

Prescription for a Healthy Heart Part 2

1. What is the healthy heart? - the healthy mind?

It is a mind with \_\_\_\_\_ volition to the \_\_\_\_\_ and \_\_\_\_\_ of God.

2. A healthy heart is a mind of self-control!

a. Prov 14:30

The way we think; what we think can and does have an \_\_\_\_\_ on our health.

b. Prov. 15:28

Notice here that the healthy heart, or mind having self-control does not \_\_\_\_\_ off.

The control of the tongue or what one says \_\_\_\_\_ with the thinking.

c. Prov 16:23

Talking about lots of \_\_\_\_\_ - \_\_\_\_\_ related to what one says!

What this says is that there is to be some \_\_\_\_\_, some evaluation done before the mouth opens and speaks.

So if we have a healthy heart/mind, one built on DVPT, then that mind has \_\_\_\_\_ of the mouth.

3. A healthy heart/mind is marked by the welcoming of truth!

a. Prov 14:33

Wisdom rests, it finds no resistance, no discomfort in the heart of the one who has \_\_\_\_\_, that is has the word of God, Dvpt.

Side trip: Prov. 1:20-23

The naïve:

The scoffers:

The fools:

4. The healthy heart is one that is totally dedicated, totally focused on God and His word. What we're focused on [thinking] is related ultimately to our \_\_\_\_\_ in life, the choices we make.

- a. Ps 119:10-11 (concept of whole heartedness)

He points out that Word of God does not have \_\_ place but must have \_\_\_\_ place.

119:10 *With all my heart I have sought thee;*

This is a very important concept in our lives, as we think about seeking the Lord, we must notice that it is done in connection with God's \_\_\_\_\_.

He is determined to seek the Lord, totally dedicated to that, but he is also \_\_\_\_\_; knows his natural \_\_\_\_\_! Knows his Sin Nature.

- b. What is our defense against sin, going astray, wandering vs:11

The emphasis here is not on the Word but on the \_\_\_\_\_.

There can be no \_\_\_\_\_ of the Word in a given situation if it is not already logged in your heart.

- c. Summary: In these 3 verses (9-11) there are three important concepts about the Word that we should know.

1. (vs:9) stress is on the \_\_\_\_\_ of the Word to the believer personally.

2. (vs:10) with my all my heart, \_\_\_\_\_ you have the emphasis on \_\_\_\_\_ of the Word personally.

3. (vs:11) Stockpiling the Word in my heart has a \_\_\_\_\_, to keep me from \_\_\_\_\_, personally. Where is the place of the Word in your life?