

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

It is a mind with positive volition to the will and Word of God.

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

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

4. The healthy heart is one that is totally dedicated, totally focused on God and His word.

5. We must have total trust in God. Proverbs 3:5-6

What are some of the qualities that make up trust?

a. It must be _____; with the *whole of your heart!* 3:5a

b. This trust must also be _____. Cannot be divided! 3:5b

* It is important not to lean on our own understanding, but to rely and trust in His wisdom if we are to guard against self-deception.

c. It must be _____! 3:6 *In all your ways acknowledge Him;*

d. The benefit = 3:6b. The result of doing things God's way! "*And He will make your paths straight.*"

Is it shorter and quicker to go from point A to point B when the road is _____ or if it _____ all over the countryside?

Its the same way in the Christian life; The more you study the Bible the more clear the choices become in ones life, and the less chance that you will find your self going astray. Doing things His way we actually will find the reality of the promise to make our paths straight.

e. 3:7 finding favor and success in the sight of God?

Have a prohibition followed by 2 commands and then in vs:8 a promise that flows out of obedience.

#1 The prohibition: "*Do not be wise in your own eyes;*"

Back in vs:5b "*do not lean on your own understanding*"

- The exhortation is don't get wrapped up in your own _____, or of man's in general.

#2 The 1st command: "*Fear the Lord*";

- This fear of the Lord will _____ the believer to live with a sense of serious responsibility before God.
- If we have not bowed to the authority of the Lord in His _____, we can never come to true knowledge, we can never _____ the DVPT of life.

#3 The second Command: "*Turn away from evil*"

- If we are relying on _____ then we will have the discernment to aid in orienting no matter what the situation faced and to make sound decisions.
- Some parallel passages that reflect the attitude we should take related to evil;
Prov 8:13; 14:16; 16:6,17; Psa 97:10

f. 3:8 Result that flows out of our response to the commands in 3:5-7

There is a clear connection between one's spiritual health and one's physical well being.

Look at 17:22

Look at 12:25

Look at 15:13

Look at 18:14