the Pharisees (Mark 7:6–7). They, too, had hearts far from God. The Pharisees pretended to care about God’s law by following outward acts like handwashing, but they did not care about God on the inside. When they met God in the person of Jesus, they tried to kill Him! After quoting Isaiah 29:13, Jesus scathingly summarized their heart condition: “You have let go of the commands of God and are holding on to human traditions” (Mark 7:8). The Pharisees still did religious things but had forgotten the reasons behind their actions. They said the right things, but their hearts were far from God.

As Christians, we face the same temptation as the hypocritical Israelites. Sometimes, it is easy to maintain the outward appearance of religious obedience by following basic rules, yet we lack any real relationship with God in our hearts. We start “going through the motions” without growing in love for God or for others. We might faithfully go to church every Sunday but ignore God the rest of the week. Like the Pharisees and the ancient Israelites, “faking it” is not spiritually healthy, and it will eventually catch up with us.

Isaiah 29:13 is a stark reminder that rules and rituals, by themselves, cannot please God. God wants true righteousness. God wants you to love Him with “all your heart and with all your soul and with all your mind and with all your strength” (Mark 12:30). “For I desire mercy, not sacrifice, and acknowledgment of God rather than burnt offerings” (Hosea 6:6).

Chapter 29: Circumcision of the heart.

The idea of “circumcision of the heart” is found in Romans 2:29. It refers to having a pure heart, separated unto God. Paul writes, “A Jew is one inwardly, and circumcision is a matter of the heart, by the Spirit, not by the letter.” These words conclude a sometimes confusing passage of Scripture regarding circumcision and the Christian. Verses 25-29 provide context:

“For circumcision indeed is of value if you obey the law, but if you break the law, your circumcision becomes uncircumcision. So, if a man who is uncircumcised keeps the precepts of the law, will not his uncircumcision be regarded as circumcision? Then he who is physically uncircumcised but keeps the law will condemn you who have the written code and circumcision but break the law. For no one is a Jew who is merely one outwardly, nor is circumcision outward and physical. But a Jew is one inwardly, and circumcision is a matter of the heart, by the Spirit, not by the letter. His praise is not from man but from God.”

Paul is discussing the role of the Old Testament Law as it relates to Christianity. He argues that Jewish circumcision is only an outward sign of **being set apart to God**. However, if the heart is sinful, then physical circumcision is of no avail. A circumcised body and a sinful heart are at odds with each other. Rather than focus on external rites, Paul focuses on the condition of the heart. Using circumcision as a metaphor, he says that only the Holy Spirit can purify a heart and set us apart to God. Ultimately, circumcision cannot make a person right with God; the Law is not enough. A person's heart must change. Paul calls this change “circumcision of the heart.”

This concept was not original with the apostle Paul. As a Jew trained in the Law of Moses, he was certainly aware of this discussion from Deuteronomy 30. There, the Lord used the same metaphor to communicate His desire for a holy people: “And the LORD your God will circumcise your heart and the heart of your offspring, so that you will love the LORD your God with all your heart and with all your soul, that you may live” (Deuteronomy 30:6). Physical circumcision was a sign of Israel's covenant with God; circumcision of the heart, therefore, would indicate Israel's being set apart to love God fully, inside and out.

John the Baptist warned the Pharisees against taking pride in their physical heritage and boasting in their circumcision: "Do not think you can say to yourselves, 'We have Abraham as our father.' I tell you that out of these stones God can raise up children for Abraham" (Matthew 3:9).

True "children of Abraham" are those who follow Abraham's example of believing God (Genesis 15:6). Physical circumcision does not make one a child of God; faith does. Believers in Jesus Christ can truly say they are children of "Father Abraham." "If you belong to Christ, then you are Abraham's seed, and heirs according to the promise" (Galatians 3:29).

God has always wanted more from His people than just external conformity to a set of rules. He has always wanted them to possess a heart to love, know, and follow Him. That's why God is not concerned with a circumcision of the flesh. Even in the Old Testament, God's priority was a spiritual circumcision of the heart: "Circumcise yourselves to the LORD, circumcise your hearts, you men of Judah and people of Jerusalem, or my wrath will break out and burn like fire because of the evil you have done" (Jeremiah 4:4).

Both Testaments focus on the need for repentance and inward change in order to be right with God. In Jesus, the Law has been fulfilled (Matthew 5:17). Through Him, a person can be made right with God and receive eternal life (John 3:16; Ephesians 2:8-9). As Paul said, true circumcision is a matter of the heart, performed by the Spirit of God.

Chapter 30: Create in me a clean heart.

When David prays, "Create in me a clean heart," he is asking God for forgiveness. The subtitle to Psalm 51 clarifies the situation: "A psalm of David. When the prophet Nathan came to him after David had committed adultery with Bathsheba."

Second Samuel 11 tells the sordid tale. King David saw Bathsheba, a married woman, and lusted after her. He summoned her to fulfill his desires. Sometime later, she notified him that she was pregnant with his child. David first tried a cover up, and, when that did not work, he arranged for the murder of Bathsheba's husband. David then married her.

Obviously, David did not have a clean heart after this. He had committed adultery and possibly rape, as the language used in this case is also used of rape; his summoning of and sleeping with Bathsheba was certainly an abuse of royal authority. He then engaged in deception and finally in murder, corrupting others in the process. When it was all done, he thought he had succeeded in covering it up and destroying all the evidence. The last sentence of 2 Samuel 11 tells us, "But the thing David had done displeased the LORD" (verse 27).

In 2 Samuel 12, the prophet Nathan confronts David. He does so using a parable that David could relate to. He told of a rich man who took advantage of a poor man by stealing his only lamb, a pet, which he killed to feed to his guests. David was overcome with anger and exclaimed, "**As surely as the LORD lives, the man who did this must die!** He must pay for that lamb four times over, because he did such a thing and had no pity" (2 Samuel 12:5–6).

Then Nathan said to David, "You are the man!" (2 Samuel 12:7). Although David had tried to hide his sin, it was eating away at him inside, as he records in Psalm 32:3–4: "When I kept silent [about my sin], my bones wasted away through my groaning all day long. For day and night your hand was heavy on me; my strength was sapped as in the heat of summer." David admitted to Nathan, "I have sinned against the LORD" (2 Samuel 12:13). He knew he needed a clean heart.

When David was through trying to hide his sin, he confessed it freely. Psalm 51 is that confession and plea for forgiveness. His request "create in me a clean heart" is simply another way of asking for forgiveness and spiritual cleansing. Psalm 51:1–10 is filled with poetic descriptions of forgiveness and cleansing, identified in italics below:

*"Have mercy on me, O God,
according to your unfailing love;
according to your great compassion
blot out my transgressions.
Wash away all my iniquity
and cleanse me from my sin.*

"For I know my transgressions,
and my sin is always before me.
Against you, you only, have I sinned
and done what is evil in your sight;
so you are right in your verdict
and justified when you judge.
Surely I was sinful at birth,
sinful from the time my mother conceived me.
Yet you desired faithfulness even in the womb;
you taught me wisdom in that secret place.

*"Cleanse me with hyssop, and I will be clean;
wash me, and I will be whiter than snow.
Let me hear joy and gladness;
let the bones you have crushed rejoice.
Hide your face from my sins
and blot out all my iniquity.*

*"Create in me a pure heart, O God,
and renew a steadfast spirit within me."*

Even though David suffered consequences for his sin, which are outlined in 2 Samuel 12, he was forgiven and restored to spiritual fellowship with God. Psalm 32 tells of the great relief that David felt when he confessed, and in this psalm he encourages others to confess their sins as well:

"Blessed is the one
whose transgressions are forgiven,
whose sins are covered.
Blessed is the one
whose sin the LORD does not count against them
and in whose spirit is no deceit.

"When I kept silent,
my bones wasted away
through my groaning all day long.
For day and night
your hand was heavy on me;
my strength was sapped
as in the heat of summer.

"Then I acknowledged my sin to you
and did not cover up my iniquity.
I said, 'I will confess
my transgressions to the LORD.'
And you forgave
the guilt of my sin.

"Therefore let all the faithful pray to you
while you may be found;
surely the rising of the mighty waters
will not reach them.
You are my hiding place;
you will protect me from trouble
and surround me with songs of deliverance.

"I will instruct you and teach you in the way you should go;
I will counsel you with my loving eye on you.
Do not be like the horse or the mule,
which have no understanding
but must be controlled by bit and bridle
or they will not come to you.
Many are the woes of the wicked,
but the LORD's unfailing love
surrounds the one who trusts in him.

"Rejoice in the LORD and be glad, you righteous;
sing, all you who are upright in heart!"

Paul uses Psalm 32 as an example of salvation apart from works (Romans 4:6–8). David was forgiven not because of any works he did to earn forgiveness, but simply because he asked in faith. Because of the sacrifice of Christ, any sinner can ask God for forgiveness, that is, for a clean heart, and he will receive it. The apostle John also tells us, “If we claim to be without sin, we deceive ourselves and the truth is not in us. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness” (1 John 1: 8–9). In spite of all that David did, and all that we do, God is willing to forgive because Jesus paid the penalty that we deserve. No matter how dirty we are, God can create in us a clean heart.

Chapter 31: The meditation of my heart be pleasing to God.

Psalm 19, a psalm written by King David around 1000 BC, begins with a beautiful explanation of general revelation—that revealing result creation has due to how God created it—and ends with a request that the meditations of David’s heart would be pleasing to God. **Creation reveals the glory of God** (Psalm 19:1), declares the works of His hands (Psalm 19:1), and does all of this without words (Psalm 19:3). The biblical God has created the universe and all that it contains in such a way that it constantly glorifies Him through events such as the sun rising and setting. As Romans 1 states, “Since what may be known about God is plain to them, because God has made it plain to them. For since the creation of the world God’s invisible qualities—his eternal power and divine nature—have been clearly seen, being understood from what has been made, so that people are without excuse.”

God’s creative role rightfully gives Him all authority, as all things are His (Job 38—41). With this authority, God gave laws and instructions to His people in the Mosaic Covenant, which David references in Psalm 19:7–11. David describes the laws as perfect or complete, the legal notices as sure, the Lord’s instructions as right, the Lord’s commandments as pure, and the judgments as true, righteous, and desirable. As David describes these various aspects of the law of God, notice the synonymous nature of his concepts. Each is working through an aspect of the relationship David has with the law and with God.

David then makes two requests of God: 1) that God would forgive him of hidden faults, and 2) that God would keep him from sins coming from arrogance and pride. He then concludes with the request that the meditations of his heart and words of his mouth would be pleasing to the Lord. David seems to be making a final request regarding his previous claims. Essentially, he’s saying, “Please let those things I have previously meditated upon and stated in this psalm be pleasing to you, Lord.”

The idea of “meditating” in the Scriptures points to filling the mind with thoughts of something or someone. To empty the mind, as some might think of meditation, is not the biblical principle. For example, in Psalm 63, David parallels the idea of thinking and meditating (Psalm 63:6). What David presents in Psalm 19 is a desire for God to be pleased with David’s thinking and, in turn, his speaking.

Jesus also makes a connection between the words of the mouth and the meditation of the heart. He taught, "A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of" (Luke 6:45; cf. Matthew 12:34). In the same way, David connects the mouth and the heart. Our words and our thinking are related. Both should be pleasing to the Lord.

Paul mentions the idea of pleasing God multiple times in his writing. In Romans 12:2, Paul shows that the renewal of the mind is critical for personal transformation and the understanding of God's will, which is good, well-pleasing, and perfect. He reiterates this idea in Colossians 1:9–10 as he prays that the Colossians would be filled with the knowledge of God's will so that they could then do that which is pleasing to God. He also tells Timothy that the Scriptures are God-breathed and profitable, making the man of God equipped to do every good work (2 Timothy 3:16–17). These good works are what Christians were created anew in Christ to complete and are predestined by God (Ephesians 2:10). The mind must be filled with that which is pleasing to God so that the mouth, and other body parts required for action, can also do what is pleasing to God.

Like David states at the end of Psalm 19, we should desire for our thoughts or meditations to be pleasing to God. We can ensure pleasing thoughts by filling our minds with scriptural truth, and that will lead to words and actions that are also pleasing to Him.

Chapter 32: Undivided Heart.

In our busy and fast-paced world, it can be tough to stay focused and committed to God. However, the Bible abounds with wisdom about the immense value of wholeheartedness in our relationship with God and others.

Wholeheartedness involves showing complete sincerity and commitment, which is expressed in the Shema: “Hear, O Israel: The LORD our God, the LORD is one. You shall love the LORD your God with all your heart and with all your soul and with all your might” (Deuteronomy 6:4–5, ESV). In this passage, the Hebrew term for “heart” signifies the totality of our being—thoughts, will, and emotions (cf. Proverbs 4:23). The idea is that we must surrender everything in wholehearted devotion to God, leaving no room for **unfaithfulness or unwavering commitment**.

The book of Psalms offers an array of poetic expressions that beautifully portray the essence of wholehearted devotion. For example, in Psalm 119:10–11, the psalmist passionately declares, “With my whole heart I seek you; let me not wander from your commandments! I have stored up your word in my heart, that I might not sin against you” (ESV). Let us follow the psalmist’s example of pursuing God with our whole heart and internalizing His Word, resulting in personal holiness and righteousness.

The New Testament seamlessly weaves the threads of wholehearted devotion, highlighted by Jesus’ words in Matthew 22:37–40. When asked about the greatest commandment, Jesus replied, “You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself. On these two commandments depend all the Law and the Prophets” (ESV; cf. Luke 10:27).

The first commandment is to love God with all your heart and with all your soul and with all your mind. In doing so, we demonstrate to ourselves and the world that He is the most important person in our lives.

The second commandment is to love your neighbor as yourself. The word *neighbor* includes everyone, not just our friends and family. Believers are called to love everyone because everyone is made in the image of God (Genesis 1:27). Thus, we should love others wholeheartedly.

The apostle Paul frequently employs athletic metaphors to convey spiritual truths, particularly when discussing the pursuit of wholehearted gospel living. For example, in 1 Corinthians 9:24–27, he uses the metaphor of a race to encourage believers to approach their faith with total determination:

Do not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we can imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified (ESV).

This passage embodies the tension between the “already” and “not yet” of wholehearted living. Paul acknowledges the reality of human frailty and our ongoing struggle with sin while holding out the hope of transformation through Christ’s redemptive work. This tension drives us to continually press forward in the pursuit of wholeheartedness (cf. Philippians 3:12–21).

Wholeheartedness is an attainable goal, and the Bible calls us to sincere and authentic commitment to God and others. May we never forget the following words: “Teach me your way, LORD, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name” (Psalm 86:11).

Chapter 33: Trust in the Lord with all your heart.

Proverbs 3:5 imparts wisdom to its readers: “Trust in the Lord with all your heart, and lean not on your own understanding.” There is a big difference between trusting in the Lord and trusting other persons or things. Our trust is not in angels or people or rituals or methodologies but in the Lord alone. And, as the writer of the proverb points out, **our trust is not in our own understanding.**

To trust in the Lord with all our heart, we must wholly rely upon God’s promises, wisdom, power, and love to help us in every circumstance. Human understanding is subject to error. God, on the other hand, sees and understands all. He is the One we can lean on and trust. We should trust the Lord with all our heart because human understanding is tainted by sin, limited wisdom, impulsive assumptions, and faulty emotions. We are not always right. Proverbs 14:12 reminds us of this: “There is a way that *seems* right to a man, but its end is the way of death” (emphasis added). Sin taints our understanding and leads us to destruction (Ephesians 4:17–18). “Our knowledge is partial and incomplete” (1 Corinthians 13:9, NLT). Should we base our understanding on what is partial, sinful, or destructive? Or should we trust in the God who is all-knowing, all-powerful, all-wise, loving, and has good plans to guide, satisfy, and establish us (see Isaiah 58:11)?

God does not change (Malachi 3:6), and His decisions are never capricious or evil. Psalm 92:15 tells us, “The LORD is upright; he is my Rock, and there is no wickedness in him.” God is not evil and will not lead us to destruction. Instead, He leads us into paths of righteousness (Psalm 23:3). He never lies (Numbers 23:19; Hebrews 6:18), and He is faithful to keep His promises (Psalm 89:34). God’s plans are perfect, holy, and righteous, and He works all things together for the good of those who love Him and are called according to His purpose (Romans 8:28). God is worthy of our trust.

Trusting in the Lord begins by believing in Jesus for salvation. When we trust in Him, we acknowledge that “salvation is found in no one else, for there is no other name under heaven given to mankind by which we must be saved” (Acts 4:12). We then get to know God more as we spend time in prayer and Bible study. The more we know God, the more we will love Him. The more we love Him, the more we will trust in Him alone—with all our hearts—for wisdom, for decisions, for everything.

Jeremiah 17:7–8 describes the benefits that come to the person who trusts the Lord with all his heart: “Blessed is the man who trusts in the LORD, And whose hope is the LORD. For he shall be like a tree planted by the waters, Which spreads out its roots by the river, And will not fear when heat comes; But its leaf will be green, And will not be anxious in the year of drought, Nor will cease from yielding fruit.”

Those who trust in the Lord have hope and need not fear difficulty or calamity. They know who is in control of their lives and that He is fully good and true. Proverbs 3:5–6 is a wise instruction that ends in a promise: “Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.” What a wonderful thing to trust in God with all your heart and to have Him direct your paths!

Chapter 34: Return to God with your whole heart.

Through Jeremiah's vision of the good figs and the bad figs (Jeremiah 24:1–10), God encourages the prophet with a promise to care for a remnant of His people in exile. The Lord would work in their hearts and one day bring them back to their land: "I will set my eyes on them for good, and I will bring them back to this land. I will build them up, and not tear them down; I will plant them, and not pluck them up. I will give them a heart to know that I am the LORD, and they shall be my people and I will be their God, for they shall return to me with their whole heart" (verses 6–7, ESV).

Inspired by this vision, Jeremiah writes a letter from Jerusalem to the exiles in Babylon, urging them to live peacefully and patiently in the land because God has good plans for their future (Jeremiah 29:1–14). Again, through Jeremiah, the Lord calls the people to return to Him with their whole hearts: **"Then you will call on me and come and pray to me, and I will listen to you.** You will seek me and find me when you seek me with all your heart. I will be found by you . . . and will bring you back from captivity" (verses 12–14). The prophet Joel delivers a similar call to repentance: "'Even now,' declares the LORD, 'return to me with all your heart, with fasting and weeping and mourning. Rend your heart and not your garments. Return to the LORD your God'" (Joel 2:12–13).

In these passages, repentance from sin is conceived as returning to God with a whole heart. Interestingly, in Jeremiah's vision, the Lord Himself begins the work of repentance by changing their hearts. God did the same for the children of Israel when they disobeyed the covenant under Moses. The Lord promised to circumcise their hearts so they would love Him and return to Him with their whole hearts and souls (Deuteronomy 30:1–10). True repentance that turns us away from sin and back to God begins when the Lord changes our hearts. He gives us "an undivided heart" and "a new spirit," removing our stony hearts and replacing them with "a heart of flesh" (Ezekiel 11:19; see also Ezekiel 36:26; Jeremiah 32:38–39).

The great longing of God's heart is for people who are far away in spiritual rebellion to repent of their sins and return to a place of wholehearted obedience and devotion to the Lord (Luke 15:11–32). This theme weaves throughout the entire Bible (Nehemiah 1:9; Zechariah 1:3; Malachi 3:7; 1 John 1:9). In His loving grace, God leads us to repentance (Titus 2:11–14; 1 Peter 5:10). In His goodness and kindness, He draws us back to Himself (John 6:44; Romans 2:4). By working in our hearts to change our minds about sin, He does for us that which we cannot do for ourselves. He creates in us new hearts, clean and pure (Psalm 51:10), so that we want to return to Him, our source of life, and love Him with all our hearts.

Returning to God with our whole heart indicates the sincerity of our repentance and devotion to the Lord (Jeremiah 3:10; 1 Kings 8:46–50). God wants us to love Him and dedicate ourselves to Him with everything we've got—heart, soul, mind, and strength (Deuteronomy 6:5; 10:12; Matthew 22:37). Samuel urged the people to “worship the LORD with all your heart, and don't turn your back on him” (1 Samuel 12:20, NLT).

A whole heart for God is an undivided heart (Psalm 86:11). Too often, our hearts become divided through sin and distracted by the things of this world. Just like the stubborn and rebellious children of Israel, we lose interest in what God wants. If we find ourselves in this predicament—more interested in pleasing ourselves than pleasing God—we must surrender our divided hearts to God.

Do you need to return to God with a whole heart? Then heed the apostle Paul's plea to “live in a right way in undivided devotion to the Lord” (1 Corinthians 7:35). Let God change your heart as you repent from sin and follow James' urging to “come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world” (James 4:8, NLT).

Chapter 35: Sanctify the Lord God in your hearts.

In his book *The Air I Breathe*, Louie Giglio discusses the idea that God, our Creator, designed every person for worship. Worship is what we do, and worshipers are who we are, says Giglio. If we consider how we spend our time, money, and energy and where we focus our affection and loyalty, we will discover a throne. That throne contains the things nearest and dearest to our hearts—it reveals what and whom we worship. The apostle Peter specifies the one Being we are to place above all others on the throne of our hearts: “But sanctify the Lord God in your hearts” (1 Peter 3:15, NKJV).

In the original text, the verb rendered “sanctify” (a form of *hagiazō* in Greek) means **“to dedicate, to set apart, to make holy, treat or regard with reverence and honor.”** “Lord God” in the New Testament refers to the Messiah, Jesus Christ. Peter says we are to “sanctify,” or set apart, the Lord in our hearts—we are to give Him a special place of honor. Other translations word the command to sanctify the Lord as “you must worship Christ as Lord of your life” (NLT) or “in your hearts honor Christ the Lord as holy” (ESV).

Peter positions this exhortation within the context of persecution for “doing what is right” and suffering because of our faith in Christ: “But even if you suffer for doing what is right, God will reward you for it. So don’t worry or be afraid of their threats. Instead, you must worship Christ as Lord of your life. And if someone asks about your hope as a believer, always be ready to explain it” (1 Peter 3:14–15, NLT). Rather than react with worry and fear, believers are to respond to persecution with worship and a renewed dedication to sharing the faith.

Peter alludes to the prophet Isaiah: “Make the LORD of Heaven’s Armies holy in your life. He is the one you should fear. He is the one who should make you tremble. He will keep you safe” (Isaiah 8:13–14, NLT). Peter’s admonition also echoes with these words of Jesus: “Don’t let your hearts be troubled. Trust in God, and trust also in me. . . . Don’t be troubled or afraid” (John 14:1, 27, NLT).

Sometimes in the Christian life, especially when faced with opposition or trouble, we are tempted to worry about potential threats and give in to our fears. Jesus promised us that, despite the tribulations we would have in this world, we can have peace and courage because He has overcome the world (John 16:33). We can “sanctify the Lord God in our hearts” instead of fearing what people might do to us. Our fear of the Lord will overcome every worldly threat. We can let Christ’s words of reassurance drown out every menacing voice. We can trust that the Spirit of God within us is greater than our earthly enemies (1 John 4:4). They may try to harm us and even succeed, but suffering a little discomfort now is better than compromising in our relationship with the Lord.

Suffering because of our faith is a mega-theme in Peter’s letters: “Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you. But rejoice inasmuch as you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed. If you are insulted because of the name of Christ, you are blessed, for the Spirit of glory and of God rests on you. If you suffer . . . as a Christian, do not be ashamed, but praise God that you bear that name. . . . Those who suffer according to God’s will should commit themselves to their faithful Creator and continue to do good” (1 Peter 4:12–19). The apostle Paul reminds us that our earthly afflictions are “light and momentary” compared to the “eternal weight of glory” that waits for us in heaven (2 Corinthians 4:17).

Suffering is an inevitable part of our calling to follow and serve Christ (Matthew 10:22, 38; Acts 9:16; 14:22; Philippians 1:29). Paul told Timothy, “Everyone who wants to live a godly life in Christ Jesus will be persecuted” (2 Timothy 3:12). We should not be surprised if the world hates us (1 John 3:13). Instead, we should expect persecution and even embrace it, knowing God will empower us to endure through it (2 Timothy 1:8; 1 Peter 2:19; 3:17) and even bring good from it (Hebrews 12:7; Romans 5:3–4; 8:17; 2 Thessalonians 1:4–5; 2 Corinthians 1:9; James 1:3).

Sanctifying the Lord God in our hearts means giving our wholehearted allegiance to Jesus Christ and worshiping Him only—despite the cost. It reveals profound trust in Jesus as our sovereign Lord and King. We recognize that He alone is in control of our circumstances and those who threaten us are not (see 1 Peter 1:6–7). To the One who sits on the throne of our hearts we commit ourselves, and we continue to do what is right even if we suffer because of our faith in Him.

Chapter 36: The desires of your heart.

Psalm 37:4 contains a great promise: “**Delight yourself in the LORD, and he will give you the desires of your heart.**” This verse invites us to have a deeply intimate relationship with God. As we delight in Him, He will give us the desires of our heart. To fully appreciate this promise, we must review the immediate context, unpack its meaning, and apply it to our lives.

Psalm 37, penned by King David, is a poetic meditation on the righteousness of God and the fulfillment of His promises. This psalm specifically addresses the struggles faced by the righteous in a world that is dominated by the wicked (verses 1–2). Despite these struggles, David encourages his readers to “trust in the LORD and do good” (verse 3). It is within this context that we find the promise of verse 4 that **God will “give you the desires of your heart.”**

To understand the promise in Psalm 37:4, we must first examine the meaning of *delighting* in the Lord. The word *delight* encompasses a profound sense of joy, satisfaction, and contentment. When we delight in the Lord, we seek His presence (Psalm 27:4), meditate on His Word day and night (Joshua 1:8 and Psalm 1:2), and align our will with His (Romans 12:2). This involves the heart, mind, and soul (Matthew 22:37).

When we delight in the Lord, we will experience a radical shift in our desires. In other words, we will no longer desire selfish and sinful things (Galatians 5:17–21). Instead, we will desire the fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control (verses 22–23). And, when we desire the same things God desires for us, our requests will be granted (Matthew 6:33 and John 14:14).

The promise in Psalm 37:4 does not imply that God is a cosmic genie who grants every fleeting whim or selfish request. On the contrary, the promise points to a definitive transformation within our heart as we draw closer to Him.

God’s response to our delight in Him is twofold. First, He shapes and molds our hearts to align our will with His. Through the work of the Holy Spirit, we are purged of selfishness, pride, and unrighteous desires. As we draw closer to Him, our desires will begin to mirror His desires for us, reflecting His goodness and righteousness.

Second, God will grant desires that accord with His will and glory (Romans 11:36). This does not mean that every request will be granted; rather, the desires of our heart will be fulfilled in ways that accomplish His purpose for our lives (Romans 8:28).

God's response to our delight in Him may not always meet our expectations or occur immediately. His ways are higher than our ways (Isaiah 55:8–9), and His timing is beyond our comprehension. He may even use delays or redirections to refine our desires and strengthen our faith in Him. As we wait for God to answer our requests, we can trust that His timing is always perfect (Isaiah 40:31).

Psalm 37:4 prompts us to delight in the Lord and align our desires with His perfect will. As we cultivate a heart that finds joy, satisfaction, and contentment in Him, He will transform our desires to reflect His purposes. While the fulfillment of our desires may not always align with our expectations, we can trust in the faithfulness of God. By embracing the promise in Psalm 37:4, our lives become characterized by the fulfillment of desires that bring glory to Him.

Chapter 37: The kingdom of God is within your Heart.

In Luke 17:20–21, Jesus says, “The kingdom of God does not come with observation; nor will they say, ‘See here!’ or ‘See there!’ For indeed, ***the kingdom of God is within you***” (NKJV). The context of Jesus’ statement is a question put to Him by His Pharisee detractors who had asked when the kingdom of God would come (verse 20).

Jesus’ answer was that the kingdom of God was not coming in the manner the Pharisees were expecting. The kingdom would not be inaugurated with spectacle or splendor; there would be no great and magnificent leader who staked out a geographical claim and routed the Romans; rather, the kingdom would come silently and unseen, much as leaven works in a batch of dough (see Matthew 13:33). In fact, Jesus says, the kingdom had already begun, right under the Pharisees’ noses. God was ruling in the hearts of some people, and the King Himself was standing among them, although the Pharisees were oblivious to that fact.

Various translations render the Greek of Luke 17:21 various ways. The phrase translated “within you” in the KJV and NKJV is translated as “in your midst” in the NIV, NASB, and NET; “among you” in the NLT and HCSB; and “in the midst of you” in the ESV. Earlier versions of the NIV had “within you” with a marginal note suggesting “among you.” There is obviously a difference between saying “the kingdom of God is within you” and “the kingdom of God is among you.”

“Within you” comes off as an unfavorable translation, seeing that Jesus was speaking to the Pharisees at the time. Jesus was surely not saying that the kingdom of God resided within the Pharisees’ hearts. The Pharisees opposed Jesus and had no relationship with God. Jesus in other places denounced them as “whitewashed tombs” and “hypocrites” (Matthew 23:27).

The better translation would be “in your midst” or “among you.” Jesus was telling the Pharisees that He brought the kingdom of God to earth. Jesus’ presence in their midst gave them a taste of the kingdom life, as attested by the miracles that Jesus performed. Elsewhere, Jesus mentions His miracles as definitive proof of the kingdom: “If I drive out demons by the finger of God, then the kingdom of God has come upon you” (Luke 11:20).

There are three popular interpretations of Jesus’ words in Luke 17:21 that the kingdom of God is within you (or among you): 1) the kingdom of God is essentially inward, within man’s heart; 2) the kingdom is within your reach if you make the right choices; and 3) the kingdom of God is in your midst in the person and presence of Jesus. The best of these interpretations, it seems, is the third: Jesus was inaugurating the kingdom as He changed the hearts of men, one at a time.

For the time being, Christ's kingdom is not of this world (John 18:36). One day, however, the kingdom of God will be manifest on the earth (Isaiah 35:1), and Jesus Christ will rule a physical kingdom from David's throne (Isaiah 9:7) with Jerusalem as His capital (Zechariah 8:3).

Chapter 38: To rend your heart.

The prophet Joel functioned as a spiritual watchman over Judah. In Joel 2:12–19, he pleaded with the nation to turn to the Lord in genuine repentance as the only way to avoid the devastating destruction of the coming “day of the Lord” (Joel 1:15). The prophet’s call began like so: “‘Even now,’ declares the LORD, ‘return to me with all your heart, with fasting and weeping and mourning.’ Rend your heart and not your garments. Return to the LORD your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity” (Joel 2:12–13).

The word for “rend” in the original Hebrew means “to split, tear to pieces, rip, bust, separate abruptly or with violence.” **To rend one’s garment was an ancient custom that signaled intense grief, repentance, or holy zeal.**

When King David received the devastating, but exaggerated, news that Absalom had struck down all of David’s remaining sons, he rose, tore his clothes, and then lay down on the ground (2 Samuel 13:31; see also 2 Samuel 1:11). The Old Testament records Reuben, Jacob, Joshua, Caleb, Jephthah, Tamar, Ahab, Hezekiah, and others rending their garments in gestures of mourning and penitence (Genesis 37:29, 34; Joshua 7:6; Numbers 14:6; Judges 11:35; 2 Samuel 13:19; 1 Kings 21:27; Isaiah 37:1).

In the New Testament, the high priest tore his garment while accusing Jesus of blasphemy (Matthew 26:65). Paul and Barnabas tore their clothes in anguish when they realized the people of Lystra were preparing to honor them as deities (Acts 14:14–15).

More than rent clothing, God wants rent hearts. To “rend your heart” in repentance is to acknowledge your brokenness and need for God’s forgiveness and restoration. As we rend our hearts, we discover that “the LORD is close to the brokenhearted; he rescues those whose spirits are crushed” (Psalm 34:18, NLT). When we’ve strayed from God, the sacrifice He desires is “a broken spirit,” for He “will not reject a broken and repentant heart” (Psalm 51:17, NLT). We pave the way for healing, wholeness, and a restored relationship with God when we rend our hearts before Him (Psalm 147:3; Isaiah 61:1).

In Joel’s day, the nation of Judah was guilty of putting on false displays of repentance. The people performed rituals of tearing their clothing without experiencing true, heart-crushing remorse for their sin, which would lead to a change in behavior and genuine devotion to God. Only a complete rending of the heart would turn the nation back to receive the compassionate, gracious, merciful, and steadfast love of the Lord.

Instead of saying “rend your heart,” the prophet Jeremiah applied the cutting analogy of circumcision to call God’s people to repentance: “Circumcise yourselves to the LORD, circumcise your hearts, you people of Judah and inhabitants of Jerusalem, or my wrath will flare up and burn like fire because of the evil you have done” (Jeremiah 4:4).

The idiom *rend your heart* expresses internal spiritual brokenness, which is vastly more important than any empty, hypocritical act of ripping apart one’s clothing. Rituals of repentance mean nothing if the heart is unchanged. External performances are not enough. For this reason, Jesus taught in the Beatitudes, “Blessed are the poor in spirit, for theirs is the kingdom of heaven” (Matthew 5:3). Being poor in spirit means recognizing one’s broken spiritual state. We rend our hearts when we admit that we are utterly bankrupt and destitute before God. Without His forgiveness, cleansing, and restoration, we are undone.

Rending our hearts in repentance means wholehearted surrender to God: “Pour out your heart like water in the presence of the Lord,” says Lamentations 2:19. “Create in me a clean heart, O God, and renew a right spirit within me,” cried David after acknowledging his sin to the Lord (Psalm 51:10, ESV). “Woe is me, for I am undone!” confessed Isaiah upon seeing the Lord lifted high upon His throne. “I am a man of unclean lips, and I dwell in the midst of a people of unclean lips” (Isaiah 6:5, NKJV).

When we rend our hearts before the Lord, God promises to forgive, cleanse, and restore us: “For I will gather you up from all the nations and bring you home. . . . I will sprinkle clean water on you, and you will be clean. Your filth will be washed away, and you will no longer worship idols. And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart. And I will put my Spirit in you so that you will follow my decrees and be careful to obey my regulations. . . . You will be my people, and I will be your God. I will cleanse you of your filthy behavior” (Ezekiel 36:24–29, NLT).

Chapter 39: Out of the abundance of the heart the mouth speaks.

This verse is from what is sometimes called the Sermon on the Plain. In this part of the sermon, Jesus tells us how we can judge a person's character. We do it in much the same way we look at a tree or plant to tell if it is a "good" plant or not: **"No good tree bears bad fruit, nor does a bad tree bear good fruit. Each tree is recognized by its own fruit. People do not pick figs from thorn bushes, or grapes from briars"** (Luke 6:43–44). If you want to know what kind of tree or plant you have, you have to look at its fruit. A pear tree sounds like a good tree, but, if you have a Bradford pear tree, you will get small, inedible pears about the size of marbles. What is on the inside—what the tree is really "made of"—will determine what kind of fruit it produces. Jesus says that the same is true of people.

In Luke 6:45, Jesus says that people can be judged by what they say and do because these things reveal what is really inside the person: "A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of." If you want to know what is on the inside of a person, you simply watch his actions; listen to what comes out of his mouth on a regular basis. This is not being judgmental; this is being realistic.

If a person is angry, rude, lewd, or immoral on a regular basis, you can be assured that this is what he is like "on the inside." If a person is consistently kind, encouraging, and polite, then you can be sure that is what he is like "on the inside." Of course, it is possible that someone might put up a façade to deceive others regarding his character, but eventually what is inside will come out. The mouth speaks out of the abundance—the overflow—of the heart.

The primary point of application in Jesus' words seems to be this: when we see evil consistently coming out of a person in word and deed, we should not deceive ourselves by saying, "I think he really is a good person inside; he just has some bad habits" or "That's just the way he talks, but he's not really like that." How many people fall in love and get married, thinking that the bad behavior they have observed is only an aberration? How many parents deceive themselves regarding the spiritual state of their children, thinking that they are true believers because of a childhood profession of faith, even though their lives demonstrate a heart of evil?

When Jesus said, "Out of the abundance of the heart the mouth speaks," He meant that consistently sinful words and deeds are indicative of a sinful heart. Rather than always giving people "the benefit of the doubt," we would do well to recognize the "fruit" we observe and respond accordingly. Being a "fruit inspector" does not mean we consider ourselves to be without sin; it does mean that we are realistic about whom to trust and whom we allow to exert influence over us and the people for whom we are responsible.

Chapter 40: A contrite heart, God, will not despise.

The people in the prophet Micah's day complained that God was never satisfied. They snidely asked, "Will the Lord be pleased with thousands of rams, with ten thousand rivers of olive oil?" (Micah 6:7). It was their way of asking, "What does God *want* from us, anyway?" Some people today feel like all their striving to please God goes for nothing, and they, too, ask, "What does God want from me?"

Jesus was asked once which commandment of the Law was the greatest. He answered, "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these" (Mark 12:30–32; cf. Matthew 22:37–39). What God wants is really quite simple: He wants us. All our service for God must flow from those two commands to love, or it is not real service; it is fleshly effort. And Romans 8:8 says that those who are "in the flesh cannot please God."

First, God wants us to trust in His Son as Savior and Lord (Philippians 2:9–11). Second Peter 3:9 says, "**The Lord . . . is patient with you, not wanting anyone to perish, but everyone to come to repentance.**" We come to know Jesus through repenting of our sin and accepting Him as our personal sacrifice (Romans 10:9; John 1:12). When Jesus' disciples asked Him to show them the Father, He replied, "Anyone who has seen me has seen the Father" (John 14:9). God wants us to know Him, and we can only know Him through Jesus.

Next, God wants us to "become conformed to the image of His Son" (Romans 8:29). The Father wants all of His children to be like Jesus. He brings situations into our lives to refine us and chip away those flawed characteristics that are in the way of our becoming who He designed us to be (Hebrews 12:7; James 1:12). As Jesus was obedient to the Father in everything, so the goal of every child of God should be to obey our Heavenly Father (John 8:29). First Peter 1:14–15 says, "As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do."

Many people, like the Pharisees in Jesus' day, try to put the external action before the inner heart change (Luke 11:42). They place all the focus on what they *do* rather than who they *are*. But, unless love for God is our motivation, outward displays of goodness only result in pride and legalism. Neither pleases God. When we surrender ourselves totally to Him, His Holy Spirit empowers us to love God fully and serve Him from the right motive. True service and holiness are simply the outworking of the Spirit, the overflowing of a life dedicated to the glory of God. When our focus is on *loving* God rather than simply *servicing* Him, we end up doing both. If we skip the relationship, our service is of no use and benefits nothing (1 Corinthians 13:1–2).

The prophet Micah responded to the Israelites' complaint that they didn't know what God wanted from them. The prophet says, "He has told you, O man, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?" (Micah 6:8, ESV). God's desire for us is very simple. People complicate things, tacking on rules and man-made laws that ensure frustration and kill the joy in following Christ (2 Corinthians 3:6). God wants us to love Him with all our hearts and let our obedience stem from a heartfelt desire to be pleasing in His sight.

David understood what God wanted when he prayed, "You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings. My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise" (Psalm 51:16–17).

Chapter 41: A Giving Heart.

The Bible has a lot to say about giving!

First, Jesus declares that our attitude toward money is indicative of the focus of our hearts: "For where your treasure is, there your heart will be also" (Matthew 6:21). It is helpful to look at our various financial accounts and observe how we spend our money. Our love for God and His work will show up in how we give our money away.

The Bible gives some helpful principles to guide us in how we think about and how we give our money:

1. *God owns everything and gives His things, including money, to whom He chooses.* Consider Psalm 24:1, "The earth is the LORD's, and everything in it, the world, and all who live in it." Consider also Proverbs 22:2, "**Rich and poor have this in common: the LORD is the Maker of them all.**" The reality is that all we have is from God. He gives according to His purposes and plans. The question should never be "How much of my money should I give away?" but "How would God have me use His money?"

2. *How we spend and give away God's money is a fundamental aspect of worship.* Colossians 3:17 commands us to do everything for God's glory, whatever we do. Thus, when we spend and give our money, we must be confident that what we're doing glorifies God and honors Him. This includes our charitable giving to the church and other gospel ministries. But it also includes what we do with all of the monies entrusted to us by God.

3. *Giving to the church and the ministry of the gospel is commanded by God.* First Corinthians 16:1–2 addresses the need for giving: "Now about the collection for God's people: Do what I told the Galatian churches to do. On the first day of every week, each one of you should set aside a sum of money in keeping with your income, saving it up." Consistent giving to the church for the ministry is a directive of God to Christians.

4. *Giving is to be done with thoughtfulness, sacrifice, generosity, and joy.* We are to thoughtfully consider how much to give based upon our income (1 Corinthians 16:2). Along these lines, 2 Corinthians 9:6–7 says, “Remember this: Whoever sows sparingly will also reap sparingly, and whoever sows generously will reap generously. Each man should give what he has decided in his heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.” Thoughtfulness, generosity, freedom, and joy are all part of giving. We are to be “cheerful” in our giving. It’s easy to be joyful when singing praise songs to God. This same joy should be present in our giving. We have an example of sacrificial giving in the Macedonians, who gave even in their “severe trial,” “extreme poverty,” and “beyond their ability” (2 Corinthians 8:1–9).

In the Old Testament, the Israelites were commanded to give around 23 percent of their annual income to support the Levites (Leviticus 27:30), to fund celebrations such as Passover (Deuteronomy 12:10–18), and to help the poor (Deuteronomy 14:28–29). These commands included two tithes (the giving of 10 percent) and a third of a tithe. The giving was a legal requirement in Israel’s theocracy.

On top of their required giving, God directed the Israelites to give “freewill” offerings. Deuteronomy 16:10 explains that they were to give a “freewill offering in proportion to the blessings the LORD your God has given you.” It is this directive that is most similar to the New Testament type of giving. There is no tithe required today, but our gifts are more akin to a freewill offering. After prayer and consideration, we give as we feel God would have us to. Believers have freedom in this area of worship. As the Lord prospers us, we should consider giving more.

5. *Our giving is to be done quietly.* Jesus warned us against giving with fanfare or in a manner that would draw attention to ourselves. He told us, “Do not let your left hand know what your right hand is doing” (Matthew 6:3). Our giving should “be in secret” (verse 4). And we have the promise that “your Father, who sees what is done in secret, will reward you” (verse 4). God the Father’s reward will surely be better than the applause and accolades of men.

6. *As we give for God's glory, sacrificially, generously, and joyfully, God promises blessing.* The one who gives generously also reaps generously (2 Corinthians 9:6). Proverbs 22:9 states, "A generous man will himself be blessed, for he shares his food with the poor." And Jesus says in Luke 6:38, "Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you." In our giving for the glory of God, we build up treasure in heaven. We do not seek earthly, material prosperity, but we rest assured that God will reward and bless us somehow, someday. Perhaps the blessing will come here on earth, but it will most definitely come in glory.

In Philippians 4:18, Paul describes the Philippians' financial gifts to him as "a fragrant offering, an acceptable sacrifice, pleasing to God." The church's practical help of Paul's ministry was noticed by God and pleasing to Him. We, too, can be faithful stewards of God's gifts in our giving.

Chapter 42: Mercy and truth on the tablet of your heart.

In Proverbs 3, Solomon emphasizes that wisdom is more than merely following the proper rules; it is a matter of knowing God intimately in a heart-to-heart relationship. For this reason, he instructs,
“Let not mercy and truth forsake you; Bind them around your neck,
Write them on the tablet of your heart” (Proverbs 3:3, NKJV).

The word “mercy” is translated from the Hebrew term *chesed*, which describes loyal, faithful, covenantal love. The word “truth” (*’emeth* in Hebrew) is better translated as “faithfulness.” The New International Version renders the passage, “Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart.” “Faithfulness” speaks of trustworthiness or dependability. A faithful person is worthy or deserving of complete trust.

The virtues of mercy and truth (or love and faithfulness) are often paired in the Old Testament to indicate the making and keeping of commitments. “Mercy and truth have met together,” says the psalmist (Psalm 85:10, NKJV; see also Psalm 25:10; 57:3). “Through love and faithfulness sin is atoned for,” asserts Solomon in Proverbs 16:6 (see also Proverbs 20:28).

The act of binding loyal love and faithfulness around one’s neck refers to holding these virtues close, always before us, and carrying them with us wherever we go to ensure they won’t ever be forgotten. The Voice translation renders Proverbs 3:3 as follows: “Stay focused; do not lose sight of mercy and truth; engrave them on a pendant, and hang it around your neck; meditate on them so they are written upon your heart.”

Solomon suggests that, if you are a wise person, you will write mercy and truth “on the tablet of your heart.” The expression also appears in Proverbs 7:3 and Jeremiah 17:1. In ancient times, tablets were made of clay or stone. The directive would have been linked in the Jewish reader’s mind with the Ten Commandments, also written on tablets (Deuteronomy 5:22).

In Deuteronomy 6:6–9, the Lord’s commands were to be written on the people’s hearts, impressed upon their children, talked about frequently, tied as symbols on their hands, bound on their foreheads, written on the doorframes of their houses and on the city gates as a constant reminder. The idea was to take these virtues not merely as external codes to live by but to receive them into our minds and hearts so that they govern our motives and become part of our very nature.

Through the prophet Jeremiah, the Lord said, "This is the covenant I will make with the people of Israel. . . . I will put my law in their minds and write it on their hearts. I will be their God, and they will be my people" (Jeremiah 31:33). Mercy and truth, loyal love and faithfulness are attributes of the ideal relationship between God and His people.

The apostle Paul describes the believer's relationship with the Lord in similar terms: "You show that you are a letter from Christ, the result of our ministry, written not with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human hearts" (2 Corinthians 3:3).

Mercy and truth (love and faithfulness) are characteristics that belong to God (Psalm 108:4; 116:5; 117:2; Deuteronomy 4:31; Daniel 9:9). They also constitute the response God seeks from His children toward Him and other people.

The Bible reveals that covenantal love and loyalty to God are written on the tablet of true believers' hearts by the Spirit of the Living God. Those who know the Lord intimately and are born of His Spirit receive an engraving or seal of God's love on their hearts. Our ability to love faithfully comes from Him (1 John 4:7–19), for God accomplishes in us what the law could never do (Romans 8:3).

Chapter 43: Songs to a heavy heart.

If you've ever cooked or cleaned with vinegar and baking soda, then you probably have some insight into the meaning of Proverbs 25:20: **"Whoever sings songs to a heavy heart is like one who takes off a garment on a cold day, and like vinegar on soda"** (ESV).

This proverb imparts wisdom regarding the need to be sensitive to the moods and feelings of others. One who merrily sings songs to a heavy-hearted person acts unwisely and incongruously with the situation at hand. Rather than lift his spirits, we are more likely to anger or injure the person with our inappropriate cheerfulness in the face of his sorrow.

In Proverbs 25:20, the word translated "soda" (*nether* in Hebrew) refers to a cleansing agent, like carbonate of soda or baking soda. The Septuagint (the Greek translation of the Old Testament) uses the term *helkos* in Greek, meaning "wound." The New International Version follows this rendition, reading, "Like vinegar poured on a wound, is one who sings songs to a heavy heart."

Either way, the meaning of the proverb is conveyed. In the Greek sense, singing lighthearted songs to someone whose heart is broken is like pouring vinegar on a wound—it is a painfully cruel act. In the example of vinegar on soda, we have a similar outcome. An explosive, fizzing agitation occurs when vinegar first comes in contact with baking soda. Very quickly, the two elements neutralize and destroy one another. The image is one of insensitivity, counter-productivity, and harm.

A wise and loving friend with genuine compassion will understand the need to "rejoice with those who rejoice" and "mourn with those who mourn" (Romans 12:15; see also Job 30:25). Tenderheartedness is a sign of true Christian character (Ephesians 4:32; Colossians 3:12; 1 Peter 3:8). The apostle Paul astutely taught that, in the body of Christ, "if one part suffers, every part suffers with it; if one part is honored, every part rejoices with it" (1 Corinthians 12:26). The writer of Hebrews urges us to "remember those in prison, as if you were there yourself. Remember also those being mistreated, as if you felt their pain in your own bodies" (Hebrews 13:3, NLT).

Maintaining a positive, cheerful outlook is a good thing and sometimes can have an encouraging effect on those who are discouraged. But we must combine our optimism with empathy and understanding. When someone is down and depressed, burdened with a heavy heart, it would be thoughtless and unkind for us to disregard the depth of that person's anguish and merely whistle a happy tune to him or her. Proverbs 25:20 likens such an approach to taking someone's coat on a winter day, leaving them shivering and unprotected in the cold. Like vinegar poured on soda, this could elicit an explosive reaction. It certainly won't help and is more likely to make matters worse by angering or wounding the one you had hoped to comfort.

Singing a song to a heavy heart is like pouring vinegar on soda because it is an act devoid of compassion and feeling. Believers are to cry with those who are sorrowful and laugh with those who are rejoicing. When Jesus suffered agony in the Garden of Gethsemane, He wanted His closest followers to be with Him, to watch and pray (Matthew 26:37–38). God calls us to show mercy just as He does when we comfort others: "God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us" (2 Corinthians 1:3–4, NLT). A sensitive believer understands how to come alongside the hurting as a tender and compassionate agent of healing.

Chapter 44: Purify your hearts, you double-minded.

An alarming epidemic of spiritual adultery and “friendship with the world” ran rampant in the early church (James 4:4). James passionately told his readers to repent from their wicked ways and return to the Lord: “Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded” (James 4:8, ESV).

God desires **His followers’ wholehearted loyalty and devotion** (Exodus 34:14; Mark 12:29–31). Believers who stray from the Lord must submit themselves to God and draw near to Him again through repentance.

“Purify your hearts, you double-minded” was James’ clear and distinct call to inner purification—to recognize and confess our sins and receive God’s forgiveness. His language closely resembles that of the psalmist: “Who may ascend the mountain of the LORD? Who may stand in his holy place? The one who has clean hands and a pure heart, who does not trust in an idol or swear by a false god” (Psalm 24:3–4).

James branded the believers “double-minded” because they continued to live with one foot in the world while claiming to love and worship God. Their vacillating was dividing their loyalties. A similar charge was issued against the people of Isaiah’s time: “These people come near to me with their mouth and honor me with their lips, but their hearts are far from me” (Isaiah 29:13). Earlier, James noted that double-minded people are “unstable in all they do” (James 1:8).

The apostle John acknowledged that the true children of God who look forward to Christ’s return “purify themselves, just as he is pure” (1 John 3:3). The Lord Jesus Himself said, “Blessed are the pure in heart, for they will see God” (Matthew 5:8). The term *pure* here indicates the absence of impurity, contamination, or filth. It suggests a single-mindedness of purpose that is free of distractions.

Double-minded people lack purity of heart. The Lord desires His followers to be laser-focused in heart, mind, and purpose (Matthew 6:33). The greatest commandment, Jesus said, is to “love the Lord your God with all your heart and with all your soul and with all your mind” (Matthew 22:37).

The apostle Paul explained that God looks for servants who commit their entire being to Him: "If you keep yourself pure, you will be a special utensil for honorable use. Your life will be clean, and you will be ready for the Master to use you for every good work. Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace. Enjoy the companionship of those who call on the Lord with pure hearts" (2 Timothy 2:21–22, NLT).

Anything that distracts us or has a contaminating influence on our lives will divide our loyalties and soil our hearts, rendering us ineffective kingdom servants. A pure heart is evidenced by openness, clarity, and an uncompromising desire to please the Lord in everything we think, say, and do. Purity goes beyond just cleaning up our outward behavior ("cleanse your hands") to the internal purification of heart, mind, and soul ("purify your hearts").

In reality, humans are incapable of purifying their own hearts. David prayed, "Create in me a pure heart, O God, and renew a steadfast spirit within me" (Psalm 51:10). God is the only one who can make us pure in heart and single in mind. It is the shed blood of Jesus Christ His Son that "purifies us from all sin" (1 John 1:7) and the sanctifying work of the Holy Spirit that cleanses our lives (Romans 15:16; 1 Corinthians 6:11; 1 Peter 1:2). Christ provided the necessary sacrifice for sin so that we could receive God's forgiveness (John 1:29; Ephesians 1:7; Hebrews 9:12–22; 1 Peter 1:18–19).

God's Word commands us: "Purify your hearts, you double-minded." And God's Word—the Logos, who is Jesus Christ—makes the command possible. Since we can enter God's presence "by the blood of Jesus, by the new and living way that he opened for us through the curtain, that is, through his flesh, and since we have a great priest over the house of God, let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water" (Hebrews 10:19–22, ESV).

Chapter 45: The causes and solutions for a hardened heart.

To better understand the causes and solutions for a hardened heart, it's important to understand the broad biblical meaning of the word "heart." The Bible considers the heart to be the hub of human personality, producing the things we would ordinarily ascribe to the "mind." For example, Scripture informs us that grief (John 14:1); desires (Matthew 5:28); joy (Ephesians 5:19); understanding (Isaiah 6:10; Matthew 13:15); thoughts and reasoning (Genesis 6:5; Hebrews 4:12; Mark 2:8); and, most importantly, faith and belief (Hebrews 3:12; Romans 10:10; Mark 11:23) are **all products of the heart**. Also, Jesus tells us that the heart is a repository for good and evil and that what comes out of our mouth – good or bad – begins in the heart (Luke 6:43–45). Considering this, it's easy to see how a hardened heart can dull a person's ability to perceive and understand. Anyone's heart can harden, even faithful Christians'. In fact, in Mark 8:17–19 we see Jesus' own disciples suffering from this malady. The disciples were concerned with their meager bread supply, and it was clear that each of them had forgotten how Jesus had just fed thousands with only a few loaves. Questioning them as to the hardness of their hearts, Christ spells out for us the characteristics of this spiritual heart condition as an inability to see, understand, hear, and remember. Regarding this last criterion, too often we forget how God has blessed us and what He has done for us. Similar to the disciples in this instance or the Israelites wandering in the wilderness, when a new calamity arises in our lives, our hearts often fill with fear and concern. Sadly, this simply reveals to God the little faith we have in His promise to take care of us (Matthew 6:32–33; Philippians 4:19). We need to remember not only the many times God has graciously provided for us in our time of need, but also what He has told us: "Never will I leave you; never will I forsake you" (Deuteronomy 31:6; Hebrews 13:5).

Sin causes hearts to grow hard, especially continual and unrepentant sin. Now we know that "if we confess our sins, [Jesus] is faithful and just and will forgive us our sins" (1 John 1:9). However, if we don't confess our sins, they have a cumulative and desensitizing effect on the conscience, making it difficult to even distinguish right from wrong. And this sinful and hardened heart is tantamount to the "seared conscience" Paul speaks of in 1 Timothy 4:1–2. Scripture makes it clear that if we relentlessly continue to engage in sin, there will come a time when God will give us over to our "debased mind" and let us have it our way. The apostle Paul writes about God's wrath of abandonment in his letter to the Romans where we see that godless and wicked "men who suppress the truth" are eventually given over to the sinful desires of their hardened hearts (Romans 1:18–24).

Pride will also cause our hearts to harden. The “pride of your heart has deceived you . . . you who say to yourself, ‘who can bring me down to the ground’ . . . I will bring you down declares the LORD” (Obadiah verses 3-4). Also, the root of Pharaoh’s hard-heartedness was his pride and arrogance. Even in the face of tremendous proofs and witnessing God’s powerful hand at work, Pharaoh’s hardened heart caused him to deny the sovereignty of the one, true God. And when King Nebuchadnezzar’s “heart became arrogant and hardened with pride, he was deposed from his royal throne and stripped of his glory . . . until he acknowledged that the Most High God is sovereign over the kingdoms of men and sets over them anyone He wishes” (Daniel 5:20–21). Accordingly, when we’re inclined to do it our way, thinking we can “go it on our own,” it would be wise to recall what King Solomon taught us in Proverbs 14:12 and 16:25: “There is a way that seems right to a man, but in the end it leads to death.”

So, what then is the antidote for a heart condition such as this? First and foremost, we have to recognize the effect that this spiritual disease has on us. And God will help us to see our heart’s condition when we ask Him: “Search me O God, and know my heart...see if there is any offensive way in me, and lead me in the way everlasting” (Psalm 139:23–24). God can heal any heart once we recognize our disobedience and repent of our sins. But true repentance is more than simply a resolute feeling of steadfast determination. Repentance manifests itself in a changed life.

After repenting of our sins, hard hearts begin to be cured when we study God’s Word. “How can a young man keep his way pure? By living according to your word. I seek you with all my heart. . . I have hidden your word in my heart that I might not sin against you” (Psalm 119:9–11). The Bible is our manual for living as it is “God-breathed and is useful for teaching, rebuking, correcting, and training in righteousness” (2 Timothy 3:16). If we are to live life to the fullest as God intended, we need to study and obey God’s written Word, which not only keeps a heart soft and pure but allows us to be “blessed” in whatever we do (Joshua 1:8; James 1:25).

Hearts can also become hardened when we suffer setbacks and disappointments in life. No one is immune to trials here on earth. Yet, just as steel is forged by a blacksmith’s hammer, so, too, can our faith be strengthened by the trials we encounter in the valleys of life. As Paul encouraged the Romans: “But we also rejoice in our sufferings because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out His love into our hearts by the Holy Spirit, whom He has given us” (Romans 5:3–5).

Chapter 46: Unite my heart to fear God's name.

David is known in Scripture for having a heart after God's own heart (1 Samuel 13:14; Acts 13:22). In the prayer of Psalm 86, we hear the passionate desire of David's heart to do what God wanted him to do, to live the truth he believed, and to be undivided in his devotion to God: "Teach me your way, O LORD, that I may walk in your truth; unite my heart to fear your name" (Psalm 86:11, ESV).

The words *unite my heart* may sound a bit peculiar to modern-day Bible readers. The plea to "**unite my heart to fear Your name**" can also be rendered "give me an undivided heart, that I may fear your name" (NIV) or "grant me purity of heart, so that I may honor you" (NLT).

Like all of us, David was flawed. His affections were often inclined to roam. But David recognized this tendency in himself and continually sought to reorient his heart and compel it toward the single-minded pursuit of God.

Throughout its history, the nation of Israel was prone to wanderings of the heart (Psalm 95:10; Hebrews 3:10). For this reason, God gave His people the command, "Love the LORD your God with all your heart and with all your soul and with all your strength" (Deuteronomy 6:5; see also Matthew 22:37). Along with wholehearted love, God required their absolute obedience: "And now, Israel, what does the LORD your God require of you? He requires only that you fear the LORD your God, and live in a way that pleases him, and love him and serve him with all your heart and soul" (Deuteronomy 10:12, NLT; see also Joshua 22:5; 24:14–15).

Time and time again, Israel fell short, and God called them back to repentance. He promised to circumcise the people's hearts, purifying them and setting them apart so that they would love, serve, and follow Him with undivided devotion (Deuteronomy 30:6). "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" (Ezekiel 36:26). Through the prophet Jeremiah, the Lord pledged, "I will give them a heart to know me, that I am the LORD. They will be my people, and I will be their God, for they will return to me with all their heart" (Jeremiah 24:7). And again, "I will give them singleness of heart and action, so that they will always fear me and that all will then go well for them and for their children after them" (Jeremiah 32:39).

David's longing to "unite my heart to fear Your name" resonates in the apostle Paul's New Testament appeal to "live in a right way in undivided devotion to the Lord" (1 Corinthians 7:35). It echoes in James' plea to "come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world" (James 4:8, NLT).

Jesus taught that divided loyalties are of no use in God's kingdom: "No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other" (Matthew 6:24, NLT). Instead, we are to fix all of our affection on the treasure we have in Him (Matthew 6:19–21). When we pray like David prayed, "Unite my heart to fear Your name," we are asking the Lord to transform our wayward hearts that we might be singularly devoted in our reverence for God and obedience to Him.

Chapter 47: Don't lose heart.

There are many things that make us weary on this earth. As a result of sin, we experience trials and hardships that make life difficult. At the same time, Christians have assurance that our difficulties are merely “momentary, light affliction” in light of eternity (2 Corinthians 4:17, NASB). The hope of the believer allows him to persevere and not lose heart even when life is difficult.

Christians face hardships just like everyone else. We can become discouraged and wounded when we experience difficulties. Yet believers have hope that surpasses the temporary hurts we endure. When difficulties come, believers do not need to despair. **Our hope in God anchors our souls as we experience life's ups and downs** (Hebrews 6:19). Believers do not lose heart because the resurrection and the “eternal glory” we anticipate far outweigh anything we experience in our afflictions (2 Corinthians 4:17).

Through faith in Christ's death and resurrection, we are forgiven of our sin and reconciled to God. We have assurance that sin and death are defeated. One day we, too, will be resurrected and spend eternity with God, without sin and death. Although in this life “we are hard pressed on every side,” we are not crushed. Although we are “perplexed,” we are not in despair. We may be “persecuted,” but we are not abandoned. We are “struck down, but not destroyed” (2 Corinthians 4:8–9). Yes, we experience life's difficulties, but we are also filled with hope through these difficulties. The salvation of our souls and the hope of eternal life with God allows us to press on and to not lose heart despite life's circumstances.

Paul was imprisoned, beaten, and whipped for sharing the good news of the gospel. He was shipwrecked and experienced danger at sea and from bandits, fellow Jews, Gentiles, and false believers. He was at times hungry, thirsty, cold, and deprived (2 Corinthians 11:24–27). Yet Paul determined not to lose heart. He would not allow his difficulties to leave him in despair. With hope in Christ, Paul was able to proclaim, “In all these things we are more than conquerors through him who loved us” (Romans 8:37). Paul continued to preach the gospel with fervency despite all the difficulties and suffering he faced.

Jesus told us that a life of following Him would be hard, but He also comforted us with hope: “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world” (John 16:33). Believers do not lose heart because their hope in Christ is greater than any difficulty they will face on this earth.

Chapter 48: Ask Jesus into your heart.

“Do you want to be saved? Then just ask Jesus to come into your heart.” While this statement is not anti-biblical, neither is it expressly biblical. The wording generates a mental image that can easily lead to wrong impressions, especially among children, who tend to take things literally. Plus, the exhortation to “ask Jesus into your heart”—if that’s the whole message—leaves out some important things such as repentance and faith.

The Bible does mention the fact that, in some sense, Jesus resides in our hearts: Paul prayed “that Christ may dwell in your hearts through faith” (Ephesians 3:17). But Paul is writing to believers who had already received Christ. The parallel prayer in verse 16 is that God “may strengthen you with power through his Spirit in your inner being.” There is no evangelistic appeal in the context of Ephesians 3. Paul is not telling the Ephesians to “ask Jesus into their hearts”; he is simply elevating their awareness that Jesus is present within them through the Holy Spirit.

The verse from which the **“ask Jesus into your heart”** concept is usually taken is Revelation 3:20, “Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me.” Notice, however, that the verse does not mention the heart at all. Neither does the individual ask Jesus to do anything; rather, Jesus asks us to do something. In context, Jesus is speaking to the church of Laodicea, who was in desperate need of repentance (verse 19). The Laodicea’s had effectively excluded Jesus from their fellowship, and the Lord was seeking to restore that fellowship. The passage does not deal with a person calling on the Lord for salvation.

The idea of Jesus “coming into your heart” is nowhere used in any preaching in the Bible. The gospel is the good news of Jesus’ death and resurrection for the forgiveness of our sin (1 Corinthians 15:3–4). Gospel presentations in the Bible exhort a proper response to that message: believe (John 3:16; Acts 16:31), receive (John 1:12), and repent (Acts 3:19). We are to change our minds about our sin and about who Christ is, believe Jesus died and rose again, and receive the gift of eternal life by faith. None of the apostles ever told someone to “ask Jesus into your heart.”

Often, the exhortation to “ask Jesus to come into your heart” is used as a simple way to say, “Ask Jesus to enter your life” or “Allow the Lord to take control.” If this is done in the context of presenting the whole gospel, then there’s no harm done. But before a person is invited to “ask Jesus into your heart,” he or she should understand sin and its penalty, the payment Christ made on the cross, and the reality of Christ’s resurrection. In fact, referring to salvation as Jesus’ “coming into your heart” might even help a person understand that the Spirit of Christ comes to indwell the soul (see John 14:17). Still, it is always best to use the terminology the Bible uses. “Ask Jesus into your heart” does not fully communicate what is actually occurring at salvation.

When sharing the gospel, we should be careful what we say and how we say it. Even the word *believe* can be misleading if it is presented as mere intellectual assent (agreeing that certain facts are true) instead of as trust (relying on those true facts). Judas Iscariot *believed* certain facts about Jesus, but he never *trusted* Jesus for salvation. Salvation is not about believing a list of facts. Salvation is not about asking Jesus to come into your heart. Salvation is about trusting in Jesus as your Savior, receiving the forgiveness He offers by grace through faith. Salvation is about being made new through the sacrifice of Jesus Christ and the power of the Holy Spirit (Titus 3:5).

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Chapter 49: Is there hope although my Heart Failed?

Life, along with its joys and wonders, also contains difficulties. Frustrations occur, illnesses come, and our health deteriorates with time. Our bodies bear the signs that life on earth is not perfect and that we are not meant to be in this state for eternity. Realizing that “my flesh and my heart may fail” (Psalm 73:26), we know that life is but a vapor (James 4:14). Although all people will experience hardships in this life, and death is inevitable, there is hope for the believer for eternity and for our lives on earth.

In Psalm 73, the psalmist Asaph laments the unfairness he sees in the wicked prospering (Psalm 73:3), seeming to have no struggles (Psalm 73:4), and being free of care (Psalm 73:12). Asaph’s **heart failed within him as he couldn’t understand God’s ways** (Psalm 73:21–22). Many todays also become frustrated at God for allowing good things to happen to bad people. But they must, like the psalmist, realize that their perspective is off. When Asaph “entered the sanctuary of God; then [he] understood their final destiny” (Psalm 73:17). While some people appear to prosper without God, there are consequences for the wicked: eternal life in hell and earthly costs, too. Having an eternal perspective gives us hope even when “my heart may fail” in disappointment or frustration.

Life reminds us that our flesh may also fail. Good health is not guaranteed. Cancer, illnesses, long-term disabilities, and other ailments remind us that life on this earth is not perfect. Our flesh will fail; each of us will have to face death. Yet the believer has hope for eternity. Christian hope is rooted in the salvation and eternal life available through Christ (John 3:16). This hope does not disappoint (Romans 5:5) because nothing can take our salvation and hope away, regardless of life’s circumstances. Job knew God would not fail him even when his life should end: “For I know that my Redeemer lives, and at the last he shall stand upon the earth. And after my skin has been destroyed, yet in my flesh I shall see God” (Job 19:25–26). “My flesh and my heart may fail,” but hope is found because “God is the strength of my heart and my portion forever” (Psalm 73:26).

The believer has hope even though “my flesh and my heart may fail.” Our eternal salvation fuels our hope as we live on this earth. Believers have hope that nothing can separate us from God’s love (Romans 8:28–29). We know that this world is not all there is. We have comfort in knowing that God is with us through our difficulties (Isaiah 41:10; Deuteronomy 31:6; Matthew 28:20). Our “living hope” (1 Peter 1:3) through Christ is an anchor for our souls (Hebrews 6:19), regardless of the storms we face in life. By contrast, those who do not place their trust in God are said to be without hope (Ephesians 2:12; 1 Thessalonians 4:13).

When our hearts ache or illness deteriorates our bodies, we see that “my flesh and my heart may fail.” Yet God is our strength and our hope and our reward. A literal rendering of Psalm 73:26 is that God is “the rock of my heart.” For believers, our eternity is secure, and this gives us hope, although life may leave us feeling helpless. No matter what we face, “we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal” (2 Corinthians 4:16–18).

Chapter 50: What can I do when I don't feel any love for God.

First, an important question: are you born again? Have you trusted the Lord Jesus Christ for your salvation? If so, the enmity between you and your Creator is gone, and you have entered a secure and loving relationship with God. If you have no faith in Christ, then you have no relationship with God (John 14:6).

Feelings come and go, and you may not always “feel” love for God. **Hearts tend to grow cold**, and even the most on-fire Christians can struggle with maintaining their love and service to God. The church in Ephesus had to be reprimanded by Christ: “You have forsaken the love you had at first” (Revelation 2:4). A lack of feelings of love, however, does not mean the relationship has ended. God does not change; His love is constant.

As cliché as it may sound, don't give up! Know that God loves you and desires for you to have an abundant and peaceful life within the parameters of His will. God is a loving, compassionate Father who looks upon you in great love. Second Corinthians 1:3 describes God as “the Father of compassion and the God of all comfort.” He loves you and desires to help you through this trying time of feeling disconnected from Him.

Our relationship with God is based on love. He *loved* us and sent His Son (John 3:16), and our response to His love is to love Him in return (1 John 4:19) and serve Him. Not service out of obligation, but out of true love for Him and who He is. God's will is not that we give of ourselves “reluctantly or under compulsion, for God loves a cheerful giver” (2 Corinthians 9:7). So how do you become that “cheerful giver” who gives your heart freely to God?

Reflect upon your walk thus far

Should Christians feel warm and fuzzy toward God at all times? No. We all have valleys and deserts in our walk and feel all kinds of emotions at various points in our lives—just like we do in other relationships. In rekindling your affection for God, start at the very beginning. Reflect on where and how your walk with Him first began. When were you saved? Why were you saved? What did you feel when you first began to discover who God was? How has Jesus made Himself known to you in your daily life since? What things in life has God brought you through? Consider past victories (1 Samuel 7:12) and those times when you felt a deep desire and longing for God in your life.

Pray

Spend some quality time with God. Get to know Him more. To know Him is to love Him. Ask God to increase your desire for Him. Ask Him to fill you with His Spirit and rekindle your appreciation of His character. Continue submitting to the Holy Spirit and confess to God that you cannot overcome these struggles on your own—none of us can. When we ask for His helping hand, He always hears us! Psalm 18:6 says, “In my distress I called to the LORD; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears.”

Read Scripture

During the times when you feel nothing toward God, it helps to read His Word to remember how *He* feels about *you*. Dig into Scripture as much as possible while dealing with these feelings of disinterest. God’s Word is truly “a lamp to my feet and a light for my path” (Psalm 119:105). Try reading a psalm a day. The book of Psalms is very encouraging and has many prayers that you might really identify with, given your current situation. It is in the Word that God reveals Himself and His will for you.

Seek Christian counseling

This is especially important if you are angry or upset with God for some reason. It is difficult to feel love for someone while you are angry at him. If there is an anger problem, how long have you felt this way? Can you attribute your feelings to a specific situation? Does anything help relieve your feelings or temporarily change your perception? Biblical counseling can help you work through specific issues. Through the healing process, guided by a pastor or other counselor, you should be able to let go of the anger and hurt, and your perception of God should change for the better.

Find a godly mentor

Surely, there is someone you know who loves the Lord and whose Christian joy is evident. Ask this person to meet with you regularly. Spend time together, study the Bible together, pray together. Ask questions about your mentor’s spiritual walk and how you can love the Lord more. This friend can encourage you on your journey.

Plug into your local True church or Start your own Home Church

God intends for the Christian life to be lived corporately. That's why He calls the church the "body" of Christ (Romans 12:5). There are many opportunities to serve the Lord through your church and many people who can exhort, support, and encourage you.

God will continue to love you dearly! "I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God" (Ephesians 3:17–19).

Chapter 51: How can I recover from heartbreak.

The dictionary defines *heartbreak* as “**crushing grief, anguish, or distress.**” In today’s world, the term *brokenhearted* usually describes someone who has suffered a failed relationship or loss of a loved one. A search of the internet makes it appear as though almost all heartbreak comes from divorce or being dropped by a lover. But a broken heart may be brought on by a myriad of causes such as disappointment in a child’s lifestyle, loss of possession, loss of job, etc. Whatever the cause, the pain of a broken heart can be enormous.

Worldly advice for handling the pain may include writing an angry letter and tearing it up, going on a shopping spree, getting a makeover, drinking wine, eating chocolate, taking medication, etc. Some would advocate the power of positive thinking. The most common “cure” is time. The world’s focus is on feelings, but God looks at the heart (1 Samuel 16:7). While the non-Christian may sense a waning in intensity of heartbreak, only a Christian can experience complete recovery because only the Christian has access to the power of the Spirit of God who alone “heals the brokenhearted and binds up their wounds” (Psalm 147:3).

The events in Job’s life may be the earliest biblical record of heartbreak. In one-day Job lost his children, almost all worldly possessions, his health, and his means of livelihood. What was Job’s response? “Then Job arose and tore his robe and shaved his head and fell on the ground and worshiped. And he said, ‘Naked I came from my mother’s womb, and naked shall I return. The LORD gave, and the LORD has taken away; blessed be the name of the LORD’” (Job 1:20-21). Job grieved. Yet, he worshiped God and remained faithful. Although he had doubts as to God’s goodness in these terrible events, through the trial he grew closer to God through God’s revelation of Himself (Job 42:1-5). Job learned what all believers can learn through heartbreak—God is faithful and good and trustworthy.

David, a man after God’s own heart, suffered many heartbreaking circumstances. Each time, he recovered and was an even stronger man of God. Psalm 34 gives an example of how David overcame heartbreak by calling on the Lord. Notice the first step: “I sought the Lord, and he answered me and delivered me from all my fears” (Psalm 34:4). David knew “the Lord is near to the brokenhearted and saves the crushed in spirit” (Psalm 34:18). Finally, he expressed a confidence in the love of God that every believer should have: “Many are the afflictions of the righteous, but the Lord delivers him out of them all” (Psalm 34:19).

One might ask in a moment of despair, "He may have helped David, but does God care about me?" The answer is He absolutely does! "He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?" (Romans 8:32). What a comfort to know that God "will never leave you nor forsake you" (Hebrews 13:5). God is always near to comfort the believer. "Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction" (2 Corinthians 1:3-4). God, who cannot lie, has promised to go through our trials with us. "When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you" (Isaiah 43:2).

God never failed one of His people when they cried out to Him, and He will not fail the heartbroken Christian who cries out to Him today. He may not always answer exactly in the way we would like, but He answers according to His perfect will and timing and, while we are waiting for the answer, His grace is sufficient (2 Corinthians 12:9).

Finally, those who belong to Christ and are enduring heartbreak must know that God loves them and that His love is unconditional. Imagine the grief God the Father endured as He witnessed the crucifixion of His Son on the cross. What amazing love! That same God is there to comfort the brokenhearted and restore the joy of their salvation.

Chapter 52: The indwelling of the Holy Spirit in your Heart.

The indwelling of the Holy Spirit is the action by which God takes up permanent residence in the body of a believer in Jesus Christ. In the Old Testament, the Spirit would come and go from the saints, empowering them for service but not necessarily remaining with them (see Judges 15:14; 1 Chronicles 12:18; Psalm 51:11; Ezekiel 11:5). Jesus revealed to His disciples the new role the Spirit of Truth would play in their lives: “He lives with you and will be in you” (John 14:17). The apostle Paul wrote, “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies” (1 Corinthians 6:19–20).

These verses are telling us that the believer in Jesus Christ has the third Person of the Trinity, the Holy Spirit, living in him. When an individual accepts Christ as personal Savior, the Holy Spirit gives the believer the life of God, eternal life, which is really His very nature (Titus 3:5; 2 Peter 1:4), and the Holy Spirit comes to live within him spiritually. **The fact that the believer’s body is likened to a temple where the Holy Spirit lives helps us understand what the indwelling of the Holy Spirit is all about.** The word temple is used to describe the Holy of Holies, the inner sanctum in the Old Testament tabernacle structure. There, God’s presence would appear in a cloud and meet the high priest, who came once a year into the Holy of Holies. On the Day of Atonement, the high priest brought the blood of a slain animal and sprinkled it on the mercy seat of the Ark of the Covenant. On this special day, God granted forgiveness to the priest and His people.

Today, there is no Jewish temple in Jerusalem, and the animal sacrifices have ceased. The believer in Christ has become the inner sanctum of God the Holy Spirit, as the believer has been sanctified and forgiven by the blood of Jesus Christ (Ephesians 1:7). The believer in Christ becomes the habitation of the Holy Spirit of God. In fact, Scripture also says that the believer is indwelt spiritually by Christ (Colossians 1:27) and by God the Father (1 John 4:15)—the Trinity is involved.

As the Holy Spirit lives in the believer, He brings about some life-changing results:

1) The indwelling Spirit comes to a soul dead in sin and creates new life (Titus 3:5). This is the new birth Jesus spoke of in John 3:1–8.

2) The indwelling Spirit confirms to the believer that he belongs to the Lord and is an heir of God and fellow-heir with Christ (Romans 8:15–17).

3) The indwelling Spirit installs the new believer as a member of Christ's universal church. This is the baptism of the Spirit, according to 1 Corinthians 12:13.

4) The indwelling Spirit gives spiritual gifts (God-given abilities for service) to the believer to edify the church and serve the Lord effectively for His glory (1 Corinthians 12:11).

5) The indwelling Spirit helps the believer understand and apply the Scripture to his daily life (1 Corinthians 2:12).

6) The indwelling Spirit enriches the believer's prayer life and intercedes for him in prayer (Romans 8:26–27).

7) The indwelling Holy Spirit empowers the yielded believer to live for Christ to do His will (Galatians 5:16). The Spirit leads the believer in paths of righteousness (Romans 8:14).

8) The indwelling Spirit gives evidence of new life by producing the fruit of the Spirit in the believer's life (Galatians 5:22–23).

9) The indwelling Spirit is grieved when the believer sins (Ephesians 4:30), and He convicts the believer to confess his sin to the Lord so that fellowship is restored (1 John 1:9).

10) The indwelling Spirit seals the believer unto the day of redemption so that the believer's arrival in the Lord's presence is guaranteed after this life (Ephesians 1:13–14).

When you accept Christ as your Savior (Romans 10:9–13), the Holy Spirit takes up residence in your heart, bringing with Him an entirely new life of love, relationship, and service to the Lord.

Extra Studies - The Heart in the Bible.

(Genesis 6:5) And GOD saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually.

(Genesis 6:6) And it repented the LORD that he had made man on the earth, and it grieved him at his heart.

(Genesis 8:21) And the LORD smelled a sweet savour; and the LORD said in his heart, I will not again curse the ground any more for man's sake; for the imagination of man's heart is evil from his youth; neither will I again smite any more everything living, as I have done.

(Genesis 17:17) Then Abraham fell upon his face, and laughed, and said in his heart, Shall a child be born unto him that is an hundred years old? and shall Sarah, that is ninety years old, bear?

(Genesis 20:5) Said he not unto me, She is my sister? and she, even she herself said, He is my brother: in the integrity of my heart and innocency of my hands have I done this.

(Genesis 20:6) And God said unto him in a dream, Yea, I know that thou didst this in the integrity of thy heart; for I also withheld thee from sinning against me: therefore suffered I thee not to touch her.

(Genesis 24:45) And before I had done speaking in mine heart, behold, Rebekah came forth with her pitcher on her shoulder; and she went down unto the well, and drew water: and I said unto her, Let me drink, I pray thee.

(Genesis 27:41) And Esau hated Jacob because of the blessing wherewith his father blessed him: and Esau said in his heart, The days of mourning for my father are at hand; then will I slay my brother Jacob.

(Genesis 42:28) And he said unto his brethren, My money is restored; and, lo, it is even in my sack: and their heart failed them, and they were afraid, saying one to another, What is this that God hath done unto us?

(Genesis 45:26) And told him, saying, Joseph is yet alive, and he is governor over all the land of Egypt. And Jacob's heart fainted, for he believed them not.

(Exodus 4:14) And the anger of the LORD was kindled against Moses, and he said, Is not Aaron the Levite thy brother? I know that he can speak well. And also, behold, he cometh forth to meet thee: and when he seeth thee, he will be glad in his heart.

(Exodus 4:21) And the LORD said unto Moses, When thou goest to return into Egypt, see that thou do all those wonders before Pharaoh, which I have put in thine hand: but I will harden his heart, that he shall not let the people go.

(Exodus 7:3) And I will harden Pharaoh's heart, and multiply my signs and my wonders in the land of Egypt.

(Exodus 7:13) And he hardened Pharaoh's heart, that he hearkened not unto them; as the LORD had said.

(Exodus 7:14) And the LORD said unto Moses, Pharaoh's heart is hardened, he refuseth to let the people go.

(Exodus 7:22) And the magicians of Egypt did so with their enchantments: and Pharaoh's heart was hardened, neither did he hearken unto them; as the LORD had said.

(Exodus 7:23) And Pharaoh turned and went into his house, neither did he set his heart to this also.

(Exodus 8:15) But when Pharaoh saw that there was respite, he hardened his heart, and hearkened not unto them; as the LORD had said.

(Exodus 8:19) Then the magicians said unto Pharaoh, This is the finger of God: and Pharaoh's heart was hardened, and he hearkened not unto them; as the LORD had said.

(Exodus 8:32) And Pharaoh hardened his heart at this time also, neither would he let the people go.

(Exodus 9:7) And Pharaoh sent, and, behold, there was not one of the cattle of the Israelites dead. And the heart of Pharaoh was hardened, and he did not let the people go.

(Exodus 9:12) And the LORD hardened the heart of Pharaoh, and he hearkened not unto them; as the LORD had spoken unto Moses.

(Exodus 9:14) For I will at this time send all my plagues upon thine heart, and upon thy servants, and upon thy people; that thou mayest know that there is none like me in all the earth.

(Exodus 9:34) And when Pharaoh saw that the rain and the hail and the thunders were ceased, he sinned yet more, and hardened his heart, he and his servants.

(Exodus 9:35) And the heart of Pharaoh was hardened, neither would he let the children of Israel go; as the LORD had spoken by Moses.

(Exodus 10:1) And the LORD said unto Moses, Go in unto Pharaoh: for I have hardened his heart, and the heart of his servants, that I might shew these my signs before him:

(Exodus 10:20) But the LORD hardened Pharaoh's heart, so that he would not let the children of Israel go.

(Exodus 10:27) But the LORD hardened Pharaoh's heart, and he would not let them go.

(Exodus 11:10) And Moses and Aaron did all these wonders before Pharaoh: and the LORD hardened Pharaoh's heart, so that he would not let the children of Israel go out of his land.

(Exodus 14:4) And I will harden Pharaoh's heart, that he shall follow after them; and I will be honoured upon Pharaoh, and upon all his host; that the Egyptians may know that I am the LORD. And they did so.

(Exodus 14:5) And it was told the king of Egypt that the people fled: and the heart of Pharaoh and of his servants was turned against the people, and they said, Why have we done this, that we have let Israel go from serving us?

(Exodus 14:8) And the LORD hardened the heart of Pharaoh king of Egypt, and he pursued after the children of Israel: and the children of Israel went out with an high hand.

(Exodus 15:8) And with the blast of thy nostrils the waters were gathered together, the floods stood upright as an heap, and the depths were congealed in the heart of the sea.

(Exodus 23:9) Also thou shalt not oppress a stranger: for ye know the heart of a stranger, seeing ye were strangers in the land of Egypt.

(Exodus 25:2) Speak unto the children of Israel, that they bring me an offering: of every man that giveth it willingly with his heart ye shall take my offering.

(Exodus 28:29) And Aaron shall bear the names of the children of Israel in the breastplate of judgment upon his heart, when he goeth in unto the holy place, for a memorial before the LORD continually.

(Exodus 28:30) And thou shalt put in the breastplate of judgment the Urim and the Thummim; and they shall be upon Aaron's heart, when he goeth in before the LORD: and Aaron shall bear the judgment of the children of Israel upon his heart before the LORD continually.

(Exodus 35:5) Take ye from among you an offering unto the LORD: whosoever is of a willing heart, let him bring it, an offering of the LORD; gold, and silver, and brass,

(Exodus 35:21) And they came, every one whose heart stirred him up, and every one whom his spirit made willing, and they brought the LORD'S offering to the work of the tabernacle of the congregation, and for all his service, and for the holy garments.

(Exodus 35:26) And all the women whose heart stirred them up in wisdom spun goats' hair.

(Exodus 35:29) The children of Israel brought a willing offering unto the LORD, every man and woman, whose heart made them willing to bring for all manner of work, which the LORD had commanded to be made by the hand of Moses.

(Exodus 35:34) And he hath put in his heart that he may teach, both he, and Aholiab, the son of Ahisamach, of the tribe of Dan.

(Exodus 35:35) Them hath he filled with wisdom of heart, to work all manner of work, of the engraver, and of the cunning workman, and of the embroiderer, in blue, and in purple, in scarlet, and in fine linen, and of the weaver, even of them that do any work, and of those that devise cunning work.

(Exodus 36:2) And Moses called Bezaleel and Aholiab, and every wise hearted man, in whose heart the LORD had put wisdom, even every one whose heart stirred him up to come unto the work to do it:

(Leviticus 19:17) Thou shalt not hate thy brother in thine heart: thou shalt in any wise rebuke thy neighbour, and not suffer sin upon him.

(Leviticus 26:16) I also will do this unto you; I will even appoint over you terror, consumption, and the burning ague, that shall consume the eyes, and cause sorrow of heart: and ye shall sow your seed in vain, for your enemies shall eat it.

(Numbers 15:39) And it shall be unto you for a fringe, that ye may look upon it, and remember all the commandments of the LORD, and do them; and that ye seek not after your own heart and your own eyes, after which ye use to go a whoring:

(Numbers 32:7) And wherefore discourage ye the heart of the children of Israel from going over into the land which the LORD hath given them?

(Numbers 32:9) For when they went up unto the valley of Eshcol, and saw the land, they discouraged the heart of the children of Israel, that they should not go into the land which the LORD had given them.

(Deuteronomy 1:28) Whither shall we go up? our brethren have discouraged our heart, saying, The people is greater and taller than we; the cities are great and walled up to heaven; and moreover we have seen the sons of the Anakims there.

(Deuteronomy 2:30) But Sihon king of Heshbon would not let us pass by him: for the LORD thy God hardened his spirit, and made his heart obstinate, that he might deliver him into thy hand, as appeareth this day.

(Deuteronomy 4:9) Only take heed to thyself, and keep thy soul diligently, lest thou forget the things which thine eyes have seen, and lest they depart from thy heart all the days of thy life: but teach them thy sons, and thy sons' sons;

(Deuteronomy 4:29) But if from thence thou shalt seek the LORD thy God, thou shalt find him, if thou seek him with all thy heart and with all thy soul.

(Deuteronomy 4:39) Know therefore this day, and consider it in thine heart, that the LORD he is God in heaven above, and upon the earth beneath: there is none else.

(Deuteronomy 5:29) O that there were such an heart in them, that they would fear me, and keep all my commandments always, that it might be well with them, and with their children for ever!

(Deuteronomy 6:5) And thou shalt love the LORD thy God with all thine heart, and with all thy soul, and with all thy might.

(Deuteronomy 6:6) And these words, which I command thee this day, shall be in thine heart:

(Deuteronomy 7:17) If thou shalt say in thine heart, These nations are more than I; how can I dispossess them?

(Deuteronomy 8:2) And thou shalt remember all the way which the LORD thy God led thee these forty years in the wilderness, to humble thee, and to prove thee, to know what was in thine heart, whether thou wouldest keep his commandments, or no.

(Deuteronomy 8:5) Thou shalt also consider in thine heart, that, as a man chasteneth his son, so the LORD thy God chasteneth thee.

(Deuteronomy 8:14) Then thine heart be lifted up, and thou forget the LORD thy God, which brought thee forth out of the land of Egypt, from the house of bondage;

(Deuteronomy 8:17) And thou say in thine heart, My power and the might of mine hand hath gotten me this wealth.

(Deuteronomy 9:4) Speak not thou in thine heart, after that the LORD thy God hath cast them out from before thee, saying, For my righteousness the LORD hath brought me in to possess this land: but for the wickedness of these nations the LORD doth drive them out from before thee.

(Deuteronomy 9:5) Not for thy righteousness, or for the uprightness of thine heart, dost thou go to possess their land: but for the wickedness of these nations the LORD thy God doth drive them out from before thee, and that he may perform the word which the LORD sware unto thy fathers, Abraham, Isaac, and Jacob.

(Deuteronomy 10:12) And now, Israel, what doth the LORD thy God require of thee, but to fear the LORD thy God, to walk in all his ways, and to love him, and to serve the LORD thy God with all thy heart and with all thy soul,

(Deuteronomy 10:16) Circumcise therefore the foreskin of your heart, and be no more stiffnecked.

(Deuteronomy 11:13) And it shall come to pass, if ye shall hearken diligently unto my commandments which I command you this day, to love the LORD your God, and to serve him with all your heart and with all your soul,

(Deuteronomy 11:16) Take heed to yourselves, that your heart be not deceived, and ye turn aside, and serve other gods, and worship them;

(Deuteronomy 11:18) Therefore shall ye lay up these my words in your heart and in your soul, and bind them for a sign upon your hand, that they may be as frontlets between your eyes.

(Deuteronomy 13:3) Thou shalt not hearken unto the words of that prophet, or that dreamer of dreams: for the LORD your God proveth you, to know whether ye love the LORD your God with all your heart and with all your soul.

(Deuteronomy 15:7) If there be among you a poor man of one of thy brethren within any of thy gates in thy land which the LORD thy God giveth thee, thou shalt not harden thine heart, nor shut thine hand from thy poor brother:

(Deuteronomy 15:9) Beware that there be not a thought in thy wicked heart, saying, The seventh year, the year of release, is at hand; and thine eye be evil against thy poor brother, and thou givest him nought; and he cry unto the LORD against thee, and it be sin unto thee.

(Deuteronomy 15:10) Thou shalt surely give him, and thine heart shall not be grieved when thou givest unto him: because that for this thing the LORD thy God shall bless thee in all thy works, and in all that thou puttest thine hand unto.

(Deuteronomy 17:17) Neither shall he multiply wives to himself, that his heart turn not away: neither shall he greatly multiply to himself silver and gold.

(Deuteronomy 17:20) That his heart be not lifted up above his brethren, and that he turn not aside from the commandment, to the right hand, or to the left: to the end that he may prolong his days in his kingdom, he, and his children, in the midst of Israel.

(Deuteronomy 18:21) And if thou say in thine heart, How shall we know the word which the LORD hath not spoken?

(Deuteronomy 19:6) Lest the avenger of the blood pursue the slayer, while his heart is hot, and overtake him, because the way is long, and slay him; whereas he was not worthy of death, inasmuch as he hated him not in time past.

(Deuteronomy 20:8) And the officers shall speak further unto the people, and they shall say, What man is there that is fearful and fainthearted? let him go and return unto his house, lest his brethren's heart faint as well as his heart.

(Deuteronomy 24:15) At his day thou shalt give him his hire, neither shall the sun go down upon it; for he is poor, and setteth his heart upon it: lest he cry against thee unto the LORD, and it be sin unto thee.

(Deuteronomy 26:16) This day the LORD thy God hath commanded thee to do these statutes and judgments: thou shalt therefore keep and do them with all thine heart, and with all thy soul.

(Deuteronomy 28:28) The LORD shall smite thee with madness, and blindness, and astonishment of heart:

(Deuteronomy 28:47) Because thou servedst not the LORD thy God with joyfulness, and with gladness of heart, for the abundance of all things;

(Deuteronomy 28:65) And among these nations shalt thou find no ease, neither shall the sole of thy foot have rest: but the LORD shall give thee there a trembling heart, and failing of eyes, and sorrow of mind:

(Deuteronomy 28:67) In the morning thou shalt say, Would God it were even! and at even thou shalt say, Would God it were morning! for the fear of thine heart wherewith thou shalt fear, and for the sight of thine eyes which thou shalt see.

(Deuteronomy 29:4) Yet the LORD hath not given you an heart to perceive, and eyes to see, and ears to hear, unto this day.

(Deuteronomy 29:18) Lest there should be among you man, or woman, or family, or tribe, whose heart turneth away this day from the LORD our God, to go and serve the gods of these nations; lest there should be among you a root that beareth gall and wormwood;

(Deuteronomy 29:19) And it come to pass, when he heareth the words of this curse, that he bless himself in his heart, saying, I shall have peace, though I walk in the imagination of mine heart, to add drunkenness to thirst:

(Deuteronomy 30:2) And shalt return unto the LORD thy God, and shalt obey his voice according to all that I command thee this day, thou and thy children, with all thine heart, and with all thy soul;

(Deuteronomy 30:6) And the LORD thy God will circumcise thine heart, and the heart of thy seed, to love the LORD thy God with all thine heart, and with all thy soul, that thou mayest live.

(Deuteronomy 30:10) If thou shalt hearken unto the voice of the LORD thy God, to keep his commandments and his statutes which are written in this book of the law, and if thou turn unto the LORD thy God with all thine heart, and with all thy soul.

(Deuteronomy 30:14) But the word is very nigh unto thee, in thy mouth, and in thy heart, that thou mayest do it.

(Deuteronomy 30:17) But if thine heart turn away, so that thou wilt not hear, but shalt be drawn away, and worship other gods, and serve them;

(Joshua 5:1) And it came to pass, when all the kings of the Amorites, which were on the side of Jordan westward, and all the kings of the Canaanites, which were by the sea, heard that the LORD had dried up the waters of Jordan from before the children of Israel, until we were passed over, that their heart melted, neither was there spirit in them any more, because of the children of Israel.

(Joshua 14:7) Forty years old was I when Moses the servant of the LORD sent me from Kadeshbarnea to espy out the land; and I brought him word again as it was in mine heart.

(Joshua 14:8) Nevertheless my brethren that went up with me made the heart of the people melt: but I wholly followed the LORD my God.

(Joshua 22:5) But take diligent heed to do the commandment and the law, which Moses the servant of the LORD charged you, to love the LORD your God, and to walk in all his ways, and to keep his commandments, and to cleave unto him, and to serve him with all your heart and with all your soul.

(Joshua 24:23) Now therefore put away, said he, the strange gods which are among you, and incline your heart unto the LORD God of Israel.

(Judges 5:9) My heart is toward the governors of Israel, that offered themselves willingly among the people. Bless ye the LORD.

(Judges 5:15) And the princes of Issachar were with Deborah; even Issachar, and also Barak: he was sent on foot into the valley. For the divisions of Reuben there were great thoughts of heart.

(Judges 5:16) Why abodest thou among the sheepfolds, to hear the bleatings of the flocks? For the divisions of Reuben there were great searchings of heart.

(Judges 16:15) And she said unto him, How canst thou say, I love thee, when thine heart is not with me? thou hast mocked me these three times, and hast not told me wherein thy great strength lieth.

(Judges 16:17) That he told her all his heart, and said unto her, There hath not come a razor upon mine head; for I have been a Nazarite unto God from my mother's womb: if I be shaven, then my strength will go from me, and I shall become weak, and be like any other man.

(Judges 16:18) And when Delilah saw that he had told her all his heart, she sent and called for the lords of the Philistines, saying, Come up this once, for he hath shewed me all his heart. Then the lords of the Philistines came up unto her, and brought money in their hand.

(Judges 18:20) And the priest's heart was glad, and he took the ephod, and the teraphim, and the graven image, and went in the midst of the people.

(Judges 19:5) And it came to pass on the fourth day, when they arose early in the morning, that he rose up to depart: and the damsel's father said unto his son in law, Comfort thine heart with a morsel of bread, and afterward go your way.

(Judges 19:6) And they sat down, and did eat and drink both of them together: for the damsel's father had said unto the man, Be content, I pray thee, and tarry all night, and let thine heart be merry.

(Judges 19:8) And he arose early in the morning on the fifth day to depart: and the damsel's father said, Comfort thine heart, I pray thee. And they tarried until afternoon, and they did eat both of them.

(Judges 19:9) And when the man rose up to depart, he, and his concubine, and his servant, his father in law, the damsel's father, said unto him, Behold, now the day draweth toward evening, I pray you tarry all night: behold, the day groweth to an end, lodge here, that thine heart may be merry; and to morrow get you early on your way, that thou mayest go home.

(Ruth 3:7) And when Boaz had eaten and drunk, and his heart was merry, he went to lie down at the end of the heap of corn: and she came softly, and uncovered his feet, and laid her down.

(1 Samuel 1:8) Then said Elkanah her husband to her, Hannah, why weepest thou? and why eatest thou not? and why is thy heart grieved? am not I better to thee than ten sons?

(1 Samuel 1:13) Now Hannah, she spake in her heart; only her lips moved, but her voice was not heard: therefore Eli thought she had been drunken.

(1 Samuel 2:1) And Hannah prayed, and said, My heart rejoiceth in the LORD, mine horn is exalted in the LORD: my mouth is enlarged over mine enemies; because I rejoice in thy salvation.

(1 Samuel 2:33) And the man of thine, whom I shall not cut off from mine altar, shall be to consume thine eyes, and to grieve thine heart: and all the increase of thine house shall die in the flower of their age.

(1 Samuel 2:35) And I will raise me up a faithful priest, that shall do according to that which is in mine heart and in my mind: and I will build him a sure house; and he shall walk before mine anointed for ever.

(1 Samuel 4:13) And when he came, lo, Eli sat upon a seat by the wayside watching: for his heart trembled for the ark of God. And when the man came into the city, and told it, all the city cried out.

(1 Samuel 9:19) And Samuel answered Saul, and said, I am the seer: go up before me unto the high place; for ye shall eat with me to day, and to morrow I will let thee go, and will tell thee all that is in thine heart.

(1 Samuel 10:9) And it was so, that when he had turned his back to go from Samuel, God gave him another heart: and all those signs came to pass that day.

(1 Samuel 12:20) And Samuel said unto the people, Fear not: ye have done all this wickedness: yet turn not aside from following the LORD, but serve the LORD with all your heart;

(1 Samuel 12:24) Only fear the LORD, and serve him in truth with all your heart: for consider how great things he hath done for you.

(1 Samuel 13:14) But now thy kingdom shall not continue: the LORD hath sought him a man after his own heart, and the LORD hath commanded him to be captain over his people, because thou hast not kept that which the LORD commanded thee.

(1 Samuel 14:7) And his armourbearer said unto him, Do all that is in thine heart: turn thee; behold, I am with thee according to thy heart.

(1 Samuel 16:7) But the LORD said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for the LORD seeth not as man seeth; for man looketh on the outward appearance, but the LORD looketh on the heart.

(1 Samuel 17:28) And Eliab his eldest brother heard when he spake unto the men; and Eliab's anger was kindled against David, and he said, Why camest thou down hither? and with whom hast thou left those few sheep in the wilderness? I know thy pride, and the naughtiness of thine heart; for thou art come down that thou mightest see the battle.

(1 Samuel 17:32) And David said to Saul, Let no man's heart fail because of him; thy servant will go and fight with this Philistine.

(1 Samuel 21:12) And David laid up these words in his heart, and was sore afraid of Achish the king of Gath.

(1 Samuel 24:5) And it came to pass afterward, that David's heart smote him, because he had cut off Saul's skirt.

(1 Samuel 25:31) That this shall be no grief unto thee, nor offence of heart unto my lord, either that thou hast shed blood causeless, or that my lord hath avenged himself: but when the LORD shall have dealt well with my lord, then remember thine handmaid.

(1 Samuel 25:36) And Abigail came to Nabal; and, behold, he held a feast in his house, like the feast of a king; and Nabal's heart was merry within him, for he was very drunken: wherefore she told him nothing, less or more, until the morning light.

(1 Samuel 25:37) But it came to pass in the morning, when the wine was gone out of Nabal, and his wife had told him these things, that his heart died within him, and he became as a stone.

(1 Samuel 27:1) And David said in his heart, I shall now perish one day by the hand of Saul: there is nothing better for me than that I should speedily escape into the land of the Philistines; and Saul shall despair of me, to seek me any more in any coast of Israel: so shall I escape out of his hand.

(1 Samuel 28:5) And when Saul saw the host of the Philistines, he was afraid, and his heart greatly trembled.

(2 Samuel 3:21) And Abner said unto David, I will arise and go, and will gather all Israel unto my lord the king, that they may make a league with thee, and that thou mayest reign over all that thine heart desireth. And David sent Abner away; and he went in peace.

(2 Samuel 6:16) And as the ark of the LORD came into the city of David, Michal Saul's daughter looked through a window, and saw king David leaping and dancing before the LORD; and she despised him in her heart.

(2 Samuel 7:3) And Nathan said to the king, Go, do all that is in thine heart; for the LORD is with thee.

(2 Samuel 7:21) For thy word's sake, and according to thine own heart, hast thou done all these great things, to make thy servant know them.

(2 Samuel 7:27) For thou, O LORD of hosts, God of Israel, hast revealed to thy servant, saying, I will build thee an house: therefore hath thy servant found in his heart to pray this prayer unto thee.

(2 Samuel 13:28) Now Absalom had commanded his servants, saying, Mark ye now when Amnon's heart is merry with wine, and when I say unto you, Smite Amnon; then kill him, fear not: have not I commanded you? be courageous, and be valiant.

(2 Samuel 13:33) Now therefore let not my lord the king take the thing to his heart, to think that all the king's sons are dead: for Amnon only is dead.

(2 Samuel 14:1) Now Joab the son of Zeruah perceived that the king's heart was toward Absalom.

(2 Samuel 17:10) And he also that is valiant, whose heart is as the heart of a lion, shall utterly melt: for all Israel knoweth that thy father is a mighty man, and they which be with him are valiant men.

(2 Samuel 18:14) Then said Joab, I may not tarry thus with thee. And he took three darts in his hand, and thrust them through the heart of Absalom, while he was yet alive in the midst of the oak.

(2 Samuel 19:14) And he bowed the heart of all the men of Judah, even as the heart of one man; so that they sent this word unto the king, Return thou, and all thy servants.

(2 Samuel 19:19) And said unto the king, Let not my lord impute iniquity unto me, neither do thou remember that which thy servant did perversely the day that my lord the king went out of Jerusalem, that the king should take it to his heart.

(2 Samuel 24:10) And David's heart smote him after that he had numbered the people. And David said unto the LORD, I have sinned greatly in that I have done: and now, I beseech thee, O LORD, take away the iniquity of thy servant; for I have done very foolishly.

(1 Kings 2:4) That the LORD may continue his word which he spake concerning me, saying, If thy children take heed to their way, to walk before me in truth with all their heart and with all their soul, there shall not fail thee (said he) a man on the throne of Israel.

(1 Kings 2:44) The king said moreover to Shimei, Thou knowest all the wickedness which thine heart is privy to, that thou didst to David my father: therefore the LORD shall return thy wickedness upon thine own head;

(1 Kings 3:6) And Solomon said, Thou hast shewed unto thy servant David my father great mercy, according as he walked before thee in truth, and in righteousness, and in uprightness of heart with thee; and thou hast kept for him this great kindness, that thou hast given him a son to sit on his throne, as it is this day.

(1 Kings 3:9) Give therefore thy servant an understanding heart to judge thy people, that I may discern between good and bad: for who is able to judge this thy so great a people?

(1 Kings 3:12) Behold, I have done according to thy words: lo, I have given thee a wise and an understanding heart; so that there was none like thee before thee, neither after thee shall any arise like unto thee.

(1 Kings 4:29) And God gave Solomon wisdom and understanding exceeding much, and largeness of heart, even as the sand that is on the sea shore.

(1 Kings 8:17) And it was in the heart of David my father to build an house for the name of the LORD God of Israel.

(1 Kings 8:18) And the LORD said unto David my father, Whereas it was in thine heart to build an house unto my name, thou didst well that it was in thine heart.

(1 Kings 8:23) And he said, LORD God of Israel, there is no God like thee, in heaven above, or on earth beneath, who keepest covenant and mercy with thy servants that walk before thee with all their heart:

(1 Kings 8:38) What prayer and supplication soever be made by any man, or by all thy people Israel, which shall know every man the plague of his own heart, and spread forth his hands toward this house:

(1 Kings 8:39) Then hear thou in heaven thy dwelling place, and forgive, and do, and give to every man according to his ways, whose heart thou knowest; (for thou, even thou only, knowest the hearts of all the children of men;)

(1 Kings 8:48) And so return unto thee with all their heart, and with all their soul, in the land of their enemies, which led them away captive, and pray unto thee toward their land, which thou gavest unto their fathers, the city which thou hast chosen, and the house which I have built for thy name:

(1 Kings 8:61) Let your heart therefore be perfect with the LORD our God, to walk in his statutes, and to keep his commandments, as at this day.

(1 Kings 8:66) On the eighth day he sent the people away: and they blessed the king, and went unto their tents joyful and glad of heart for all the goodness that the LORD had done for David his servant, and for Israel his people.

(1 Kings 9:3) And the LORD said unto him, I have heard thy prayer and thy supplication, that thou hast made before me: I have hallowed this house, which thou hast built, to put my name there for ever; and mine eyes and mine heart shall be there perpetually.

(1 Kings 9:4) And if thou wilt walk before me, as David thy father walked, in integrity of heart, and in uprightness, to do according to all that I have commanded thee, and wilt keep my statutes and my judgments:

(1 Kings 10:2) And she came to Jerusalem with a very great train, with camels that bare spices, and very much gold, and precious stones: and when she was come to Solomon, she communed with him of all that was in her heart.

(1 Kings 10:24) And all the earth sought to Solomon, to hear his wisdom, which God had put in his heart.

(1 Kings 11:2) Of the nations concerning which the LORD said unto the children of Israel, Ye shall not go in to them, neither shall they come in unto you: for surely they will turn away your heart after their gods: Solomon clave unto these in love.

(1 Kings 11:3) And he had seven hundred wives, princesses, and three hundred concubines: and his wives turned away his heart.

(1 Kings 11:4) For it came to pass, when Solomon was old, that his wives turned away his heart after other gods: and his heart was not perfect with the LORD his God, as was the heart of David his father.

(1 Kings 11:9) And the LORD was angry with Solomon, because his heart was turned from the LORD God of Israel, which had appeared unto him twice,

(1 Kings 12:26) And Jeroboam said in his heart, Now shall the kingdom return to the house of David:

(1 Kings 12:27) If this people go up to do sacrifice in the house of the LORD at Jerusalem, then shall the heart of this people turn again unto their lord, even unto Rehoboam king of Judah, and they shall kill me, and go again to Rehoboam king of Judah.

(1 Kings 12:33) So he offered upon the altar which he had made in Bethel the fifteenth day of the eighth month, even in the month which he had devised of his own heart; and ordained a feast unto the children of Israel: and he offered upon the altar, and burnt incense.

(1 Kings 14:8) And rent the kingdom away from the house of David, and gave it thee: and yet thou hast not been as my servant David, who kept my commandments, and who followed me with all his heart, to do that only which was right in mine eyes;

(1 Kings 15:3) And he walked in all the sins of his father, which he had done before him: and his heart was not perfect with the LORD his God, as the heart of David his father.

(1 Kings 15:14) But the high places were not removed: nevertheless Asa's heart was perfect with the LORD all his days.

(1 Kings 18:37) Hear me, O LORD, hear me, that this people may know that thou art the LORD God, and that thou hast turned their heart back again.

(1 Kings 21:7) And Jezebel his wife said unto him, Dost thou now govern the kingdom of Israel? arise, and eat bread, and let thine heart be merry: I will give thee the vineyard of Naboth the Jezreelite.

(2 Kings 5:26) And he said unto him, Went not mine heart with thee, when the man turned again from his chariot to meet thee? Is it a time to receive money, and to receive garments, and oliveyards, and vineyards, and sheep, and oxen, and menservants, and maidservants?

(2 Kings 6:11) Therefore the heart of the king of Syria was sore troubled for this thing; and he called his servants, and said unto them, Will ye not shew me which of us is for the king of Israel?

(2 Kings 9:24) And Jehu drew a bow with his full strength, and smote Jehoram between his arms, and the arrow went out at his heart, and he sunk down in his chariot.

(2 Kings 10:15) And when he was departed thence, he lighted on Jehonadab the son of Rechab coming to meet him: and he saluted him, and said to him, Is thine heart right, as my heart is with thy heart? And Jehonadab answered, It is. If it be, give me thine hand. And he gave him his hand; and he took him up to him into the chariot.

(2 Kings 10:30) And the LORD said unto Jehu, Because thou hast done well in executing that which is right in mine eyes, and hast done unto the house of Ahab according to all that was in mine heart, thy children of the fourth generation shall sit on the throne of Israel.

(2 Kings 10:31) But Jehu took no heed to walk in the law of the LORD God of Israel with all his heart: for he departed not from the sins of Jeroboam, which made Israel to sin.

(2 Kings 12:4) And Jehoash said to the priests, All the money of the dedicated things that is brought into the house of the LORD, even the money of every one that passeth the account, the money that every man is set at, and all the money that cometh into any man's heart to bring into the house of the LORD,

(2 Kings 14:10) Thou hast indeed smitten Edom, and thine heart hath lifted thee up: glory of this, and tarry at home: for why shouldest thou meddle to thy hurt, that thou shouldest fall, even thou, and Judah with thee?

(2 Kings 20:3) I beseech thee, O LORD, remember now how I have walked before thee in truth and with a perfect heart, and have done that which is good in thy sight. And Hezekiah wept sore.

(2 Kings 22:19) Because thine heart was tender, and thou hast humbled thyself before the LORD, when thou heardest what I spake against this place, and against the inhabitants thereof, that they should become a desolation and a curse, and hast rent thy clothes, and wept before me; I also have heard thee, saith the LORD.

(2 Kings 23:3) And the king stood by a pillar, and made a covenant before the LORD, to walk after the LORD, and to keep his commandments and his testimonies and his statutes with all their heart and all their soul, to perform the words of this covenant that were written in this book. And all the people stood to the covenant.

(2 Kings 23:25) And like unto him was there no king before him, that turned to the LORD with all his heart, and with all his soul, and with all his might, according to all the law of Moses; neither after him arose there any like him.

(1 Chronicles 12:17) And David went out to meet them, and answered and said unto them, If ye be come peaceably unto me to help me, mine heart shall be knit unto you: but if ye be come to betray me to mine enemies, seeing there is no wrong in mine hands, the God of our fathers look thereon, and rebuke it.

(1 Chronicles 12:33) Of Zebulun, such as went forth to battle, expert in war, with all instruments of war, fifty thousand, which could keep rank: they were not of double heart.

(1 Chronicles 12:38) All these men of war, that could keep rank, came with a perfect heart to Hebron, to make David king over all Israel: and all the rest also of Israel were of one heart to make David king.

(1 Chronicles 15:29) And it came to pass, as the ark of the covenant of the LORD came to the city of David, that Michal the daughter of Saul looking out at a window saw king David dancing and playing: and she despised him in her heart.

(1 Chronicles 16:10) Glory ye in his holy name: let the heart of them rejoice that seek the LORD.

(1 Chronicles 17:2) Then Nathan said unto David, Do all that is in thine heart; for God is with thee.

(1 Chronicles 17:19) O LORD, for thy servant's sake, and according to thine own heart, hast thou done all this greatness, in making known all these great things.

(1 Chronicles 17:25) For thou, O my God, hast told thy servant that thou wilt build him an house: therefore thy servant hath found in his heart to pray before thee.

(1 Chronicles 22:19) Now set your heart and your soul to seek the LORD your God; arise therefore, and build ye the sanctuary of the LORD God, to bring the ark of the covenant of the LORD, and the holy vessels of God, into the house that is to be built to the name of the LORD.

(1 Chronicles 28:2) Then David the king stood up upon his feet, and said, Hear me, my brethren, and my people: As for me, I had in mine heart to build an house of rest for the ark of the covenant of the LORD, and for the footstool of our God, and had made ready for the building:

(1 Chronicles 28:9) And thou, Solomon my son, know thou the God of thy father, and serve him with a perfect heart and with a willing mind: for the LORD searcheth all hearts, and understandeth all the imaginations of the thoughts: if thou seek him, he will be found of thee; but if thou forsake him, he will cast thee off for ever.

(1 Chronicles 29:9) Then the people rejoiced, for that they offered willingly, because with perfect heart they offered willingly to the LORD: and David the king also rejoiced with great joy.

(1 Chronicles 29:17) I know also, my God, that thou triest the heart, and hast pleasure in uprightness. As for me, in the uprightness of mine heart I have willingly offered all these things: and now have I seen with joy thy people, which are present here, to offer willingly unto thee.

(1 Chronicles 29:18) O LORD God of Abraham, Isaac, and of Israel, our fathers, keep this for ever in the imagination of the thoughts of the heart of thy people, and prepare their heart unto thee:

(1 Chronicles 29:19) And give unto Solomon my son a perfect heart, to keep thy commandments, thy testimonies, and thy statutes, and to do all these things, and to build the palace, for the which I have made provision.

(2 Chronicles 1:11) And God said to Solomon, Because this was in thine heart, and thou hast not asked riches, wealth, or honour, nor the life of thine enemies, neither yet hast asked long life; but hast asked wisdom and knowledge for thyself, that thou mayest judge my people, over whom I have made thee king:

(2 Chronicles 6:7) Now it was in the heart of David my father to build an house for the name of the LORD God of Israel.

(2 Chronicles 6:8) But the LORD said to David my father, Forasmuch as it was in thine heart to build an house for my name, thou didst well in that it was in thine heart:

(2 Chronicles 6:30) Then hear thou from heaven thy dwelling place, and forgive, and render unto every man according unto all his ways, whose heart thou knowest; (for thou only knowest the hearts of the children of men:)

(2 Chronicles 6:38) If they return to thee with all their heart and with all their soul in the land of their captivity, whither they have carried them captives, and pray toward their land, which thou gavest unto their fathers, and toward the city which thou hast chosen, and toward the house which I have built for thy name:

(2 Chronicles 7:10) And on the three and twentieth day of the seventh month he sent the people away into their tents, glad and merry in heart for the goodness that the LORD had shewed unto David, and to Solomon, and to Israel his people.

(2 Chronicles 7:11) Thus Solomon finished the house of the LORD, and the king's house: and all that came into Solomon's heart to make in the house of the LORD, and in his own house, he prosperously effected.

(2 Chronicles 7:16) For now have I chosen and sanctified this house, that my name may be there for ever: and mine eyes and mine heart shall be there perpetually.

(2 Chronicles 9:1) And when the queen of Sheba heard of the fame of Solomon, she came to prove Solomon with hard questions at Jerusalem, with a very great company, and camels that bare spices, and gold in abundance, and precious stones: and when she was come to Solomon, she communed with him of all that was in her heart.

(2 Chronicles 9:23) And all the kings of the earth sought the presence of Solomon, to hear his wisdom, that God had put in his heart.

(2 Chronicles 12:14) And he did evil, because he prepared not his heart to seek the LORD.

(2 Chronicles 15:12) And they entered into a covenant to seek the LORD God of their fathers with all their heart and with all their soul;

(2 Chronicles 15:15) And all Judah rejoiced at the oath: for they had sworn with all their heart, and sought him with their whole desire; and he was found of them: and the LORD gave them rest round about.

(2 Chronicles 15:17) But the high places were not taken away out of Israel: nevertheless the heart of Asa was perfect all his days.

(2 Chronicles 16:9) For the eyes of the LORD run to and fro throughout the whole earth, to shew himself strong in the behalf of them whose heart is perfect toward him. Herein thou hast done foolishly: therefore from henceforth thou shalt have wars.

(2 Chronicles 17:6) And his heart was lifted up in the ways of the LORD: moreover he took away the high places and groves out of Judah.

(2 Chronicles 19:3) Nevertheless there are good things found in thee, in that thou hast taken away the groves out of the land, and hast prepared thine heart to seek God.

(2 Chronicles 19:9) And he charged them, saying, Thus shall ye do in the fear of the LORD, faithfully, and with a perfect heart.

(2 Chronicles 22:9) And he sought Ahaziah: and they caught him, (for he was hid in Samaria,) and brought him to Jehu: and when they had slain him, they buried him: Because, said they, he is the son of Jehoshaphat, who sought the LORD with all his heart. So the house of Ahaziah had no power to keep still the kingdom.

(2 Chronicles 25:2) And he did that which was right in the sight of the LORD, but not with a perfect heart.

(2 Chronicles 25:19) Thou sayest, Lo, thou hast smitten the Edomites; and thine heart lifteth thee up to boast: abide now at home; why shouldst thou meddle to thine hurt, that thou shouldst fall, even thou, and Judah with thee?

(2 Chronicles 26:16) But when he was strong, his heart was lifted up to his destruction: for he transgressed against the LORD his God, and went into the temple of the LORD to burn incense upon the altar of incense.

(2 Chronicles 29:10) Now it is in mine heart to make a covenant with the LORD God of Israel, that his fierce wrath may turn away from us.

(2 Chronicles 29:31) Then Hezekiah answered and said, Now ye have consecrated yourselves unto the LORD, come near and bring sacrifices and thank offerings into the house of the LORD. And the congregation brought in sacrifices and thank offerings; and as many as were of a free heart burnt offerings.

(2 Chronicles 29:34) But the priests were too few, so that they could not flay all the burnt offerings: wherefore their brethren the Levites did help them, till the work was ended, and until the other priests had sanctified themselves: for the Levites were more upright in heart to sanctify themselves than the priests.

(2 Chronicles 30:12) Also in Judah the hand of God was to give them one heart to do the commandment of the king and of the princes, by the word of the LORD.

(2 Chronicles 30:19) That prepareth his heart to seek God, the LORD God of his fathers, though he be not cleansed according to the purification of the sanctuary.

(2 Chronicles 31:21) And in every work that he began in the service of the house of God, and in the law, and in the commandments, to seek his God, he did it with all his heart, and prospered.

(2 Chronicles 32:25) But Hezekiah rendered not again according to the benefit done unto him; for his heart was lifted up: therefore there was wrath upon him, and upon Judah and Jerusalem.

(2 Chronicles 32:26) Notwithstanding Hezekiah humbled himself for the pride of his heart, both he and the inhabitants of Jerusalem, so that the wrath of the LORD came not upon them in the days of Hezekiah.

(2 Chronicles 32:31) Howbeit in the business of the ambassadors of the princes of Babylon, who sent unto him to enquire of the wonder that was done in the land, God left him, to try him, that he might know all that was in his heart.

(2 Chronicles 34:27) Because thine heart was tender, and thou didst humble thyself before God, when thou heardest his words against this place, and against the inhabitants thereof, and humbledst thyself before me, and didst rend thy clothes, and weep before me; I have even heard thee also, saith the LORD.

(2 Chronicles 34:31) And the king stood in his place, and made a covenant before the LORD, to walk after the LORD, and to keep his commandments, and his testimonies, and his statutes, with all his heart, and with all his soul, to perform the words of the covenant which are written in this book.

(2 Chronicles 36:13) And he also rebelled against king Nebuchadnezzar, who had made him swear by God: but he stiffened his neck, and hardened his heart from turning unto the LORD God of Israel.

(Ezra 6:22) And kept the feast of unleavened bread seven days with joy: for the LORD had made them joyful, and turned the heart of the king of Assyria unto them, to strengthen their hands in the work of the house of God, the God of Israel.

(Ezra 7:10) For Ezra had prepared his heart to seek the law of the LORD, and to do it, and to teach in Israel statutes and judgments.

(Ezra 7:27) Blessed be the LORD God of our fathers, which hath put such a thing as this in the king's heart, to beautify the house of the LORD which is in Jerusalem:

(Nehemiah 2:2) Wherefore the king said unto me, Why is thy countenance sad, seeing thou art not sick? this is nothing else but sorrow of heart. Then I was very sore afraid,

(Nehemiah 2:12) And I arose in the night, I and some few men with me; neither told I any man what my God had put in my heart to do at Jerusalem: neither was there any beast with me, save the beast that I rode upon.

(Nehemiah 6:8) Then I sent unto him, saying, There are no such things done as thou sayest, but thou feignest them out of thine own heart.

(Nehemiah 7:5) And my God put into mine heart to gather together the nobles, and the rulers, and the people, that they might be reckoned by genealogy. And I found a register of the genealogy of them which came up at the first, and found written therein,

(Nehemiah 9:8) And foundest his heart faithful before thee, and madest a covenant with him to give the land of the Canaanites, the Hittites, the Amorites, and the Perizzites, and the Jebusites, and the Girgashites, to give it, I say, to his seed, and hast performed thy words; for thou art righteous:

(Esther 1:10) On the seventh day, when the heart of the king was merry with wine, he commanded Mehuman, Biztha, Harbona, Bigtha, and Abagtha, Zethar, and Carcas, the seven chamberlains that served in the presence of Ahasuerus the king,

(Esther 5:9) Then went Haman forth that day joyful and with a glad heart: but when Haman saw Mordecai in the king's gate, that he stood not up, nor moved for him, he was full of indignation against Mordecai.

(Esther 6:6) So Haman came in. And the king said unto him, What shall be done unto the man whom the king delighteth to honour? Now Haman thought in his heart, To whom would the king delight to do honour more than to myself?

(Esther 7:5) Then the king Ahasuerus answered and said unto Esther the queen, Who is he, and where is he, that durst presume in his heart to do so?

(Job 7:17) What is man, that thou shouldest magnify him? and that thou shouldest set thine heart upon him?

(Job 8:10) Shall not they teach thee, and tell thee, and utter words out of their heart?

(Job 9:4) He is wise in heart, and mighty in strength: who hath hardened himself against him, and hath prospered?

(Job 10:13) And these things hast thou hid in thine heart: I know that this is with thee.

(Job 11:13) If thou prepare thine heart, and stretch out thine hands toward him;

(Job 12:24) He taketh away the heart of the chief of the people of the earth, and causeth them to wander in a wilderness where there is no way.

(Job 15:12) Why doth thine heart carry thee away? and what do thy eyes wink at,

(Job 17:4) For thou hast hid their heart from understanding: therefore shalt thou not exalt them.

(Job 17:11) My days are past, my purposes are broken off, even the thoughts of my heart.

(Job 22:22) Receive, I pray thee, the law from his mouth, and lay up his words in thine heart.

(Job 23:16) For God maketh my heart soft, and the Almighty troubleth me:

(Job 27:6) My righteousness I hold fast, and will not let it go: my heart shall not reproach me so long as I live.

(Job 29:13) The blessing of him that was ready to perish came upon me: and I caused the widow's heart to sing for joy.

(Job 31:7) If my step hath turned out of the way, and mine heart walked after mine eyes, and if any blot hath cleaved to mine hands;

(Job 31:9) If mine heart have been deceived by a woman, or if I have laid wait at my neighbour's door;

(Job 31:27) And my heart hath been secretly enticed, or my mouth hath kissed my hand:

(Job 33:3) My words shall be of the uprightness of my heart: and my lips shall utter knowledge clearly.

(Job 34:14) If he set his heart upon man, if he gather unto himself his spirit and his breath;

(Job 36:13) But the hypocrites in heart heap up wrath: they cry not when he bindeth them.

(Job 37:1) At this also my heart trembleth, and is moved out of his place.

(Job 37:24) Men do therefore fear him: he respecteth not any that are wise of heart.

(Job 38:36) Who hath put wisdom in the inward parts? or who hath given understanding to the heart?

(Job 41:24) His heart is as firm as a stone; yea, as hard as a piece of the nether millstone.

(Psalms 4:4) Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Selah.

(Psalms 4:7) Thou hast put gladness in my heart, more than in the time that their corn and their wine increased.

(Psalms 7:10) My defence is of God, which saveth the upright in heart.

(Psalms 9:1) To the chief Musician upon Muthlabben, A Psalm of David. I will praise thee, O LORD, with my whole heart; I will shew forth all thy marvellous works.

(Psalms 10:3) For the wicked boasteth of his heart's desire, and blesseth the covetous, whom the LORD abhorreth.

(Psalms 10:6) He hath said in his heart, I shall not be moved: for I shall never be in adversity.

(Psalms 10:11) He hath said in his heart, God hath forgotten: he hideth his face; he will never see it.

(Psalms 10:13) Wherefore doth the wicked contemn God? he hath said in his heart, Thou wilt not require it.

(Psalms 10:17) LORD, thou hast heard the desire of the humble: thou wilt prepare their heart, thou wilt cause thine ear to hear:

(Psalms 11:2) For, lo, the wicked bend their bow, they make ready their arrow upon the string, that they may privily shoot at the upright in heart.

(Psalms 12:2) They speak vanity every one with his neighbour: with flattering lips and with a double heart do they speak.

(Psalms 13:2) How long shall I take counsel in my soul, having sorrow in my heart daily? how long shall mine enemy be exalted over me?

(Psalms 13:5) But I have trusted in thy mercy; my heart shall rejoice in thy salvation.

(Psalms 14:1) To the chief Musician, A Psalm of David. The fool hath said in his heart, There is no God. They are corrupt, they have done abominable works, there is none that doeth good.

(Psalms 15:2) He that walketh uprightly, and worketh righteousness, and speaketh the truth in his heart.

(Psalms 16:9) Therefore my heart is glad, and my glory rejoiceth: my flesh also shall rest in hope.

(Psalms 17:3) Thou hast proved mine heart; thou hast visited me in the night; thou hast tried me, and shalt find nothing; I am purposed that my mouth shall not transgress.

(Psalms 19:8) The statutes of the LORD are right, rejoicing the heart: the commandment of the LORD is pure, enlightening the eyes.

(Psalms 19:14) Let the words of my mouth, and the meditation of my heart, be acceptable in thy sight, O LORD, my strength, and my redeemer.

(Psalms 20:4) Grant thee according to thine own heart, and fulfil all thy counsel.

(Psalms 21:2) Thou hast given him his heart's desire, and hast not withholden the request of his lips. Selah.

(Psalms 22:14) I am poured out like water, and all my bones are out of joint: my heart is like wax; it is melted in the midst of my bowels.

(Psalms 22:26) The meek shall eat and be satisfied: they shall praise the LORD that seek him: your heart shall live for ever.

(Psalms 24:4) He that hath clean hands, and a pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully.

(Psalms 25:17) The troubles of my heart are enlarged: O bring thou me out of my distresses.

(Psalms 26:2) Examine me, O LORD, and prove me; try my reins and my heart.

(Psalms 27:3) Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident.

(Psalms 27:8) When thou saidst, Seek ye my face; my heart said unto thee, Thy face, LORD, will I seek.

(Psalms 27:14) Wait on the LORD: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD.

(Psalms 28:7) The LORD is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him.

(Psalms 31:24) Be of good courage, and he shall strengthen your heart, all ye that hope in the LORD.

(Psalms 32:11) Be glad in the LORD, and rejoice, ye righteous: and shout for joy, all ye that are upright in heart.

(Psalms 33:11) The counsel of the LORD standeth for ever, the thoughts of his heart to all generations.

(Psalms 33:21) For our heart shall rejoice in him, because we have trusted in his holy name.

(Psalms 34:18) The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.

(Psalms 36:1) To the chief Musician, A Psalm of David the servant of the LORD. The transgression of the wicked saith within my heart, that there is no fear of God before his eyes.

(Psalms 36:10) O continue thy lovingkindness unto them that know thee; and thy righteousness to the upright in heart.

(Psalms 37:4) Delight thyself also in the LORD; and he shall give thee the desires of thine heart.

(Psalms 37:15) Their sword shall enter into their own heart, and their bows shall be broken.

(Psalms 37:31) The law of his God is in his heart; none of his steps shall slide.

(Psalms 38:8) I am feeble and sore broken: I have roared by reason of the disquietness of my heart.

(Psalms 38:10) My heart panteth, my strength faileth me: as for the light of mine eyes, it also is gone from me.

(Psalms 39:3) My heart was hot within me, while I was musing the fire burned: then spake I with my tongue,

(Psalms 40:8) I delight to do thy will, O my God: yea, thy law is within my heart.

(Psalms 40:10) I have not hid thy righteousness within my heart; I have declared thy faithfulness and thy salvation: I have not concealed thy lovingkindness and thy truth from the great congregation.

(Psalms 40:12) For innumerable evils have compassed me about: mine iniquities have taken hold upon me, so that I am not able to look up; they are more than the hairs of mine head: therefore my heart faileth me.

(Psalms 41:6) And if he come to see me, he speaketh vanity: his heart gathereth iniquity to itself; when he goeth abroad, he telleth it.

(Psalms 44:18) Our heart is not turned back, neither have our steps declined from thy way;

(Psalms 44:21) Shall not God search this out? for he knoweth the secrets of the heart.

(Psalms 45:1) To the chief Musician upon Shoshannim, for the sons of Korah, Maschil, A Song of loves. My heart is inditing a good matter: I speak of the things which I have made touching the king: my tongue is the pen of a ready writer.

(Psalms 45:5) Thine arrows are sharp in the heart of the king's enemies; whereby the people fall under thee.

(Psalms 49:3) My mouth shall speak of wisdom; and the meditation of my heart shall be of understanding.

(Psalms 51:10) Create in me a clean heart, O God; and renew a right spirit within me.

(Psalms 51:17) The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise.

(Psalms 53:1) To the chief Musician upon Mahalath, Maschil, A Psalm of David. The fool hath said in his heart, There is no God. Corrupt are they, and have done abominable iniquity: there is none that doeth good.

(Psalms 55:4) My heart is sore pained within me: and the terrors of death are fallen upon me.

(Psalms 55:21) The words of his mouth were smoother than butter, but war was in his heart: his words were softer than oil, yet were they drawn swords.

(Psalms 57:7) My heart is fixed, O God, my heart is fixed: I will sing and give praise.

(Psalms 58:2) Yea, in heart ye work wickedness; ye weigh the violence of your hands in the earth.

(Psalms 61:2) From the end of the earth will I cry unto thee, when my heart is overwhelmed: lead me to the rock that is higher than I.

(Psalms 62:8) Trust in him at all times; ye people, pour out your heart before him: God is a refuge for us. Selah.

(Psalms 62:10) Trust not in oppression, and become not vain in robbery: if riches increase, set not your heart upon them.

(Psalms 64:6) They search out iniquities; they accomplish a diligent search: both the inward thought of every one of them, and the heart, is deep.

(Psalms 64:10) The righteous shall be glad in the LORD, and shall trust in him; and all the upright in heart shall glory.

(Psalms 66:18) If I regard iniquity in my heart, the Lord will not hear me:

(Psalms 69:20) Reproach hath broken my heart; and I am full of heaviness: and I looked for some to take pity, but there was none; and for comforters, but I found none.

(Psalms 69:32) The humble shall see this, and be glad: and your heart shall live that seek God.

(Psalms 73:1) A Psalm of Asaph. Truly God is good to Israel, even to such as are of a clean heart.

(Psalms 73:7) Their eyes stand out with fatness: they have more than heart could wish.

(Psalms 73:13) Verily I have cleansed my heart in vain, and washed my hands in innocency.

(Psalms 73:21) Thus my heart was grieved, and I was pricked in my reins.

(Psalms 73:26) My flesh and my heart faileth: but God is the strength of my heart, and my portion for ever.

(Psalms 77:6) I call to remembrance my song in the night: I commune with mine own heart: and my spirit made diligent search.

(Psalms 78:8) And might not be as their fathers, a stubborn and rebellious generation; a generation that set not their heart aright, and whose spirit was not stedfast with God.

(Psalms 78:18) And they tempted God in their heart by asking meat for their lust.

(Psalms 78:37) For their heart was not right with him, neither were they stedfast in his covenant.

(Psalms 78:72) So he fed them according to the integrity of his heart; and guided them by the skilfulness of his hands.

(Psalms 84:2) My soul longeth, yea, even fainteth for the courts of the LORD: my heart and my flesh crieth out for the living God.

(Psalms 84:5) Blessed is the man whose strength is in thee; in whose heart are the ways of them.

(Psalms 86:11) Teach me thy way, O LORD; I will walk in thy truth: unite my heart to fear thy name.

(Psalms 86:12) I will praise thee, O Lord my God, with all my heart: and I will glorify thy name for evermore.

(Psalms 94:15) But judgment shall return unto righteousness: and all the upright in heart shall follow it.

(Psalms 95:8) Harden not your heart, as in the provocation, and as in the day of temptation in the wilderness:

(Psalms 95:10) Forty years long was I grieved with this generation, and said, It is a people that do err in their heart, and they have not known my ways:

(Psalms 97:11) Light is sown for the righteous, and gladness for the upright in heart.

(Psalms 101:2) I will behave myself wisely in a perfect way. O when wilt thou come unto me? I will walk within my house with a perfect heart.

(Psalms 101:4) A froward heart shall depart from me: I will not know a wicked person.

(Psalms 101:5) Whoso privily slandereth his neighbour, him will I cut off: him that hath an high look and a proud heart will not I suffer.

(Psalms 102:4) My heart is smitten, and withered like grass; so that I forget to eat my bread.

(Psalms 104:15) And wine that maketh glad the heart of man, and oil to make his face to shine, and bread which strengtheneth man's heart.

(Psalms 105:3) Glory ye in his holy name: let the heart of them rejoice that seek the LORD.

(Psalms 105:25) He turned their heart to hate his people, to deal subtilly with his servants.

(Psalms 107:12) Therefore he brought down their heart with labour; they fell down, and there was none to help.

(Psalms 108:1) A Song or Psalm of David. O God, my heart is fixed; I will sing and give praise, even with my glory.

(Psalms 109:16) Because that he remembered not to shew mercy, but persecuted the poor and needy man, that he might even slay the broken in heart.

(Psalms 109:22) For I am poor and needy, and my heart is wounded within me.

(Psalms 111:1) Praise ye the LORD. I will praise the LORD with my whole heart, in the assembly of the upright, and in the congregation.

(Psalms 112:7) He shall not be afraid of evil tidings: his heart is fixed, trusting in the LORD.

(Psalms 112:8) His heart is established, he shall not be afraid, until he see his desire upon his enemies.

(Psalms 119:2) Blessed are they that keep his testimonies, and that seek him with the whole heart.

(Psalms 119:7) I will praise thee with uprightness of heart, when I shall have learned thy righteous judgments.

(Psalms 119:10) With my whole heart have I sought thee: O let me not wander from thy commandments.

(Psalms 119:11) Thy word have I hid in mine heart, that I might not sin against thee.

(Psalms 119:32) I will run the way of thy commandments, when thou shalt enlarge my heart.

(Psalms 119:34) Give me understanding, and I shall keep thy law; yea, I shall observe it with my whole heart.

(Psalms 119:36) Incline my heart unto thy testimonies, and not to covetousness.

(Psalms 119:58) I intreated thy favour with my whole heart: be merciful unto me according to thy word.

(Psalms 119:69) The proud have forged a lie against me: but I will keep thy precepts with my whole heart.

(Psalms 119:70) Their heart is as fat as grease; but I delight in thy law.

(Psalms 119:80) Let my heart be sound in thy statutes; that I be not ashamed.

(Psalms 119:111) Thy testimonies have I taken as an heritage for ever: for they are the rejoicing of my heart.

(Psalms 119:112) I have inclined mine heart to perform thy statutes always, even unto the end.

(Psalms 119:145) KOPH. I cried with my whole heart; hear me, O LORD: I will keep thy statutes.

(Psalms 119:161) SCHIN. Princes have persecuted me without a cause: but my heart standeth in awe of thy word.

(Psalms 131:1) A Song of degrees of David. LORD, my heart is not haughty, nor mine eyes lofty: neither do I exercise myself in great matters, or in things too high for me.

(Psalms 138:1) A Psalm of David. I will praise thee with my whole heart: before the gods will I sing praise unto thee.

(Psalms 139:23) Search me, O God, and know my heart: try me, and know my thoughts:

(Psalms 140:2) Which imagine mischiefs in their heart; continually are they gathered together for war.

(Psalms 141:4) Incline not my heart to any evil thing, to practise wicked works with men that work iniquity: and let me not eat of their dainties.

(Psalms 143:4) Therefore is my spirit overwhelmed within me; my heart within me is desolate.

(Psalms 147:3) He healeth the broken in heart, and bindeth up their wounds.

(Proverbs 2:2) So that thou incline thine ear unto wisdom, and apply thine heart to understanding;

(Proverbs 2:10) When wisdom entereth into thine heart, and knowledge is pleasant unto thy soul;

(Proverbs 3:1) My son, forget not my law; but let thine heart keep my commandments:

(Proverbs 3:3) Let not mercy and truth forsake thee: bind them about thy neck; write them upon the table of thine heart:

(Proverbs 3:5) Trust in the LORD with all thine heart; and lean not unto thine own understanding.

(Proverbs 4:4) He taught me also, and said unto me, Let thine heart retain my words: keep my commandments, and live.

(Proverbs 4:21) Let them not depart from thine eyes; keep them in the midst of thine heart.

(Proverbs 4:23) Keep thy heart with all diligence; for out of it are the issues of life.

(Proverbs 5:12) And say, How have I hated instruction, and my heart despised reproof;

(Proverbs 6:14) Frowardness is in his heart, he deviseth mischief continually; he soweth discord.

(Proverbs 6:18) An heart that deviseth wicked imaginations, feet that be swift in running to mischief,

(Proverbs 6:21) Bind them continually upon thine heart, and tie them about thy neck.

(Proverbs 6:25) Lust not after her beauty in thine heart; neither let her take thee with her eyelids.

(Proverbs 7:3) Bind them upon thy fingers, write them upon the table of thine heart.

(Proverbs 7:10) And, behold, there met him a woman with the attire of an harlot, and subtil of heart.

(Proverbs 7:25) Let not thine heart decline to her ways, go not astray in her paths.

(Proverbs 8:5) O ye simple, understand wisdom: and, ye fools, be ye of an understanding heart.

(Proverbs 10:8) The wise in heart will receive commandments: but a prating fool shall fall.

(Proverbs 10:20) The tongue of the just is as choice silver: the heart of the wicked is little worth.

(Proverbs 11:20) They that are of a froward heart are abomination to the LORD: but such as are upright in their way are his delight.

(Proverbs 11:29) He that troubleth his own house shall inherit the wind: and the fool shall be servant to the wise of heart.

(Proverbs 12:8) A man shall be commended according to his wisdom: but he that is of a perverse heart shall be despised.

(Proverbs 12:20) Deceit is in the heart of them that imagine evil: but to the counsellors of peace is joy.

(Proverbs 12:23) A prudent man concealeth knowledge: but the heart of fools proclaimeth foolishness.

(Proverbs 12:25) Heaviness in the heart of man maketh it stoop: but a good word maketh it glad.

(Proverbs 13:12) Hope deferred maketh the heart sick: but when the desire cometh, it is a tree of life.

(Proverbs 14:10) The heart knoweth his own bitterness; and a stranger doth not intermeddle with his joy.

(Proverbs 14:13) Even in laughter the heart is sorrowful; and the end of that mirth is heaviness.

(Proverbs 14:14) The backslider in heart shall be filled with his own ways: and a good man shall be satisfied from himself.

(Proverbs 14:30) A sound heart is the life of the flesh: but envy the rottenness of the bones.

(Proverbs 14:33) Wisdom resteth in the heart of him that hath understanding: but that which is in the midst of fools is made known.

(Proverbs 15:7) The lips of the wise disperse knowledge: but the heart of the foolish doeth not so.

(Proverbs 15:13) A merry heart maketh a cheerful countenance: but by sorrow of the heart the spirit is broken.

(Proverbs 15:14) The heart of him that hath understanding seeketh knowledge: but the mouth of fools feedeth on foolishness.

(Proverbs 15:15) All the days of the afflicted are evil: but he that is of a merry heart hath a continual feast.

(Proverbs 15:28) The heart of the righteous studieth to answer: but the mouth of the wicked poureth out evil things.

(Proverbs 15:30) The light of the eyes rejoiceth the heart: and a good report maketh the bones fat.

(Proverbs 16:1) The preparations of the heart in man, and the answer of the tongue, is from the LORD.

(Proverbs 16:5) Every one that is proud in heart is an abomination to the LORD: though hand join in hand, he shall not be unpunished.

(Proverbs 16:9) A man's heart deviseth his way: but the LORD directeth his steps.

(Proverbs 16:21) The wise in heart shall be called prudent: and the sweetness of the lips increaseth learning.

(Proverbs 16:23) The heart of the wise teacheth his mouth, and addeth learning to his lips.

(Proverbs 17:16) Wherefore is there a price in the hand of a fool to get wisdom, seeing he hath no heart to it?

(Proverbs 17:20) He that hath a froward heart findeth no good: and he that hath a perverse tongue falleth into mischief.

(Proverbs 17:22) A merry heart doeth good like a medicine: but a broken spirit drieth the bones.

(Proverbs 18:2) A fool hath no delight in understanding, but that his heart may discover itself.

(Proverbs 18:12) Before destruction the heart of man is haughty, and before honour is humility.

(Proverbs 18:15) The heart of the prudent getteth knowledge; and the ear of the wise seeketh knowledge.

(Proverbs 19:3) The foolishness of man perverteth his way: and his heart fretteth against the LORD.

(Proverbs 19:21) There are many devices in a man's heart; nevertheless the counsel of the LORD, that shall stand.

(Proverbs 20:5) Counsel in the heart of man is like deep water; but a man of understanding will draw it out.

(Proverbs 20:9) Who can say, I have made my heart clean, I am pure from my sin?

(Proverbs 21:1) The king's heart is in the hand of the LORD, as the rivers of water: he turneth it whithersoever he will.

(Proverbs 21:4) An high look, and a proud heart, and the plowing of the wicked, is sin.

(Proverbs 22:11) He that loveth pureness of heart, for the grace of his lips the king shall be his friend.

(Proverbs 22:15) Foolishness is bound in the heart of a child; but the rod of correction shall drive it far from him.

(Proverbs 22:17) Bow down thine ear, and hear the words of the wise, and apply thine heart unto my knowledge.

(Proverbs 23:7) For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.

(Proverbs 23:12) Apply thine heart unto instruction, and thine ears to the words of knowledge.

(Proverbs 23:15) My son, if thine heart be wise, my heart shall rejoice, even mine.

(Proverbs 23:17) Let not thine heart envy sinners: but be thou in the fear of the LORD all the day long.

(Proverbs 23:19) Hear thou, my son, and be wise, and guide thine heart in the way.

(Proverbs 23:26) My son, give me thine heart, and let thine eyes observe my ways.

(Proverbs 23:33) Thine eyes shall behold strange women, and thine heart shall utter perverse things.

(Proverbs 24:2) For their heart studieth destruction, and their lips talk of mischief.

(Proverbs 24:12) If thou sayest, Behold, we knew it not; doth not he that pondereth the heart consider it? and he that keepeth thy soul, doth not he know it? and shall not he render to every man according to his works?

(Proverbs 24:17) Rejoice not when thine enemy falleth, and let not thine heart be glad when he stumbleth:

(Proverbs 25:3) The heaven for height, and the earth for depth, and the heart of kings is unsearchable.

(Proverbs 25:20) As he that taketh away a garment in cold weather, and as vinegar upon nitre, so is he that singeth songs to an heavy heart.

(Proverbs 26:23) Burning lips and a wicked heart are like a potsherd covered with silver dross.

(Proverbs 26:25) When he speaketh fair, believe him not: for there are seven abominations in his heart.

(Proverbs 27:9) Ointment and perfume rejoice the heart: so doth the sweetness of a man's friend by hearty counsel.

(Proverbs 27:11) My son, be wise, and make my heart glad, that I may answer him that reproacheth me.

(Proverbs 27:19) As in water face answereth to face, so the heart of man to man.

(Proverbs 28:14) Happy is the man that feareth alway: but he that hardeneth his heart shall fall into mischief.

(Proverbs 28:25) He that is of a proud heart stirreth up strife: but he that putteth his trust in the LORD shall be made fat.

(Proverbs 28:26) He that trusteth in his own heart is a fool: but whoso walketh wisely, he shall be delivered.

(Proverbs 31:11) The heart of her husband doth safely trust in her, so that he shall have no need of spoil.

(Ecclesiastes 1:13) And I gave my heart to seek and search out by wisdom concerning all things that are done under heaven: this sore travail hath God given to the sons of man to be exercised therewith.

(Ecclesiastes 1:16) I communed with mine own heart, saying, Lo, I am come to great estate, and have gotten more wisdom than all they that have been before me in Jerusalem: yea, my heart had great experience of wisdom and knowledge.

(Ecclesiastes 1:17) And I gave my heart to know wisdom, and to know madness and folly: I perceived that this also is vexation of spirit.

(Ecclesiastes 2:1) I said in mine heart, Go to now, I will prove thee with mirth, therefore enjoy pleasure: and, behold, this also is vanity.

(Ecclesiastes 2:3) I sought in mine heart to give myself unto wine, yet acquainting mine heart with wisdom; and to lay hold on folly, till I might see what was that good for the sons of men, which they should do under the heaven all the days of their life.

(Ecclesiastes 2:10) And whatsoever mine eyes desired I kept not from them, I withheld not my heart from any joy; for my heart rejoiced in all my labour: and this was my portion of all my labour.

(Ecclesiastes 2:15) Then said I in my heart, As it happeneth to the fool, so it happeneth even to me; and why was I then more wise? Then I said in my heart, that this also is vanity.

(Ecclesiastes 2:20) Therefore I went about to cause my heart to despair of all the labour which I took under the sun.

(Ecclesiastes 2:22) For what hath man of all his labour, and of the vexation of his heart, wherein he hath laboured under the sun?

(Ecclesiastes 2:23) For all his days are sorrows, and his travail grief; yea, his heart taketh not rest in the night. This is also vanity.

(Ecclesiastes 3:11) He hath made every thing beautiful in his time: also he hath set the world in their heart, so that no man can find out the work that God maketh from the beginning to the end.

(Ecclesiastes 3:17) I said in mine heart, God shall judge the righteous and the wicked: for there is a time there for every purpose and for every work.

(Ecclesiastes 3:18) I said in mine heart concerning the estate of the sons of men, that God might manifest them, and that they might see that they themselves are beasts.

(Ecclesiastes 5:2) Be not rash with thy mouth, and let not thine heart be hasty to utter any thing before God: for God is in heaven, and thou upon earth: therefore let thy words be few.

(Ecclesiastes 5:20) For he shall not much remember the days of his life; because God answereth him in the joy of his heart.

(Ecclesiastes 7:2) It is better to go to the house of mourning, than to go to the house of feasting: for that is the end of all men; and the living will lay it to his heart.

(Ecclesiastes 7:3) Sorrow is better than laughter: for by the sadness of the countenance the heart is made better.

(Ecclesiastes 7:4) The heart of the wise is in the house of mourning; but the heart of fools is in the house of mirth.

(Ecclesiastes 7:7) Surely oppression maketh a wise man mad; and a gift destroyeth the heart.

(Ecclesiastes 7:22) For oftentimes also thine own heart knoweth that thou thyself likewise hast cursed others.

(Ecclesiastes 7:25) I applied mine heart to know, and to search, and to seek out wisdom, and the reason of things, and to know the wickedness of folly, even of foolishness and madness:

(Ecclesiastes 7:26) And I find more bitter than death the woman, whose heart is snares and nets, and her hands as bands: whoso pleaseth God shall escape from her; but the sinner shall be taken by her.

(Ecclesiastes 8:5) Whoso keepeth the commandment shall feel no evil thing: and a wise man's heart discerneth both time and judgment.

(Ecclesiastes 8:9) All this have I seen, and applied my heart unto every work that is done under the sun: there is a time wherein one man ruleth over another to his own hurt.

(Ecclesiastes 8:11) Because sentence against an evil work is not executed speedily, therefore the heart of the sons of men is fully set in them to do evil.

(Ecclesiastes 8:16) When I applied mine heart to know wisdom, and to see the business that is done upon the earth: (for also there is that neither day nor night seeth sleep with his eyes:)

(Ecclesiastes 9:1) For all this I considered in my heart even to declare all this, that the righteous, and the wise, and their works, are in the hand of God: no man knoweth either love or hatred by all that is before them.

(Ecclesiastes 9:3) This is an evil among all things that are done under the sun, that there is one event unto all: yea, also the heart of the sons of men is full of evil, and madness is in their heart while they live, and after that they go to the dead.

(Ecclesiastes 9:7) Go thy way, eat thy bread with joy, and drink thy wine with a merry heart; for God now accepteth thy works.

(Ecclesiastes 10:2) A wise man's heart is at his right hand; but a fool's heart at his left.

(Ecclesiastes 11:9) Rejoice, O young man, in thy youth; and let thy heart cheer thee in the days of thy youth, and walk in the ways of thine heart, and in the sight of thine eyes: but know thou, that for all these things God will bring thee into judgment.

(Ecclesiastes 11:10) Therefore remove sorrow from thy heart, and put away evil from thy flesh: for childhood and youth are vanity.

(Song of Solomon 3:11) Go forth, O ye daughters of Zion, and behold king Solomon with the crown wherewith his mother crowned him in the day of his espousals, and in the day of the gladness of his heart.

(Song of Solomon 4:9) Thou hast ravished my heart, my sister, my spouse; thou hast ravished my heart with one of thine eyes, with one chain of thy neck.

(Song of Solomon 5:2) I sleep, but my heart waketh: it is the voice of my beloved that knocketh, saying, Open to me, my sister, my love, my dove, my undefiled: for my head is filled with dew, and my locks with the drops of the night.

(Song of Solomon 8:6) Set me as a seal upon thine heart, as a seal upon thine arm: for love is strong as death; jealousy is cruel as the grave: the coals thereof are coals of fire, which hath a most vehement flame.

(Isaiah 1:5) Why should ye be stricken any more? ye will revolt more and more: the whole head is sick, and the whole heart faint.

(Isaiah 6:10) Make the heart of this people fat, and make their ears heavy, and shut their eyes; lest they see with their eyes, and hear with their ears, and understand with their heart, and convert, and be healed.

(Isaiah 7:2) And it was told the house of David, saying, Syria is confederate with Ephraim. And his heart was moved, and the heart of his people, as the trees of the wood are moved with the wind.

(Isaiah 9:9) And all the people shall know, even Ephraim and the inhabitant of Samaria, that say in the pride and stoutness of heart,

(Isaiah 10:7) Howbeit he meaneth not so, neither doth his heart think so; but it is in his heart to destroy and cut off nations not a few.

(Isaiah 10:12) Wherefore it shall come to pass, that when the Lord hath performed his whole work upon mount Zion and on Jerusalem, I will punish the fruit of the stout heart of the king of Assyria, and the glory of his high looks.

(Isaiah 13:7) Therefore shall all hands be faint, and every man's heart shall melt:

(Isaiah 14:13) For thou hast said in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God: I will sit also upon the mount of the congregation, in the sides of the north:

(Isaiah 15:5) My heart shall cry out for Moab; his fugitives shall flee unto Zoar, an heifer of three years old: for by the mounting up of Luhith with weeping shall they go it up; for in the way of Horonaim they shall raise up a cry of destruction.

(Isaiah 19:1) The burden of Egypt. Behold, the LORD rideth upon a swift cloud, and shall come into Egypt: and the idols of Egypt shall be moved at his presence, and the heart of Egypt shall melt in the midst of it.

(Isaiah 21:4) My heart panted, fearfulness affrighted me: the night of my pleasure hath he turned into fear unto me.

(Isaiah 29:13) Wherefore the Lord said, Forasmuch as this people draw near me with their mouth, and with their lips do honour me, but have removed their heart far from me, and their fear toward me is taught by the precept of men:

(Isaiah 30:29) Ye shall have a song, as in the night when a holy solemnity is kept; and gladness of heart, as when one goeth with a pipe to come into the mountain of the LORD, to the mighty One of Israel.

(Isaiah 32:4) The heart also of the rash shall understand knowledge, and the tongue of the stammerers shall be ready to speak plainly.

(Isaiah 32:6) For the vile person will speak villany, and his heart will work iniquity, to practise hypocrisy, and to utter error against the LORD, to make empty the soul of the hungry, and he will cause the drink of the thirsty to fail.

(Isaiah 33:18) Thine heart shall meditate terror. Where is the scribe? where is the receiver? where is he that counted the towers?

(Isaiah 35:4) Say to them that are of a fearful heart, Be strong, fear not: behold, your God will come with vengeance, even God with a recompence; he will come and save you.

(Isaiah 38:3) And said, Remember now, O LORD, I beseech thee, how I have walked before thee in truth and with a perfect heart, and have done that which is good in thy sight. And Hezekiah wept sore.

(Isaiah 42:25) Therefore he hath poured upon him the fury of his anger, and the strength of battle: and it hath set him on fire round about, yet he knew not; and it burned him, yet he laid it not to heart.

(Isaiah 44:19) And none considereth in his heart, neither is there knowledge nor understanding to say, I have burned part of it in the fire; yea, also I have baked bread upon the coals thereof; I have roasted flesh, and eaten it: and shall I make the residue thereof an abomination? shall I fall down to the stock of a tree?

(Isaiah 44:20) He feedeth on ashes: a deceived heart hath turned him aside, that he cannot deliver his soul, nor say, Is there not a lie in my right hand?

(Isaiah 47:7) And thou saidst, I shall be a lady for ever: so that thou didst not lay these things to thy heart, neither didst remember the latter end of it.

(Isaiah 47:8) Therefore hear now this, thou that art given to pleasures, that dwellest carelessly, that sayest in thine heart, I am, and none else beside me; I shall not sit as a widow, neither shall I know the loss of children:

(Isaiah 47:10) For thou hast trusted in thy wickedness: thou hast said, None seeth me. Thy wisdom and thy knowledge, it hath perverted thee; and thou hast said in thine heart, I am, and none else beside me.

(Isaiah 49:21) Then shalt thou say in thine heart, Who hath begotten me these, seeing I have lost my children, and am desolate, a captive, and removing to and fro? and who hath brought up these? Behold, I was left alone; these, where had they been?

(Isaiah 51:7) Hearken unto me, ye that know righteousness, the people in whose heart is my law; fear ye not the reproach of men, neither be ye afraid of their revilings.

(Isaiah 57:1) The righteous perisheth, and no man layeth it to heart: and merciful men are taken away, none considering that the righteous is taken away from the evil to come.

(Isaiah 57:11) And of whom hast thou been afraid or feared, that thou hast lied, and hast not remembered me, nor laid it to thy heart? have not I held my peace even of old, and thou fearest me not?

(Isaiah 57:15) For thus saith the high and lofty One that inhabiteth eternity, whose name is Holy; I dwell in the high and holy place, with him also that is of a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite ones.

(Isaiah 57:17) For the iniquity of his covetousness was I wroth, and smote him: I hid me, and was wroth, and he went on frowardly in the way of his heart.

(Isaiah 59:13) In transgressing and lying against the LORD, and departing away from our God, speaking oppression and revolt, conceiving and uttering from the heart words of falsehood.

(Isaiah 60:5) Then thou shalt see, and flow together, and thine heart shall fear, and be enlarged; because the abundance of the sea shall be converted unto thee, the forces of the Gentiles shall come unto thee.

(Isaiah 63:4) For the day of vengeance is in mine heart, and the year of my redeemed is come.

(Isaiah 63:17) O LORD, why hast thou made us to err from thy ways, and hardened our heart from thy fear? Return for thy servants' sake, the tribes of thine inheritance.

(Isaiah 65:14) Behold, my servants shall sing for joy of heart, but ye shall cry for sorrow of heart, and shall howl for vexation of spirit.

(Isaiah 66:14) And when ye see this, your heart shall rejoice, and your bones shall flourish like an herb: and the hand of the LORD shall be known toward his servants, and his indignation toward his enemies.

(Jeremiah 3:10) And yet for all this her treacherous sister Judah hath not turned unto me with her whole heart, but feignedly, saith the LORD.

(Jeremiah 3:15) And I will give you pastors according to mine heart, which shall feed you with knowledge and understanding.

(Jeremiah 3:17) At that time they shall call Jerusalem the throne of the LORD; and all the nations shall be gathered unto it, to the name of the LORD, to Jerusalem: neither shall they walk any more after the imagination of their evil heart.

(Jeremiah 4:4) Circumcise yourselves to the LORD, and take away the foreskins of your heart, ye men of Judah and inhabitants of Jerusalem: lest my fury come forth like fire, and burn that none can quench it, because of the evil of your doings.

(Jeremiah 4:9) And it shall come to pass at that day, saith the LORD, that the heart of the king shall perish, and the heart of the princes; and the priests shall be astonished, and the prophets shall wonder.

(Jeremiah 4:14) O Jerusalem, wash thine heart from wickedness, that thou mayest be saved. How long shall thy vain thoughts lodge within thee?

(Jeremiah 4:18) Thy way and thy doings have procured these things unto thee; this is thy wickedness, because it is bitter, because it reacheth unto thine heart.

(Jeremiah 4:19) My bowels, my bowels! I am pained at my very heart; my heart maketh a noise in me; I cannot hold my peace, because thou hast heard, O my soul, the sound of the trumpet, the alarm of war.

(Jeremiah 5:23) But this people hath a revolting and a rebellious heart; they are revolted and gone.

(Jeremiah 5:24) Neither say they in their heart, Let us now fear the LORD our God, that giveth rain, both the former and the latter, in his season: he reserveth unto us the appointed weeks of the harvest.

(Jeremiah 7:24) But they hearkened not, nor inclined their ear, but walked in the counsels and in the imagination of their evil heart, and went backward, and not forward.

(Jeremiah 7:31) And they have built the high places of Tophet, which is in the valley of the son of Hinnom, to burn their sons and their daughters in the fire; which I commanded them not, neither came it into my heart.

(Jeremiah 8:18) When I would comfort myself against sorrow, my heart is faint in me.

(Jeremiah 9:8) Their tongue is as an arrow shot out; it speaketh deceit: one speaketh peaceably to his neighbour with his mouth, but in heart he layeth his wait.

(Jeremiah 9:14) But have walked after the imagination of their own heart, and after Baalim, which their fathers taught them:

(Jeremiah 9:26) Egypt, and Judah, and Edom, and the children of Ammon, and Moab, and all that are in the utmost corners, that dwell in the wilderness: for all these nations are uncircumcised, and all the house of Israel are uncircumcised in the heart.

(Jeremiah 11:8) Yet they obeyed not, nor inclined their ear, but walked every one in the imagination of their evil heart: therefore I will bring upon them all the words of this covenant, which I commanded them to do; but they did them not.

(Jeremiah 11:20) But, O LORD of hosts, that judgest righteously, that triest the reins and the heart, let me see thy vengeance on them: for unto thee have I revealed my cause.

(Jeremiah 12:3) But thou, O LORD, knowest me: thou hast seen me, and tried mine heart toward thee: pull them out like sheep for the slaughter, and prepare them for the day of slaughter.

(Jeremiah 12:11) They have made it desolate, and being desolate it mourneth unto me; the whole land is made desolate, because no man layeth it to heart.

(Jeremiah 13:10) This evil people, which refuse to hear my words, which walk in the imagination of their heart, and walk after other gods, to serve them, and to worship them, shall even be as this girdle, which is good for nothing.

(Jeremiah 13:22) And if thou say in thine heart, Wherefore come these things upon me? For the greatness of thine iniquity are thy skirts discovered, and thy heels made bare.

(Jeremiah 14:14) Then the LORD said unto me, The prophets prophesy lies in my name: I sent them not, neither have I commanded them, neither spake unto them: they prophesy unto you a false vision and divination, and a thing of nought, and the deceit of their heart.

(Jeremiah 15:16) Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O LORD God of hosts.

(Jeremiah 16:12) And ye have done worse than your fathers; for, behold, ye walk every one after the imagination of his evil heart, that they may not hearken unto me:

(Jeremiah 17:1) The sin of Judah is written with a pen of iron, and with the point of a diamond: it is graven upon the table of their heart, and upon the horns of your altars;

(Jeremiah 17:5) Thus saith the LORD; Cursed be the man that trusteth in man, and maketh flesh his arm, and whose heart departeth from the LORD.

(Jeremiah 17:9) The heart is deceitful above all things, and desperately wicked: who can know it?

(Jeremiah 17:10) I the LORD search the heart, I try the reins, even to give every man according to his ways, and according to the fruit of his doings.

(Jeremiah 18:12) And they said, There is no hope: but we will walk after our own devices, and we will every one do the imagination of his evil heart.

(Jeremiah 20:9) Then I said, I will not make mention of him, nor speak any more in his name. But his word was in mine heart as a burning fire shut up in my bones, and I was weary with forbearing, and I could not stay.

(Jeremiah 20:12) But, O LORD of hosts, that triest the righteous, and seest the reins and the heart, let me see thy vengeance on them: for unto thee have I opened my cause.

(Jeremiah 22:17) But thine eyes and thine heart are not but for thy covetousness, and for to shed innocent blood, and for oppression, and for violence, to do it.

(Jeremiah 23:9) Mine heart within me is broken because of the prophets; all my bones shake; I am like a drunken man, and like a man whom wine hath overcome, because of the LORD, and because of the words of his holiness.

(Jeremiah 23:16) Thus saith the LORD of hosts, Hearken not unto the words of the prophets that prophesy unto you: they make you vain: they speak a vision of their own heart, and not out of the mouth of the LORD.

(Jeremiah 23:17) They say still unto them that despise me, The LORD hath said, Ye shall have peace; and they say unto every one that walketh after the imagination of his own heart, No evil shall come upon you.

(Jeremiah 23:20) The anger of the LORD shall not return, until he have executed, and till he have performed the thoughts of his heart: in the latter days ye shall consider it perfectly.

(Jeremiah 23:26) How long shall this be in the heart of the prophets that prophesy lies? yea, they are prophets of the deceit of their own heart;

(Jeremiah 24:7) And I will give them an heart to know me, that I am the LORD: and they shall be my people, and I will be their God: for they shall return unto me with their whole heart.

(Jeremiah 29:13) And ye shall seek me, and find me, when ye shall search for me with all your heart.

(Jeremiah 30:21) And their nobles shall be of themselves, and their governor shall proceed from the midst of them; and I will cause him to draw near, and he shall approach unto me: for who is this that engaged his heart to approach unto me? saith the LORD.

(Jeremiah 30:24) The fierce anger of the LORD shall not return, until he have done it, and until he have performed the intents of his heart: in the latter days ye shall consider it.

(Jeremiah 31:21) Set thee up waymarks, make thee high heaps: set thine heart toward the highway, even the way which thou wentest: turn again, O virgin of Israel, turn again to these thy cities.

(Jeremiah 32:39) And I will give them one heart, and one way, that they may fear me for ever, for the good of them, and of their children after them:

(Jeremiah 32:41) Yea, I will rejoice over them to do them good, and I will plant them in this land assuredly with my whole heart and with my whole soul.

(Jeremiah 48:29) We have heard the pride of Moab, (he is exceeding proud) his loftiness, and his arrogancy, and his pride, and the haughtiness of his heart.

(Jeremiah 48:31) Therefore will I howl for Moab, and I will cry out for all Moab; mine heart shall mourn for the men of Kirheres.

(Jeremiah 48:36) Therefore mine heart shall sound for Moab like pipes, and mine heart shall sound like pipes for the men of Kirheres: because the riches that he hath gotten are perished.

(Jeremiah 48:41) Keriath is taken, and the strong holds are surprised, and the mighty men's hearts in Moab at that day shall be as the heart of a woman in her pangs.

(Jeremiah 49:16) Thy terribleness hath deceived thee, and the pride of thine heart, O thou that dwellest in the clefts of the rock, that holdest the height of the hill: though thou shouldst make thy nest as high as the eagle, I will bring thee down from thence, saith the LORD.

(Jeremiah 49:22) Behold, he shall come up and fly as the eagle, and spread his wings over Bozrah: and at that day shall the heart of the mighty men of Edom be as the heart of a woman in her pangs.

(Jeremiah 51:46) And lest your heart faint, and ye fear for the rumour that shall be heard in the land; a rumour shall both come one year, and after that in another year shall come a rumour, and violence in the land, ruler against ruler.

(Lamentations 1:20) Behold, O LORD; for I am in distress: my bowels are troubled; mine heart is turned within me; for I have grievously rebelled: abroad the sword bereaveth, at home there is as death.

(Lamentations 1:22) Let all their wickedness come before thee; and do unto them, as thou hast done unto me for all my transgressions: for my sighs are many, and my heart is faint.

(Lamentations 2:18) Their heart cried unto the Lord, O wall of the daughter of Zion, let tears run down like a river day and night: give thyself no rest; let not the apple of thine eye cease.

(Lamentations 2:19) Arise, cry out in the night: in the beginning of the watches pour out thine heart like water before the face of the Lord: lift up thy hands toward him for the life of thy young children, that faint for hunger in the top of every street.

(Lamentations 3:41) Let us lift up our heart with our hands unto God in the heavens.

(Lamentations 3:51) Mine eye affecteth mine heart because of all the daughters of my city.

(Lamentations 3:65) Give them sorrow of heart, thy curse unto them.

(Lamentations 5:15) The joy of our heart is ceased; our dance is turned into mourning.

(Lamentations 5:17) For this our heart is faint; for these things our eyes are dim.

(Ezekiel 3:10) Moreover he said unto me, Son of man, all my words that I shall speak unto thee receive in thine heart, and hear with thine ears.

(Ezekiel 6:9) And they that escape of you shall remember me among the nations whither they shall be carried captives, because I am broken with their whorish heart, which hath departed from me, and with their eyes, which go a whoring after their idols: and they shall lothe themselves for the evils which they have committed in all their abominations.

(Ezekiel 11:19) And I will give them one heart, and I will put a new spirit within you; and I will take the stony heart out of their flesh, and will give them an heart of flesh:

(Ezekiel 11:21) But as for them whose heart walketh after the heart of their detestable things and their abominations, I will recompense their way upon their own heads, saith the Lord GOD.

(Ezekiel 13:17) Likewise, thou son of man, set thy face against the daughters of thy people, which prophesy out of their own heart; and prophesy thou against them,

(Ezekiel 13:22) Because with lies ye have made the heart of the righteous sad, whom I have not made sad; and strengthened the hands of the wicked, that he should not return from his wicked way, by promising him life:

(Ezekiel 14:3) Son of man, these men have set up their idols in their heart, and put the stumblingblock of their iniquity before their face: should I be enquired of at all by them?

(Ezekiel 14:4) Therefore speak unto them, and say unto them, Thus saith the Lord GOD; Every man of the house of Israel that setteth up his idols in his heart, and putteth the stumblingblock of his iniquity before his face, and cometh to the prophet; I the LORD will answer him that cometh according to the multitude of his idols;

(Ezekiel 14:5) That I may take the house of Israel in their own heart, because they are all estranged from me through their idols.

(Ezekiel 14:7) For every one of the house of Israel, or of the stranger that sojourneth in Israel, which separateth himself from me, and setteth up his idols in his heart, and putteth the stumblingblock of his iniquity before his face, and cometh to a prophet to enquire of him concerning me; I the LORD will answer him by myself:

(Ezekiel 16:30) How weak is thine heart, saith the Lord GOD, seeing thou doest all these things, the work of an imperious whorish woman;

(Ezekiel 18:31) Cast away from you all your transgressions, whereby ye have transgressed; and make you a new heart and a new spirit: for why will ye die, O house of Israel?

(Ezekiel 20:16) Because they despised my judgments, and walked not in my statutes, but polluted my sabbaths: for their heart went after their idols.

(Ezekiel 21:7) And it shall be, when they say unto thee, Wherefore sighest thou? that thou shalt answer, For the tidings; because it cometh: and every heart shall melt, and all hands shall be feeble, and every spirit shall faint, and all knees shall be weak as water: behold, it cometh, and shall be brought to pass, saith the Lord GOD.

(Ezekiel 21:15) I have set the point of the sword against all their gates, that their heart may faint, and their ruins be multiplied: ah! it is made bright, it is wrapped up for the slaughter.

(Ezekiel 22:14) Can thine heart endure, or can thine hands be strong, in the days that I shall deal with thee? I the LORD have spoken it, and will do it.

(Ezekiel 25:6) For thus saith the Lord GOD; Because thou hast clapped thine hands, and stamped with the feet, and rejoiced in heart with all thy despite against the land of Israel;

(Ezekiel 25:15) Thus saith the Lord GOD; Because the Philistines have dealt by revenge, and have taken vengeance with a despiteful heart, to destroy it for the old hatred;

(Ezekiel 27:31) And they shall make themselves utterly bald for thee, and gird them with sackcloth, and they shall weep for thee with bitterness of heart and bitter wailing.

(Ezekiel 28:2) Son of man, say unto the prince of Tyrus, Thus saith the Lord GOD; Because thine heart is lifted up, and thou hast said, I am a God, I sit in the seat of God, in the midst of the seas; yet thou art a man, and not God, though thou set thine heart as the heart of God:

(Ezekiel 28:5) By thy great wisdom and by thy traffick hast thou increased thy riches, and thine heart is lifted up because of thy riches:

(Ezekiel 28:6) Therefore thus saith the Lord GOD; Because thou hast set thine heart as the heart of God;

(Ezekiel 28:17) Thine heart was lifted up because of thy beauty, thou hast corrupted thy wisdom by reason of thy brightness: I will cast thee to the ground, I will lay thee before kings, that they may behold thee.

(Ezekiel 31:10) Therefore thus saith the Lord GOD; Because thou hast lifted up thyself in height, and he hath shot up his top among the thick boughs, and his heart is lifted up in his height;

(Ezekiel 33:31) And they come unto thee as the people cometh, and they sit before thee as my people, and they hear thy words, but they will not do them: for with their mouth they shew much love, but their heart goeth after their covetousness.

(Ezekiel 36:5) Therefore thus saith the Lord GOD; Surely in the fire of my jealousy have I spoken against the residue of the heathen, and against all Idumea, which have appointed my land into their possession with the joy of all their heart, with despiteful minds, to cast it out for a prey.

(Ezekiel 36:26) A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh.

(Ezekiel 40:4) And the man said unto me, Son of man, behold with thine eyes, and hear with thine ears, and set thine heart upon all that I shall shew thee; for to the intent that I might shew them unto thee art thou brought hither: declare all that thou seest to the house of Israel.

(Ezekiel 44:7) In that ye have brought into my sanctuary strangers, uncircumcised in heart, and uncircumcised in flesh, to be in my sanctuary, to pollute it, even my house, when ye offer my bread, the fat and the blood, and they have broken my covenant because of all your abominations.

(Ezekiel 44:9) Thus saith the Lord GOD; No stranger, uncircumcised in heart, nor uncircumcised in flesh, shall enter into my sanctuary, of any stranger that is among the children of Israel.

(Daniel 1:8) But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself.

(Daniel 2:30) But as for me, this secret is not revealed to me for any wisdom that I have more than any living, but for their sakes that shall make known the interpretation to the king, and that thou mightest know the thoughts of thy heart.

(Daniel 4:16) Let his heart be changed from man's, and let a beast's heart be given unto him; and let seven times pass over him.

(Daniel 5:20) But when his heart was lifted up, and his mind hardened in pride, he was deposed from his kingly throne, and they took his glory from him:

(Daniel 5:21) And he was driven from the sons of men; and his heart was made like the beasts, and his dwelling was with the wild asses: they fed him with grass like oxen, and his body was wet with the dew of heaven; till he knew that the most high God ruled in the kingdom of men, and that he appointeth over it whomsoever he will.

(Daniel 5:22) And thou his son, O Belshazzar, hast not humbled thine heart, though thou knewest all this;

(Daniel 6:14) Then the king, when he heard these words, was sore displeased with himself, and set his heart on Daniel to deliver him: and he laboured till the going down of the sun to deliver him.

(Daniel 7:4) The first was like a lion, and had eagle's wings: I beheld till the wings thereof were plucked, and it was lifted up from the earth, and made stand upon the feet as a man, and a man's heart was given to it.

(Daniel 7:28) Hitherto is the end of the matter. As for me Daniel, my cogitations much troubled me, and my countenance changed in me: but I kept the matter in my heart.

(Daniel 8:25) And through his policy also he shall cause craft to prosper in his hand; and he shall magnify himself in his heart, and by peace shall destroy many: he shall also stand up against the Prince of princes; but he shall be broken without hand.

(Daniel 10:12) Then said he unto me, Fear not, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words.

(Daniel 11:12) And when he hath taken away the multitude, his heart shall be lifted up; and he shall cast down many ten thousands: but he shall not be strengthened by it.

(Daniel 11:28) Then shall he return into his land with great riches; and his heart shall be against the holy covenant; and he shall do exploits, and return to his own land.

(Hosea 4:8) They eat up the sin of my people, and they set their heart on their iniquity.

(Hosea 4:11) Whoredom and wine and new wine take away the heart.

(Hosea 7:6) For they have made ready their heart like an oven, whiles they lie in wait: their baker sleepeth all the night; in the morning it burneth as a flaming fire.

(Hosea 7:11) Ephraim also is like a silly dove without heart: they call to Egypt, they go to Assyria.

(Hosea 7:14) And they have not cried unto me with their heart, when they howled upon their beds: they assemble themselves for corn and wine, and they rebel against me.

(Hosea 10:2) Their heart is divided; now shall they be found faulty: he shall break down their altars, he shall spoil their images.

(Hosea 11:8) How shall I give thee up, Ephraim? how shall I deliver thee, Israel? how shall I make thee as Admah? how shall I set thee as Zeboim? mine heart is turned within me, my repentings are kindled together.

(Hosea 13:6) According to their pasture, so were they filled; they were filled, and their heart was exalted; therefore have they forgotten me.

(Hosea 13:8) I will meet them as a bear that is bereaved of her whelps, and will rend the caul of their heart, and there will I devour them like a lion: the wild beast shall tear them.

(Joel 2:12) Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning:

(Joel 2:13) And rend your heart, and not your garments, and turn unto the LORD your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil.

(Obadiah 1:3) The pride of thine heart hath deceived thee, thou that dwellest in the clefts of the rock, whose habitation is high; that saith in his heart, Who shall bring me down to the ground?

(Nahum 2:10) She is empty, and void, and waste: and the heart melteth, and the knees smite together, and much pain is in all loins, and the faces of them all gather blackness.

(Zephaniah 1:12) And it shall come to pass at that time, that I will search Jerusalem with candles, and punish the men that are settled on their lees: that say in their heart, The LORD will not do good, neither will he do evil.

(Zephaniah 2:15) This is the rejoicing city that dwelt carelessly, that said in her heart, I am, and there is none beside me: how is she become a desolation, a place for beasts to lie down in! every one that passeth by her shall hiss, and wag his hand.

(Zephaniah 3:14) Sing, O daughter of Zion; shout, O Israel; be glad and rejoice with all the heart, O daughter of Jerusalem.

(Zechariah 7:10) And oppress not the widow, nor the fatherless, the stranger, nor the poor; and let none of you imagine evil against his brother in your heart.

(Zechariah 10:7) And they of Ephraim shall be like a mighty man, and their heart shall rejoice as through wine: yea, their children shall see it, and be glad; their heart shall rejoice in the LORD.

(Zechariah 12:5) And the governors of Judah shall say in their heart, The inhabitants of Jerusalem shall be my strength in the LORD of hosts their God.

(Malachi 2:2) If ye will not hear, and if ye will not lay it to heart, to give glory unto my name, saith the LORD of hosts, I will even send a curse upon you, and I will curse your blessings: yea, I have cursed them already, because ye do not lay it to heart.

(Malachi 4:6) And he shall turn the heart of the fathers to the children, and the heart of the children to their fathers, lest I come and smite the earth with a curse.

(Matthew 5:8) Blessed are the pure in heart: for they shall see God.

(Matthew 5:28) But I say unto you, That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart.

(Matthew 6:21) For where your treasure is, there will your heart be also.

(Matthew 11:29) Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls.

(Matthew 12:34) O generation of vipers, how can ye, being evil, speak good things? for out of the abundance of the heart the mouth speaketh.

(Matthew 12:35) A good man out of the good treasure of the heart bringeth forth good things: and an evil man out of the evil treasure bringeth forth evil things.

(Matthew 12:40) For as Jonas was three days and three nights in the whale's belly; so shall the Son of man be three days and three nights in the heart of the earth.

(Matthew 13:15) For this people's heart is waxed gross, and their ears are dull of hearing, and their eyes they have closed; lest at any time they should see with their eyes, and hear with their ears, and should understand with their heart, and should be converted, and I should heal them.

(Matthew 13:19) When any one heareth the word of the kingdom, and understandeth it not, then cometh the wicked one, and catcheth away that which was sown in his heart. This is he which received seed by the way side.

(Matthew 15:8) This people draweth nigh unto me with their mouth, and honoureth me with their lips; but their heart is far from me.

(Matthew 15:18) But those things which proceed out of the mouth come forth from the heart; and they defile the man.

(Matthew 15:19) For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies:

(Matthew 22:37) Jesus said unto him, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind.

(Matthew 24:48) But and if that evil servant shall say in his heart, My lord delayeth his coming;

(Mark 6:52) For they considered not the miracle of the loaves: for their heart was hardened.

(Mark 7:6) He answered and said unto them, Well hath Esaias prophesied of you hypocrites, as it is written, This people honoureth me with their lips, but their heart is far from me.

(Mark 7:19) Because it entereth not into his heart, but into the belly, and goeth out into the draught, purging all meats?

(Mark 7:21) For from within, out of the heart of men, proceed evil thoughts, adulteries, fornications, murders,

(Mark 8:17) And when Jesus knew it, he saith unto them, Why reason ye, because ye have no bread? perceive ye not yet, neither understand? have ye your heart yet hardened?

(Mark 10:5) And Jesus answered and said unto them, For the hardness of your heart he wrote you this precept.

(Mark 11:23) For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith.

(Mark 12:30) And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment.

(Mark 12:33) And to love him with all the heart, and with all the understanding, and with all the soul, and with all the strength, and to love his neighbour as himself, is more than all whole burnt offerings and sacrifices.

(Mark 16:14) Afterward he appeared unto the eleven as they sat at meat, and upbraided them with their unbelief and hardness of heart, because they believed not them which had seen him after he was risen.

(Luke 2:19) But Mary kept all these things, and pondered them in her heart.

(Luke 2:51) And he went down with them, and came to Nazareth, and was subject unto them: but his mother kept all these sayings in her heart.

(Luke 6:45) A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh.

(Luke 8:15) But that on the good ground are they, which in an honest and good heart, having heard the word, keep it, and bring forth fruit with patience.

(Luke 9:47) And Jesus, perceiving the thought of their heart, took a child, and set him by him,

(Luke 10:27) And he answering said, Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy strength, and with all thy mind; and thy neighbour as thyself.

(Luke 12:34) For where your treasure is, there will your heart be also.

(Luke 12:45) But and if that servant say in his heart, My lord delayeth his coming; and shall begin to beat the menservants and maidens, and to eat and drink, and to be drunken;

(Luke 24:25) Then he said unto them, O fools, and slow of heart to believe all that the prophets have spoken:

(Luke 24:32) And they said one to another, Did not our heart burn within us, while he talked with us by the way, and while he opened to us the scriptures?

(John 12:40) He hath blinded their eyes, and hardened their heart; that they should not see with their eyes, nor understand with their heart, and be converted, and I should heal them.

(John 13:2) And supper being ended, the devil having now put into the heart of Judas Iscariot, Simon's son, to betray him;

(John 14:1) Let not your heart be troubled: ye believe in God, believe also in me.

(John 14:27) Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

(John 16:6) But because I have said these things unto you, sorrow hath filled your heart.

(John 16:22) And ye now therefore have sorrow: but I will see you again, and your heart shall rejoice, and your joy no man taketh from you.

(Acts 2:26) Therefore did my heart rejoice, and my tongue was glad; moreover also my flesh shall rest in hope:

(Acts 2:37) Now when they heard this, they were pricked in their heart, and said unto Peter and to the rest of the apostles, Men and brethren, what shall we do?

(Acts 2:46) And they, continuing daily with one accord in the temple, and breaking bread from house to house, did eat their meat with gladness and singleness of heart,

(Acts 4:32) And the multitude of them that believed were of one heart and of one soul: neither said any of them that ought of the things which he possessed was his own; but they had all things common.

(Acts 5:3) But Peter said, Ananias, why hath Satan filled thine heart to lie to the Holy Ghost, and to keep back part of the price of the land?

(Acts 5:4) Whiles it remained, was it not thine own? and after it was sold, was it not in thine own power? why hast thou conceived this thing in thine heart? thou hast not lied unto men, but unto God.

(Acts 5:33) When they heard that, they were cut to the heart, and took counsel to slay them.

(Acts 7:23) And when he was full forty years old, it came into his heart to visit his brethren the children of Israel.

(Acts 7:51) Ye stiffnecked and uncircumcised in heart and ears, ye do always resist the Holy Ghost: as your fathers did, so do ye.

(Acts 7:54) When they heard these things, they were cut to the heart, and they gnashed on him with their teeth.

(Acts 8:21) Thou hast neither part nor lot in this matter: for thy heart is not right in the sight of God.

(Acts 8:22) Repent therefore of this thy wickedness, and pray God, if perhaps the thought of thine heart may be forgiven thee.

(Acts 8:37) And Philip said, If thou believest with all thine heart, thou mayest. And he answered and said, I believe that Jesus Christ is the Son of God.

(Acts 11:23) Who, when he came, and had seen the grace of God, was glad, and exhorted them all, that with purpose of heart they would cleave unto the Lord.

(Acts 13:22) And when he had removed him, he raised up unto them David to be their king; to whom also he gave testimony, and said, I have found David the son of Jesse, a man after mine own heart, which shall fulfil all my will.

(Acts 16:14) And a certain woman named Lydia, a seller of purple, of the city of Thyatira, which worshipped God, heard us: whose heart the Lord opened, that she attended unto the things which were spoken of Paul.

(Acts 21:13) Then Paul answered, What mean ye to weep and to break mine heart? for I am ready not to be bound only, but also to die at Jerusalem for the name of the Lord Jesus.

(Acts 28:27) For the heart of this people is waxed gross, and their ears are dull of hearing, and their eyes have they closed; lest they should see with their eyes, and hear with their ears, and understand with their heart, and should be converted, and I should heal them.

(Romans 1:21) Because that, when they knew God, they glorified him not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened.

(Romans 2:5) But after thy hardness and impenitent heart treasurest up unto thyself wrath against the day of wrath and revelation of the righteous judgment of God;

(Romans 2:29) But he is a Jew, which is one inwardly; and circumcision is that of the heart, in the spirit, and not in the letter; whose praise is not of men, but of God.

(Romans 6:17) But God be thanked, that ye were the servants of sin, but ye have obeyed from the heart that form of doctrine which was delivered you.

(Romans 9:2) That I have great heaviness and continual sorrow in my heart.

(Romans 10:1) Brethren, my heart's desire and prayer to God for Israel is, that they might be saved.

(Romans 10:6) But the righteousness which is of faith speaketh on this wise, Say not in thine heart, Who shall ascend into heaven? (that is, to bring Christ down from above:)

(Romans 10:8) But what saith it? The word is nigh thee, even in thy mouth, and in thy heart: that is, the word of faith, which we preach;

(Romans 10:9) That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.

(Romans 10:10) For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.

(1 Corinthians 2:9) But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.

(1 Corinthians 7:37) Nevertheless he that standeth stedfast in his heart, having no necessity, but hath power over his own will, and hath so decreed in his heart that he will keep his virgin, doeth well.

(1 Corinthians 14:25) And thus are the secrets of his heart made manifest; and so falling down on his face he will worship God, and report that God is in you of a truth.

(2 Corinthians 2:4) For out of much affliction and anguish of heart I wrote unto you with many tears; not that ye should be grieved, but that ye might know the love which I have more abundantly unto you.

(2 Corinthians 3:3) Forasmuch as ye are manifestly declared to be the epistle of Christ ministered by us, written not with ink, but with the Spirit of the living God; not in tables of stone, but in fleshy tables of the heart.

(2 Corinthians 3:15) But even unto this day, when Moses is read, the vail is upon their heart.

(2 Corinthians 5:12) For we commend not ourselves again unto you, but give you occasion to glory on our behalf, that ye may have somewhat to answer them which glory in appearance, and not in heart.

(2 Corinthians 6:11) O ye Corinthians, our mouth is open unto you, our heart is enlarged.

(2 Corinthians 8:16) But thanks be to God, which put the same earnest care into the heart of Titus for you.

(2 Corinthians 9:7) Every man according as he purposeth in his heart, so let him give; not grudgingly, or of necessity: for God loveth a cheerful giver.

(Ephesians 4:18) Having the understanding darkened, being alienated from the life of God through the ignorance that is in them, because of the blindness of their heart:

(Ephesians 5:19) Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord;

(Ephesians 6:5) Servants, be obedient to them that are your masters according to the flesh, with fear and trembling, in singleness of your heart, as unto Christ;

(Ephesians 6:6) Not with eyeservice, as menpleasers; but as the servants of Christ, doing the will of God from the heart;

(Philippians 1:7) Even as it is meet for me to think this of you all, because I have you in my heart; inasmuch as both in my bonds, and in the defence and confirmation of the gospel, ye all are partakers of my grace.

(Colossians 3:22) Servants, obey in all things your masters according to the flesh; not with eyeservice, as menpleasers; but in singleness of heart, fearing God:

(1 Thessalonians 2:17) But we, brethren, being taken from you for a short time in presence, not in heart, endeavoured the more abundantly to see your face with great desire.

(1 Timothy 1:5) Now the end of the commandment is charity out of a pure heart, and of a good conscience, and of faith unfeigned:

(2 Timothy 2:22) Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart.

(Hebrews 3:10) Wherefore I was grieved with that generation, and said, They do alway err in their heart; and they have not known my ways.

(Hebrews 3:12) Take heed, brethren, lest there be in any of you an evil heart of unbelief, in departing from the living God.

(Hebrews 4:12) For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.

(Hebrews 10:22) Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water.

(Hebrews 13:9) Be not carried about with divers and strange doctrines. For it is a good thing that the heart be established with grace; not with meats, which have not profited them that have been occupied therein.

(James 1:26) If any man among you seem to be religious, and bridleth not his tongue, but deceiveth his own heart, this man's religion is vain.

(1 Peter 1:22) Seeing ye have purified your souls in obeying the truth through the Spirit unto unfeigned love of the brethren, see that ye love one another with a pure heart fervently:

(1 Peter 3:4) But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.

(2 Peter 2:14) Having eyes full of adultery, and that cannot cease from sin; beguiling unstable souls: an heart they have exercised with covetous practices; cursed children:

(1 John 3:20) For if our heart condemn us, God is greater than our heart, and knoweth all things.

(1 John 3:21) Beloved, if our heart condemn us not, then have we confidence toward God.

(Revelation 18:7) How much she hath glorified herself, and lived deliciously, so much torment and sorrow give her: for she saith in her heart, I sit a queen, and am no widow, and shall see no sorrow.

HEARTS

(Gen 18:5) And I will fetch a morsel of bread, and comfort ye your hearts; after that ye shall pass on: for therefore are ye come to your servant. And they said, So do, as thou hast said.

(Exo 14:17) And I, behold, I will harden the hearts of the Egyptians, and they shall follow them: and I will get me honour upon Pharaoh, and upon all his host, upon his chariots, and upon his horsemen.

(Exo 31:6) And I, behold, I have given with him Aholiab, the son of Ahisamach, of the tribe of Dan: and in the hearts of all that are wise hearted I have put wisdom, that they may make all that I have commanded thee;

(Lev 26:36) And upon them that are left *alive* of you I will send a faintness into their hearts in the lands of their enemies; and the sound of a shaken leaf shall chase them; and they shall flee, as fleeing from a sword; and they shall fall when none pursueth.

(Lev 26:41) And *that* I also have walked contrary unto them, and have brought them into the land of their enemies; if then their uncircumcised hearts be humbled, and they then accept of the punishment of their iniquity:

(Deu 20:3) And shall say unto them, Hear, O Israel, ye approach this day unto battle against your enemies: let not your hearts faint, fear not, and do not tremble, neither be ye terrified because of them;

(Deu 32:46) And he said unto them, Set your hearts unto all the words which I testify among you this day, which ye shall command your children to observe to do, all the words of this law.

(Jos 2:11) And as soon as we had heard *these things*, our hearts did melt, neither did there remain any more courage in any man, because of you: for the LORD your God, he *is* God in heaven above, and in earth beneath.

(Jos 7:5) And the men of Ai smote of them about thirty and six men: for they chased them *from* before the gate *even* unto Shebarim, and smote them in the going down: wherefore the hearts of the people melted, and became as water.

(Jos 11:20) For it was of the LORD to harden their hearts, that they should come against Israel in battle, that he might destroy them utterly, *and* that they might have no favour, but that he might destroy them, as the LORD commanded Moses.

(Jos 23:14) And, behold, this day I *am* going the way of all the earth: and ye know in all your hearts and in all your souls, that not one thing hath failed of all the good things which the LORD your God spake concerning you; all are come to pass unto you, *and* not one thing hath failed thereof.

(Jdg 9:3) And his mother's brethren spake of him in the ears of all the men of Shechem all these words: and their hearts inclined to follow Abimelech; for they said, He *is* our brother.

(Jdg 16:25) And it came to pass, when their hearts were merry, that they said, Call for Samson, that he may make us sport. And they called for Samson out of the prison house; and he made them sport: and they set him between the pillars.

(Jdg 19:22) *Now* as they were making their hearts merry, behold, the men of the city, certain sons of Belial, beset the house round about, *and* beat at the door, and spake to the master of the house, the old man, saying, Bring forth the man that came into thine house, that we may know him.

(1Sa 6:6) Wherefore then do ye harden your hearts, as the Egyptians and Pharaoh hardened their hearts? when he had wrought wonderfully among them, did they not let the people go, and they departed?

(1Sa 7:3) And Samuel spake unto all the house of Israel, saying, If ye do return unto the LORD with all your hearts, *then* put away the strange gods and Ashtaroth from among you, and prepare your hearts unto the LORD, and serve him only: and he will deliver you out of the hand of the Philistines.

(1Sa 10:26) And Saul also went home to Gibeah; and there went with him a band of men, whose hearts God had touched.

(2Sa 15:6) And on this manner did Absalom to all Israel that came to the king for judgment: so Absalom stole the hearts of the men of Israel.

(2Sa 15:13) And there came a messenger to David, saying, The hearts of the men of Israel are after Absalom.

(1Ki 8:39) Then hear thou in heaven thy dwelling place, and forgive, and do, and give to every man according to his ways, whose heart thou knowest; (for thou, *even* thou only, knowest the hearts of all the children of men;)

(1Ki 8:58) That he may incline our hearts unto him, to walk in all his ways, and to keep his commandments, and his statutes, and his judgments, which he commanded our fathers.

(1Ch 28:9) And thou, Solomon my son, know thou the God of thy father, and serve him with a perfect heart and with a willing mind: for the LORD searcheth all hearts, and understandeth all the imaginations of the thoughts: if thou seek him, he will be found of thee; but if thou forsake him, he will cast thee off for ever.

(2Ch 6:14) And said, O LORD God of Israel, *there is* no God like thee in the heaven, nor in the earth; which keepest covenant, and *shewest* mercy unto thy servants, that walk before thee with all their hearts:

(2Ch 6:30) Then hear thou from heaven thy dwelling place, and forgive, and render unto every man according unto all his ways, whose heart thou knowest; (for thou only knowest the hearts of the children of men:)

(2Ch 11:16) And after them out of all the tribes of Israel such as set their hearts to seek the LORD God of Israel came to Jerusalem, to sacrifice unto the LORD God of their fathers.

(2Ch 20:33) Howbeit the high places were not taken away: for as yet the people had not prepared their hearts unto the God of their fathers.

(Job 1:5) And it was so, when the days of *their* feasting were gone about, that Job sent and sanctified them, and rose up early in the morning, and offered burnt offerings *according* to the number of them all: for Job said, It may be that my sons have sinned, and cursed God in their hearts. Thus did Job continually.

(Psa 7:9) Oh let the wickedness of the wicked come to an end; but establish the just: for the righteous God trieth the hearts and reins.

(Psa 28:3) Draw me not away with the wicked, and with the workers of iniquity, which speak peace to their neighbours, but mischief *is* in their hearts.

(Psa 33:15) He fashioneth their hearts alike; he considereth all their works.

(Psa 35:25) Let them not say in their hearts, Ah, so would we have it: let them not say, We have swallowed him up.

(Psa 74:8) They said in their hearts, Let us destroy them together: they have burned up all the synagogues of God in the land.

(Psa 81:12) So I gave them up unto their own hearts' lust: *and* they walked in their own counsels.

(Psa 90:12) So teach *us* to number our days, that we may apply *our* hearts unto wisdom.

(Psa 125:4) Do good, O LORD, unto *those that be* good, and *to them that are* upright in their hearts.

(Pro 15:11) Hell and destruction *are* before the LORD: how much more then the hearts of the children of men?

(Pro 17:3) The fining pot *is* for silver, and the furnace for gold: but the LORD trieth the hearts.

(Pro 21:2) Every way of a man *is* right in his own eyes: but the LORD pondereth the hearts.

(Pro 31:6) Give strong drink unto him that is ready to perish, and wine unto those that be of heavy hearts.

(Isa 44:18) They have not known nor understood: for he hath shut their eyes, that they cannot see; *and* their hearts, that they cannot understand.

(Jer 31:33) But this *shall be* the covenant that I will make with the house of Israel; After those days, saith the LORD, I will put my law in their inward parts, and write it in their hearts; and will be their God, and they shall be my people.

(Jer 32:40) And I will make an everlasting covenant with them, that I will not turn away from them, to do them good; but I will put my fear in their hearts, that they shall not depart from me.

(Jer 42:20) For ye dissembled in your hearts, when ye sent me unto the LORD your God, saying, Pray for us unto the LORD our God; and according unto all that the LORD our God shall say, so declare unto us, and we will do *it*.

(Jer 48:41) Kerioth is taken, and the strong holds are surprised, and the mighty men's hearts in Moab at that day shall be as the heart of a woman in her pangs.

(Eze 13:2) Son of man, prophesy against the prophets of Israel that prophesy, and say thou unto them that prophesy out of their own hearts, Hear ye the word of the LORD;

(Eze 32:9) I will also vex the hearts of many people, when I shall bring thy destruction among the nations, into the countries which thou hast not known.

(Dan 11:27) And both these kings' hearts *shall be* to do mischief, and they shall speak lies at one table; but it shall not prosper: for yet the end *shall be* at the time appointed.

(Hos 7:2) And they consider not in their hearts *that* I remember all their wickedness: now their own doings have beset them about; they are before my face.

(Zec 7:12) Yea, they made their hearts *as* an adamant stone, lest they should hear the law, and the words which the LORD of hosts hath sent in his spirit by the former prophets: therefore came a great wrath from the LORD of hosts.

(Zec 8:17) And let none of you imagine evil in your hearts against his neighbour; and love no false oath: for all these *are things* that I hate, saith the LORD.

(Mat 9:4) And Jesus knowing their thoughts said, **Wherefore think ye evil in your hearts?**

(Mat 18:35) **So likewise shall my heavenly Father do also unto you, if ye from your hearts forgive not every one his brother their trespasses.**

(Mat 19:8) He saith unto them, **Moses because of the hardness of your hearts suffered you to put away your wives: but from the beginning it was not so.**

(Mar 2:6) But there were certain of the scribes sitting there, and reasoning in their hearts,

(Mar 2:8) And immediately when Jesus perceived in his spirit that they so reasoned within themselves, he said unto them, **Why reason ye these things in your hearts?**

(Mar 3:5) And when he had looked round about on them with anger, being grieved for the hardness of their hearts, he saith unto the man, **Stretch forth thine hand.** And he stretched *it* out: and his hand was restored whole as the other.

(Mar 4:15) **And these are they by the way side, where the word is sown; but when they have heard, Satan cometh immediately, and taketh away the word that was sown in their hearts.**

(Luk 1:17) And he shall go before him in the spirit and power of Elias, to turn the hearts of the fathers to the children, and the disobedient to the wisdom of the just; to make ready a people prepared for the Lord.

(Luk 1:51) He hath shewed strength with his arm; he hath scattered the proud in the imagination of their hearts.

(Luk 1:66) And all they that heard *them* laid *them* up in their hearts, saying, What manner of child shall this be! And the hand of the Lord was with him.

(Luk 2:35) (Yea, a sword shall pierce through thy own soul also,) that the thoughts of many hearts may be revealed.

(Luk 3:15) And as the people were in expectation, and all men mused in their hearts of John, whether he were the Christ, or not;

(Luk 5:22) But when Jesus perceived their thoughts, he answering said unto them, **What reason ye in your hearts?**

(Luk 8:12) **Those by the way side are they that hear; then cometh the devil, and taketh away the word out of their hearts, lest they should believe and be saved.**

(Luk 16:15) And he said unto them, **Ye are they which justify yourselves before men; but God knoweth your hearts: for that which is highly esteemed among men is abomination in the sight of God.**

(Luk 21:14) **Settle *it* therefore in your hearts, not to meditate before what ye shall answer:**

(Luk 21:26) **Men's hearts failing them for fear, and for looking after those things which are coming on the earth: for the powers of heaven shall be shaken.**

(Luk 21:34) **And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and *so* that day come upon you unawares.**

(Luk 24:38) And he said unto them, **Why are ye troubled? and why do thoughts arise in your hearts?**

(Act 1:24) And they prayed, and said, Thou, Lord, which knowest the hearts of all *men*, shew whether of these two thou hast chosen,

(Act 7:39) To whom our fathers would not obey, but thrust *him* from them, and in their hearts turned back again into Egypt,

(Act 14:17) Nevertheless he left not himself without witness, in that he did good, and gave us rain from heaven, and fruitful seasons, filling our hearts with food and gladness.

(Act 15:8) And God, which knoweth the hearts, bare them witness, giving them the Holy Ghost, even as *he did* unto us;

(Act 15:9) And put no difference between us and them, purifying their hearts by faith.

(Rom 1:24) Wherefore God also gave them up to uncleanness through the lusts of their own hearts, to dishonour their own bodies between themselves:

(Rom 2:15) Which shew the work of the law written in their hearts, their conscience also bearing witness, and *their* thoughts the mean while accusing or else excusing one another;)

(Rom 5:5) And hope maketh not ashamed; because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto us.

(Rom 8:27) And he that searcheth the hearts knoweth what *is* the mind of the Spirit, because he maketh intercession for the saints according to *the will of God*.

(Rom 16:18) For they that are such serve not our Lord Jesus Christ, but their own belly; and by good words and fair speeches deceive the hearts of the simple.

(1Co 4:5) Therefore judge nothing before the time, until the Lord come, who both will bring to light the hidden things of darkness, and will make manifest the counsels of the hearts: and then shall every man have praise of God.

(2Co 1:22) Who hath also sealed us, and given the earnest of the Spirit in our hearts.

(2Co 3:2) Ye are our epistle written in our hearts, known and read of all men:

(2Co 4:6) For God, who commanded the light to shine out of darkness, hath shined in our hearts, to *give* the light of the knowledge of the glory of God in the face of Jesus Christ.

(2Co 7:3) I speak not *this* to condemn *you*: for I have said before, that ye are in our hearts to die and live with *you*.

(Gal 4:6) And because ye are sons, God hath sent forth the Spirit of his Son into your hearts, crying, Abba, Father.

(Eph 3:17) That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love,

(Eph 6:22) Whom I have sent unto you for the same purpose, that ye might know our affairs, and *that* he might comfort your hearts.

(Php 4:7) And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

(Col 2:2) That their hearts might be comforted, being knit together in love, and unto all riches of the full assurance of understanding, to the acknowledgement of the mystery of God, and of the Father, and of Christ;

(Col 3:15) And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.

(Col 3:16) Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

(Col 4:8) Whom I have sent unto you for the same purpose, that he might know your estate, and comfort your hearts;

(1Th 2:4) But as we were allowed of God to be put in trust with the gospel, even so we speak; not as pleasing men, but God, which trieth our hearts.

(1Th 3:13) To the end he may stablish your hearts unblameable in holiness before God, even our Father, at the coming of our Lord Jesus Christ with all his saints.

(2Th 2:17) Comfort your hearts, and stablish you in every good word and work.

(2Th 3:5) And the Lord direct your hearts into the love of God, and into the patient waiting for Christ.

(Heb 3:8) Harden not your hearts, as in the provocation, in the day of temptation in the wilderness:

(Heb 3:15) While it is said, To day if ye will hear his voice, harden not your hearts, as in the provocation.

(Heb 4:7) Again, he limiteth a certain day, saying in David, To day, after so long a time; as it is said, To day if ye will hear his voice, harden not your hearts.

(Heb 8:10) For this *is* the covenant that I will make with the house of Israel after those days, saith the Lord; I will put my laws into their mind, and write them in their hearts: and I will be to them a God, and they shall be to me a people:

(Heb 10:16) This *is* the covenant that I will make with them after those days, saith the Lord, I will put my laws into their hearts, and in their minds will I write them;

(Heb 10:22) Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water.

(Jas 3:14) But if ye have bitter envying and strife in your hearts, glory not, and lie not against the truth.

(Jas 4:8) Draw nigh to God, and he will draw nigh to you. Cleanse *your* hands, *ye* sinners; and purify *your* hearts, *ye* double minded.

(Jas 5:5) Ye have lived in pleasure on the earth, and been wanton; ye have nourished your hearts, as in a day of slaughter.

(Jas 5:8) Be ye also patient; stablish your hearts: for the coming of the Lord draweth nigh.

(1Pe 3:15) But sanctify the Lord God in your hearts: and *be* ready always to *give* an answer to every man that asketh you a reason of the hope that is in you with meekness and fear:

(2Pe 1:19) We have also a more sure word of prophecy; whereunto ye do well that ye take heed, as unto a light that shineth in a dark place, until the day dawn, and the day star arise in your hearts:

(1Jn 3:19) And hereby we know that we are of the truth, and shall assure our hearts before him.

(Rev 2:23) **And I will kill her children with death; and all the churches shall know that I am he which searcheth the reins and hearts: and I will give unto every one of you according to your works.**

(Rev 17:17) For God hath put in their hearts to fulfil his will, and to agree, and give their kingdom unto the beast, until the words of God shall be fulfilled.

The Spiritual Roots Behind Heart Failure

Heart failure is where the heart is no longer able to pump the blood efficiently. As a result, your brain, organs and body tissues do not get an adequate blood supply with oxygen and energy. To understand heart failure, it is important for you to first read through the chapter on the effects of long term fear, anxiety and stress on page 180 which has essential background knowledge.

Luke 21 v26: "In the last day's men's hearts shall fail them because of fear." (KJV)

I have quoted the above scripture many times in this chapter as I have explained how the different heart diseases caused by fear, anxiety and stress eventually lead to heart failure. Heart failure is a complication of another underlying heart disease. The most common causes are listed below.

- High blood pressure (hypertension) – the heart is overworked by the strain of having to pump blood against a high pressure.
- Coronary artery disease – the heart muscle is not getting an adequate blood supply.
- Heart valve disease – this leads to an increase in blood volume and subsequently an increased pressure inside the heart. The high pressure puts strain on the heart, causing it to be overworked.
- Abnormal heart rhythm.
- Failure of the right side of the heart can be caused by lung disease (the medical term is cor pulmonale) –diseases such as chronic bronchitis, emphysema and TB cause narrowing and high pressure in the blood vessels in the lung. Thus the right side of the heart has to pump blood to the lung against a high pressure. This puts strain on the right side of the heart, eventually causing it to fail.
- Damaged heart muscle – for example by a heart attack or myocarditis.
- Cardiomyopathy i.e. abnormal functioning of the heart muscle (explained above).

The spiritual roots behind the diseases mentioned above that cause heart failure have been discussed in detail previously in this chapter. All of these diseases involve different types of fear, anxiety and stress upstream in a person's thought life that puts the body into a toxic state of stage 2 and 3 of stress. (Coronary Artery Disease, bronchitis and some forms of cardiomyopathy also have an element of self bitterness, guilt and varying degrees of self-hatred).

Patients with heart failure have been shown to have high levels of stress hormones in their blood (such as norepinephrin released from the adrenal glands in the kidney) and hyperactivity of the sympathetic nervous system.

Normally the kidneys filter out excess fluid in the blood. The fluid that is filtered out by the kidneys then drains into the bladder. This fluid is then excreted from your body along with other waste in the form of urine. During stage 2 and 3 of stress, there are high levels of stress hormones. One of these stress hormones is ACTH (which is the fear hormone). ACTH causes an increased release of a chemical called Aldosterone from the adrenal glands on top of the kidney. Aldosterone has an action on the kidney that causes less fluid in the blood to be filtered out by the kidney. Because less fluid is filtered out, the blood volume increases, which in turn causes an increase in the blood pressure. Eventually the pressure is so high that it forces fluid in the blood out of the blood vessels into the surrounding tissues. This is why people with heart failure get swelling in their ankles and legs.

Fluid also leaks into the lungs, interfering with the absorption of oxygen from the air that is breathed in. This results in a sensation of shortness of breath and labored breathing (medical term is dyspnoea). Difficulty in breathing during exertion such as walking up stairs or up a hill is one of the earliest symptoms of heart failure. The fluid in the lungs also makes it difficult to lie flat while sleeping – the person has to sleep on two or three pillows, otherwise he/she can't sleep properly (medical term for this is orthopnea). The fluid in the lungs can also result in the person waking up at night with a sensation of severe breathlessness. He/she sits up immediately and gasps for air (medical term for this is paroxysmal nocturnal dyspnea).

Heart failure is considered a terminal condition in the medical field. However, no disease is incurable with God when we line up with His Word and meet His conditions for healing. My grandfather had a massive heart attack. God healed him and gave him a totally new heart. At the age of 82 he has a heart and blood pressure like that of a 20-year-old man. When he goes to the doctor for a checkup, they cannot believe his blood pressure for his age. They often take his blood pressure two or three times to see if the blood pressure machine is not working properly. What God did for my grandfather, He will do for you! Acts 10 v 34 says that God is no respecter of persons. However, you have a responsibility to deal with the underlying spiritual issues that cause heart failure.

A Broken Heart Causes Allergies.

About 40% of people world-wide have allergies, either simple or complex. Allergies are a mystery to most people. However, I am going to give you insight into the spiritual, psychological and physical mechanisms that produce allergies. I believe that this knowledge will help set you free from allergies and enable you to take your life back.

Other names for an allergy is atopy, immediate type hypersensitivity reaction or Ig E mediated type hypersensitivity reaction. An allergy is a hypersensitivity reaction where a person is hyper reactive to an allergen. An allergen can also be called an antigen – this is the substance that is considered to be causing the allergy or hypersensitivity reaction. The allergen or antigen can be pollen, bee venom, animal hair (e.g. cats), fungus, certain medications (e.g. penicillin), certain foods, chemicals and many other things. Are you really allergic to all these things or did your enemy train you how to react to these things? Let's find out...

In this chapter I'm going to take you on a journey into the Bible, into the physiology of your body and right into your bone marrow because allergies are a bone marrow issue. I'm going to show you how the thoughts that you have meditated on long term have lead to the physical manifestation of an allergy.

Parts of the body affected by allergies are:

- Nose (Allergic Rhinitis) – hayfever
- Eyes (Conjunctivitis) – hayfever
- Skin – rashes, atopic dermatitis, hives, urticaria (which is an eruption of itching wheals), eczema.
- Stomach and intestines (Food allergy) – vomiting, cramps and diarrhea.
- Lungs – asthma.

A life threatening reaction called anaphylaxis can occur where the person can't breathe because the airways get blocked by swelling of the tissues.

How An Allergy Develops (Type 1 Hypersensitivity Reaction) There are seven words in Proverbs 17 v 22 that are the insight into all allergies. They don't teach this scripture in medical school because medical schools don't use the Bible to understand disease, because science only believes what it can see. I'm thankful to science because it allows me to see what God has created. However, it was through the teaching of Henry Wright that I got this insight into allergies:

Proverbs 17 v 22: "A happy heart is good medicine and a cheerful mind works healing, but a broken spirit dries up the bones." (Amplified Bible). Right here in the Bible it says that a broken spirit dries the bones. It doesn't say a soul; it says a broken spirit. Here we can see a connection between the health of the human spirit and the health of the bones. Now think with me through this: "What is drying of the bones?" I suppose we could think of osteoporosis which is deterioration or weakening of the bones due to loss

of calcium and bone density. But we are not talking about osteoporosis, we're talking about allergies. In Proverbs 14 v 30 it says that envy and jealousy cause rottenness of the bones which is what osteoporosis is. But we are not talking about rotting of the bones, we are talking about drying of the bones. So if it is not osteoporosis, what is left? Bone marrow!

Now what is in bone marrow? In the marrow is the origin of your blood: your blood is manufactured in your bone marrow. Your blood consists of red and white blood cells. In allergies you don't have anemia which is a lack of red blood cells – the red blood cells are ok. So what is left? White blood cells which is what makes up the immune system. When you have a weakened immune system you have a lowered number of white cells in your blood. Drying of the bones means a weakened immune system.

What compromises or weakens the immune system? It doesn't say pesticides or chemicals or certain foods destroy the immune system – it says a broken spirit destroys the immune system. Right here in the Bible we see a connection between our spirituality and our body chemistry, right down to the health of our immune system.

Proverbs 17 v 22 says that a broken spirit dries the bones. What is a broken spirit? In the Bible the word "heart" means "the spirit" or "the soul and spirit" depending on the context that the word heart is used. So we could say that a broken spirit is a broken heart.

In Luke 4 v 18 Jesus said that He came to heal the broken hearted: "The Spirit of the Lord God is upon Me, because the Lord has anointed and qualified Me to preach the Gospel of good tidings to the meek, the poor and the afflicted; He has sent me to bind up and heal the broken hearted, to proclaim liberty to the [physical and spiritual] captives..."

God wants to heal the broken heart. What is a broken heart? A broken heart or a broken spirit can occur in a person's life spiritually when they were damaged by someone who was supposed to love them and didn't. What are some of the life circumstances that can contribute to the broken heart? Well firstly in childhood we may not have been covered or loved like we should have been. Our families can be very dysfunctional. Our marriages can be very dysfunctional. What does dysfunctional mean to you and me?

It means we're not at peace with each other. We don't feel safe with each other. Henry Wright has dealt with hundreds of people with allergies both simple and complex over the past 20 years. He has found that multiple allergies follow a class of people who have been victims of one or more or sometimes all of the following five life circumstances, beginning in childhood:

1. Emotional abuse.
2. Verbal abuse.
3. Physical abuse.
4. Sexual abuse.
5. Performance, perfectionism and driven-ness – many times as children we grow up in families in which we're accepted and loved based on our achievements (I discussed this issue on page 180 in the chapter I initially referred you to).

These five areas can produce fear that causes allergies. The fear is a result of the break up in the human relationship between the person who has the allergies and another person who is usually a close family member. The person does not feel safe in relationships and is not able to give and receive love without fear. In severe allergies like MCS/EI, the people are rooted in great insecurity, great mistrust and great fear.

In the Bible we see a connection between our spirituality and body chemistry, right down to the health of our immune system.

The other part of it is occultism. If you or family members in generations before you have been involved in occultism, this needs to be repented of because it can block healing (see the section on page 52 under the heading, "Separation from God's Word"). Remember allergies can also be genetically inherited.

When you have fear and anxiety in your thought life coming out of a broken heart, you are in stage 2 and 3 of stress. In this toxic state there are high levels of the hormone Cortisol in your blood stream which damages the immune system. Remember, the cells of the immune system (which are the white blood cells) are formed in the bone marrow. There are two main types of white blood cells. There are T cells and there are B cells. The T cells are called killer cells – they directly kill viruses, bacteria and cancer that are dangerous to you. The B cells produce anti-bodies to kill harmful substances. But there are things that will interfere with your immune system serving you – high levels of cortisol kill the T-cells. When the T cells are destroyed, the B cells become over active because the cells of the immune system are out of balance.

The B cells produce too much antibodies, particularly an antibody called IgE. There is also an increase in cells called eosinophils. The antibody Ig E and eosinophils are cells of the immune system that were originally designed by God to kill parasites so that they don't cause infection. Ig E antibodies and eosinophils are normally present in very small quantities in the body tissues of healthy people. However, the damage caused by Cortisol can cause the production of Ig E antibodies to be increased so that there are now very high levels in the body tissue.

High levels of IgE antibodies lead to an allergy as follows:

The Ig E antibodies attach to the surface of cells called mast cells. Mast cells are present in tissue throughout the body, especially in the skin, lungs, the lining of your stomach and intestines, the mucous membranes of your nose and around blood vessels.

When the person is exposed to the allergen (antigen), it attaches to the IgE antibodies that are also attached to the mast cells. When the allergens attach to the IgE antibodies, the mast cells are activated and release substances that cause inflammation such as histamine, prostaglandins and leukotrienes. These substances cause the following:

- Increase in mucous production (e.g. in asthma) and runny nose (allergic rhinitis).
- Contraction of the muscle in intestines leading to vomiting and diarrhea (e.g. in food allergy).
- Contraction of muscle in walls of airways (asthma), making it difficult to breath.
- Increased diameter of the blood vessels (vasodilation) and increased permeability of the blood vessels.

This causes the water (plasma) in blood to leak into the surrounding body tissues, which results

in swelling and redness. For example:

- Wheal and flare reaction in the skin – rash, hives, urticaria, eczema.
- Swelling of lips, itching and redness around the mouth.
- Drop in blood pressure.
- Swelling in the walls of the airways (asthma) – this makes it difficult to breath because the airways are narrowed and not enough air can get to the lungs. This is made worse by chemicals called leukotrienes which are also released from the mast cells. These chemicals cause the muscles in the airway walls to contract which further narrows the airways. The swelling also causes an imbalance in nerve control of the muscle in the airways causing the muscles to contract even more.

When you had skin rashes, itching, hives, urticaria, blotching, swelling and you went to the doctor, he most probably prescribed a topical cream. Did you ever look at the ingredients? When you look on the fine print of the tube that you squeeze, it's an antihistamine. When you have an over production of histamine in your body (as described above), whether it involves your skin, nose, eyes or intestines, you have swelling.

When you have swelling you have pressure on your nerves and surrounding body structures and you get discomfort, irritation and/or pain. Anti-congestant drugs are often prescribed for sinusitis. My strong advice to you would be to avoid antihistamines and anticongestants as much as possible because they are addictive in the sense that once you start using them you end up using them all the time. Anti-histamines are the number one across the counter addictive drug in the world.

Withdrawal from anti-histamines is as strong as the withdrawal from any other drug. Anticongestant drugs contain paracetamol which is a strong painkiller and therefore these drugs do give you relief from the pain of the congestion. However, there are other ingredients in the anti-congestant that damage the cilia that line your sinus cavities. Cilia are structures that help keep the mucous flowing and help with the drainage of mucous. When these cilia are damaged, drainage of mucous is not good and this predisposes you to more sinus infections and more sinusitis... so you take the drug again... the cilia is damaged further... more sinus infections...do you see the pattern? So drugs are not the answer. Deal with the root issue and you'll be free of the problem permanently.

WITH REGARDS TO ASTHMA: There are two types of asthma:

Allergic asthma (also called extrinsic asthma) – this is a hypersensitivity reaction just as I have been explaining above. People with this type of asthma have large quantities of the Ig E antibodies. This is associated with a family history i.e. family members in previous generations have had asthma. It generally develops for the first time early in life, usually in infancy or childhood.

Non – allergic asthma (also called intrinsic asthma) – this type generally develops in adult life and is not associated with a family history of asthma. This is not strictly an allergic reaction as people with this type of asthma have normal amounts of Ig E antibodies. The inflammation is not caused by Ig E antibodies – instead it is caused by chemicals (inflammatory mediators) that are released from the muscle in the airway walls. However, the rest of the pathological features of airway inflammation are exactly the same and both types of asthma have the same spiritual root.

In stage 2 and 3 of stress there is an excessive production of stress hormones, one of which is ACTH – the “Fear Hormone”. These high levels of ACTH attach to receptors in the alveoli (membranes in your lungs where oxygen is absorbed from the air you breath). This makes the alveoli become ‘stiff’, so that oxygen is not absorbed very well – which also produces the feeling of being out of breath and causes you to gasp for air.

Let's continue with the explanation of how an allergy develops, so far I have explained that:

- When you have fear and anxiety in your thought life coming from a broken heart and a breakdown in relationships, your body is in stage 2 and 3 of stress
- You have high levels of stress hormones in your blood – one of these stress hormones is cortisol.
- In high quantities cortisol kills the T cells of your immune system.
- This causes the T and B cells to go out of balance
- The B cells become over active and they produce too much Ig E antibodies
- These anti-bodies activate mast cells and the mast cells produce histamine, prostaglandins and leukotrienes
- These chemicals cause inflammation and the symptoms of allergies.

In this process various other chemicals are released that then stimulate an increased production of eosinophils.

These cells then release toxic substances (e.g. reactive oxidants) that cause a tremendous amount of damage to the body tissue in allergic reactions.

This leads to persistent (chronic) inflammation that continues even when the so called allergen is no longer present. The airways, skin, walls of the intestine (in food allergy) become hyper-reactive, with the allergic reaction happening even in the absence of the original allergen. Because that body tissue is hyper-reactive, it is like a woman with PMS – almost anything can irritate it. Almost any other substance can then cause this allergic reaction, for example (in the case of asthma) – cigarette smoke, respiratory infections, exercise and aspirin ingestion.

I'm going to prove to you that you are not really allergic to anything. All you are experiencing is a physical manifestation as a result of excessive B cell activity. When cortisol destroys the immune system, it has nothing to do with food or dust or cats or whatever it is that you think you are allergic to. It is fear.

When you come to me with an allergy, I know what your problem is – you have a broken heart. You are not able to give and receive love without fear because you don't feel safe in love.

That fear releases stress hormones such as cortisol that kills off the T cells of the immune system, causing an imbalance between T cell and B cell activity. As a result, B cell activity increases. An allergy is basically excessive B cell activity. The degree that your immune system is damaged by cortisol, is the degree that your B cell activity increases. So allergies are really the result of a damaged immune system, not what you are eating or what you are exposed to in your environment. You are not really allergic to anything, you are simply experiencing a biological phenomenon of fear and the resultant consequences of excessive cortisol release, which includes a damaged immune system.

The medical definition of an allergy is an acquired abnormal immune response to an antigen that does not normally cause a reaction in most other people. If you come to me with an allergy, I know you have a damaged immune system, I don't need to see your blood test results to figure that out. How many allergies you have tells me how much your immune system is damaged. To the degree that your immune system is damaged is the degree to which excessive B cell activity increases. The more B cell activity increases, the more allergies you are going to get. One person can have more than 100 different allergies. To the degree that your immune system is healed is the degree that your B cell activity is decreased which is then the degree to which the number of allergies decrease.

Allergic reactions can range from mild to very severe. The most severe type of allergic reaction is called MCS/EI (Multiple Chemical Sensitivity and Environmental Illness). There are more than 250 000 people suffering from this illness today and it is one of the most rapidly growing diseases. People who have this disease are very miserable. Here is the story of one person with this illness: "I'm allergic to everything. I was exposed to pesticides about 10 years ago and since that time my immune system has been damaged and I'm allergic to everything. I can eat hardly anything. All that I can eat is the crust of the bread that has been burnt to charcoal. I weigh 75 pounds and I look like a skeleton wrapped in skin. I am dying and I have no hope. I cannot even bath because I am allergic to water on my skin. I'm allergic to heat and electricity – I can't even be within 60 feet of a light bulb that is on or read a book. I'm living in a single room. I can't be with my family. I'm in a room where the floors are lined with foil.

The walls are bare sheet rock; I'm sleeping on dismantled springs of a box spring that has been wrapped in a material that has been specially conditioned for a year. I'm on oxygen and respirators. I cannot leave this room to be in the presence of a human being for too long." Henry Wright went to help this person.

When Henry Wright arrived at this person's house, the person asked, "Has God shown you anything about my disease?" He said, "I've got to ask you a question. I want to know who broke your heart? I want to know what happened that has put this kind of fear in you? Who didn't cover you with acceptance and love?" That question was the open door because what he had then was tears. From that point on the pastor's hands were full. They got to the spiritual roots of the problem (fear from a broken heart) and dealt with it. On the 7th day this person walked out of the house for the first time in 5 years and went down to the local store, ate a fully loaded cheese burger with French fries, yogurt and ice cream. That was for lunch. In the evening they went out to the Sizzler and she ate all she could eat at the buffet. That began her journey out of a prison house. This person is still well today and the MCS/EI has never come back.

There are hundreds of people worldwide who are healed of MCS/EI and have never had a relapse simply through dealing with the fear and broken heart behind it. This is more than medicine has ever achieved. There is no drug or treatment to cure MCS/EI or any allergies. Medical drugs such as anti-histamines and corticosteroids only cause a little improvement and only temporarily dull the symptoms. The environmental ecologist, the allergist with all the modalities of Eastern mysticism, alternative modalities, allergy shots, homeopathy, rotation or elimination diets, sauna, supplements and other treatments have never produced any long terms healings of allergies or MCS/EI.

Food Allergies

You may have your favorite foods and you may have foods that you don't like – this is a matter of preference. When you have allergies you begin to lose those good things that you like. The first thing you begin to lose in allergies are of course your dairy products and that includes milk, things that you love such as ice cream and cheese cake. You also lose all of the sweet things because you lose your sugars and then you lose your wheats. All of a sudden all those things that God created for your pleasure and also for your benefit you begin to lose. Did God take these foods away from you or did your enemy train you how to react to these foods?

God does not want you to lose your foods. There is not any food that is evil according to Scripture but all foods are profitable if taken with thanks giving because they are sanctified by the Word of God and by prayer. 1 Timothy 4 v 1-5: “1But the [Holy] Spirit distinctly and expressly declares that in latter times some will turn away from the faith, giving attention to deluding and seducing spirits and doctrines that demons teach, 2Through the hypocrisy and pretensions of liars whose consciences are seared (cauterized), 3Who forbid people to marry and [teach them] to abstain from [certain kinds of] foods which God created to be received with thanksgiving by those who believe and have [an increasingly clear] knowledge of the truth. 4For everything God has created is good, and nothing is to be thrown away or refused if it is received with thanksgiving. 5 For it is hallowed (King James Version says sanctified) and consecrated by the Word of God and by prayer.”

Romans 14 v 14: “I know and am convinced (persuaded) as one in the Lord Jesus, that nothing is [forbidden as] essentially unclean (defiled and unholy in itself). But [none the less] it is unclean (defiled and unholy) to anyone who thinks it is unclear.” The scripture is for all of you who have food allergies: Numbers 13 v 27: “They told Moses, we came to the land to which you sent us; surely it flows with milk and honey. This is its fruit.” When the spies came back from the Promised Land, what was it filled with? Dairy products and sugar!

Yet these are the first two products that are often lost in allergies. The Lord gave you richly all things to enjoy – all kinds of food that are taken with thanksgiving are sanctified with prayer and the Word of God. There are many people who were allergic to various foods and are now eating normally today without any allergic reactions. Would that be a viable option for you?

Lactose intolerance in children is a result of inherited fear coming out of fear and insecurity in the parents that is transferred to the child. If the parents repent for this fear and command the spirit of fear to leave them and their child in the Name of Jesus, the child will be healed. The Bible says that children are sanctified by the believing parents. 1 Corinthians 7 v 14: "For the unbelieving husband is sanctified by the wife, and the unbelieving wife is sanctified by the husband: else were your children unclean, but now they are holy." KJV Allergies, whether mild or severe, are anxiety disorders that compromise the immune system. The only way to get totally healed is to break this anxiety syndrome (stages 2 and 3 of stress) so that the immune system can recover. Then the allergies will fall away.

There's no point in using drugs like anti-histamines and corticosteroids to try to get rid of the allergies as that is not a long term solution. You can go and see twelve different specialists who will all prescribe a slightly different medication. People with MCS/EI have ended up going to as many as 30 different doctors and some of them spent up to one million U.S dollars in medical bills but they got nowhere...they were still stuck with their allergies. So let's get to the root – let's start from the inside, not the outside. An average doctor will tell you to avoid the allergen – don't eat chocolate, don't eat cheese, avoid nuts and shell fish etc. I'm here to tell you a startling piece of information – you have been lied to! You've been deceived with one of the biggest lies of the devil.

You are not allergic to anything. The culprit is an abnormal functioning immune system because of fear, anxiety and stress in your thought life. Next time you get a reaction, don't say, "What did I eat", say "What did I think?" You can eat anything you like! God said in Genesis 1 v 31 that everything He made was not just good – it was very good! Henry Wright has had a lot of experience and success in seeing people totally healed from allergies after dealing with the spiritual roots. The first thing that they do with people coming out of the food allergies is to get all the foods they ever wanted back into their lives. Do you like pizza? Go for it! Do you like chocolate and ice cream? Go for it! Enjoy that peanut butter and the dairy products! God gave you richly all things to enjoy.

In creation God made your body to be fully adapted and compatible to whatever you are exposed to in the environment. Satan knows that if he can manage to control your thought life, he can control your body chemistry and cause disease. Jesus said the devil is a thief that comes to steal, kill and destroy (John 10 v 10). The Bible says in Leviticus 17 v 11 that the life is in the blood so the devil knows that if he wants your life, he must get to your blood. Your blood is formed in the bone marrow and as you can now see allergies are a bone marrow issue. The destruction of your immune system was not an accident, it was part of an intelligent design to capture your marrow which is the origin of the life in the blood.

You are not really allergic to anything. What happened is that you allowed the devil to control your immune system – you gave him permission by allowing fear, anxiety and stress to dominate your thought life. Could God stop it? Well, He is not going to because He gave you a free will. It's about time you know what your enemy knows about you so you can defeat him at the onset. You don't have to be a victim, nor do you have to be ignorant or suffer from disease. Why don't you take your life back before the Lord once and for all, and also tell your friends and family that you have been lied to?

When your friends and family tell you they're allergic to this or that, tell them they have been lied to! Get involved in their life and find out what it is that they are afraid of. What is their stressor? What is their conflict? What is the unresolved issue in their life? Who broke their heart?

This may be difficult for you to believe because the medical community is telling you just the opposite.

I am completely opposed to where the medical profession out there is coming from because they are still chasing the symptoms and the allergens. I'm after the root cause of allergies. They are saying that the cause is "chemical sensitivity" or "chemical injury". I want to tell you that you are not reacting to any chemical.

How is it that the other 98% of our population living in the same environment, going to the same shops, schools, buildings and walking through the same bush with grass, flowers, animals etc don't have this problem? You don't have to be a doctor to use your common sense to work out that if the chemicals were causing damage or injury at a cellular level, we would all be sick with some kind of chemical poisoning.

Asthma

The John Hopkins University Research Team proved something in 1996 that has changed the medical community's belief concerning asthma for the past 50 years: they proved that asthma has nothing to do with what you breathe such as smoke, dust, pollen etc. The asthmatic attack is triggered internally from deep inside the person as a result of fear, anxiety and stress. Asthma is now considered an anxiety disorder in the medical field. The specific fear behind asthma is the fear of abandonment.

According to the Journal of American Medicine, if a child that has just been born is immediately given to the mother so that she can hold, talk to and breast feed her baby, asthma will be prevented in that child for the first 6 years statistically. Separate that baby from its mother by leaving it in an incubator or nursery somewhere because of complications and asthma is right around the corner because the fear of abandonment comes in. The same applies if you hand out your child to other people all of the time while they are small or if you send them to boarding school at the age of six and don't see your child again for three weeks...the fear of abandonment and asthma is right on the child's door step. Adults can also develop a fear of abandonment, for example when they are separated from loved ones.

Henry Wright told the true story of a couple who went on holiday to Italy with their young child. They were getting ready to fly back home and at the airport the child was being a little naughty. In a moment of frustration and in an attempt to get the child to behave, the mother said, "If you don't come here right now, I am going to leave you behind." Within two days that child had asthma and she had it for years after that. One day the mother learnt through Henry Wright's teaching that asthma was caused by fear of abandonment. The Holy Spirit instantly reminded the mother of what she had said to her child that day at the airport and she was convicted. She went to her child and she repented to him for saying that and released him from that fear of abandonment that came out of her words and that the enemy took advantage of. The asthma left instantly never to return.

What has been discovered is that it is not the cheese, nuts, bee or smoke, for example that causes the reaction: the thing that you think you are allergic to has programmed a response in you – fear. The cheese or smoke is not what you are reacting to, it is the reinforcement of the mental and spiritual stronghold in your mind that keeps you in bondage, and makes that smell or food with cheese or nuts a stressor. Henry Wright told one person with MCS/EI that it was his thought life, not exposure to chemicals that was causing his reaction. This man would not believe him. One day in a ministry session when he had his team with him, he casually walked to the window and said, "Oh! The bug man is here to spray the pesticides." This man went into a massive allergic reaction just at the thought of it! He recovered from his allergic reaction in 15 minutes. Henry looked him in the eye and said, "There was no bug man." This man was angry with him at first, but then he got the message. The same allergic reaction had occurred without the chemical or exposure to it. This man finally realized he had been lied to! This man is totally well today and praising God for his healing.

You can go back and take back every bit of ground that you have lost – every type of food, every building, every part of the bush and its flowers, every bit of clothing, everything you ever lost – you're going to take it back. This teaching is exploding globally and totally revolutionizing people's thinking about allergies. One pastor in America started applying these principles which he learnt through the ministry of Henry Wright. When he first started, 40% of his church had allergies. After two years of applying these principles in relationships, he now has an allergy free church.

Henry Wright is the pioneer of this insight into allergies. God gave him this revelation about allergies from Proverbs 17 v 22 in 1990. Twenty years later he is considered the number one authority on allergies in the world because the success they have had is second to none – there are literally thousands and thousands of people across the world who have been healed through application of this knowledge and insight. From the extremes of being forced by severe allergies to go naked, not being able to wear clothes, being unable to eat almost any known food, allergic even to water, with multiple allergies – these people are today living normal productive lives with no relapse.

There are people who had over 100 different allergies and are totally healed today though simply dealing with the fear and broken heart behind it. If they can be healed simply by dealing with the spiritual root, how much more can you be healed from a cheese, chocolate, bee sting or whatever allergy? I'd like to give you your life back because it belongs to you. You can live a normal life because when God heals your broken heart (remember Isaiah 61 v 1), He'll give you a blood transfusion even at the level of your bone marrow and when you have an immune system that has been healed, allergies are a thing of the past. I'm calling you to lay down your protective mechanisms and come out of your isolation because God wants to deliver you of your fears (Psalm 34 v 4, 2 Timothy 1 v 7).

When people have dealt with this one issue of fear and the broken heart, God instantly gave them a blood transfusion – not only in white blood cells but also in red blood cells. Henry Wright has seen people in hospital whose collapsed veins exploded back into life with red blood with a simple prayer of repentance. Your God can do lots of things when you get right with Him and meet His conditions for healing. Ultimately, your healing from your allergies is the removal of stage 2 and 3 of stress by renewing your mind which means changing your thinking habits. The more fear and anxiety in your thought life decreases, the more your immune system will start to heal. On the other hand, the more fear and anxiety increases in your thought life, the more the immune system is destroyed. The more the immune system is destroyed, the more you have an increase in allergies. As fear, anxiety and stress in your thought life goes away, the reactions go away, and that's why a person can take back five to ten foods very quickly. It's amazing to them. Why is it that one day they are reacting to a particular food, and the next day they find they can eat it, and can eat it from that day on? What changed? The food...the pesticides...the pollen... the cat? No! They changed! What did they change? Their thought life!

When you deal with your broken heart through forgiving the person who hurt you and you remove the fear and anxiety from your thought life through renewing your mind with the Word of God, you will no longer be in stage 2 and 3 of stress. Therefore, the secretion of cortisol will stop and the T cells will be given a chance to regenerate. When the number of T cells increase, the B cells come back into balance and are no longer over-active. Therefore, the production of excessive amounts of IgE antibodies stop and mast cells are no longer activated. Therefore, less histamine is produced, the symptoms of allergies disappear and allergies are a thing of the past. It is as simple as that.

Pray this with me: “Father, I know that you can heal my broken heart. Please give me the ability to open my heart to receive Your love, peace and acceptance– that I will begin to feel complete in You because I am your son. I am Your daughter. I pray that Your Holy Spirit would nurture my spirit and heal the wounds in the depths of my being. Father I ask You to drive the fear out of my life. In the Name of the Lord Jesus Christ I speak to my immune system and command that cortisol to stop being produced in excess, I command the B and T cells to go back into balance, I command the IgE antibodies to stop being produced in excessive quantities, and I command the fear to be gone. I speak a blood transfusion to my marrow in the name of the Lord Jesus Christ and I command my immune system to be healed! Amen.”

For asthma: “I take authority over the spirit of abandonment now and command you leave in Jesus’ Name! I command the cell membrane semi- rigidity in the airways and the alveoli of the lungs to be broken and my airways to be relaxed in the Name of Jesus.”

The good news is this: you are not allergic to anything! go and renew your mind and be set free in Jesus Name!

Download these E books for Free to assist in your Healing

<https://www.thegospeltruth.net.za/living-with-eternity-on-my-mind/>

<https://www.thegospeltruth.net.za/prescription-prayers-from-heaven/>

About TruLight Ministries International



TruLight Ministries = The Lamplighters

A lamplighter is a person employed to light and maintain candle or, later, gas street lights. Very few exist today as most gas street lighting has long been replaced by electric lamps. Their services were no longer required in 1899, when electrical systems were installed in the world

Function - Lights were lit each evening, generally by means of a wick on a long pole. At dawn, the lamplighter would return to put them out using a small hook on the same pole. Early street lights were generally candles, oil, and similar consumable liquid or solid lighting sources with wicks.

Other duties - Another lamplighter duty was to carry a ladder and renew the candles, oil, or gas mantles.

In some communities, lamplighters served in a role akin to a town watchman; in others, it may have been seen as little more than a sinecure.

In the 19th century, gas lights became the dominant form of street lighting. Early gaslights required lamplighters, but eventually systems were developed which allowed the lights to operate automatically.

TODAY – THERE ARE STILL LAMPLIGHTERS AROUND – LIKE PASTOR DIRK AND HIS TEAM – THAT USES THE INTERNET TO LIGHT PEOPLE LAMPS TO SHINE FOR JESUS WITH

Ministry APP - <https://TruLight-Ministries.co.za/> :

Watch our introduction Video on this website

Radio - <https://trulightradioxm.org.za/>

TV - <https://trulighttv.org.za/>

Direction - <https://www.steps2heaven.co.za/>

Healing - <https://battlecancer.co.za/>

Teaching – <https://www.thegospeltruth.net.za/>

End Time Truth - <https://endtimetruth.co.za/>

End Time Prayers: <https://endtimeprayers.co.za/>

Addiction Help - <https://www.addictionhelp.org.za/>

Kidz Education - <https://kingdomkidz.co.za/>

Youth Entertainment - <https://truyouth.co.za/>

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Signs of the Times - <https://signsofthetimes.co.za/>

Direction to the Church – <https://sheriffofthechurch.co.za/>

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