

A Firm Foundation

Solid truths for a shifting world

Proverbs 4:23

“Guard your heart above all else, for it determines the course of your life.”



“Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock. Though the rain comes in torrents and the floodwaters rise and the winds beat against that house, it won’t collapse because it is built on bedrock. “But anyone who hears my teaching and doesn’t obey it is foolish, like a person who builds a house on sand. When the rains and floods come and the winds beat against that house, it will collapse with a mighty crash.”

Matthew 7:24-27

“Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom, and continues in it—not forgetting what they have heard, but doing it—they will be blessed in what they do.

James 1:22-25

“Guard your heart above all else, for it determines the course of your life.”

Proverbs 4:23

Your heart is your wellspring, hub, filter, center... of your life

My heart determines...

➤ Why I SAY the things I do

“The mouth speaks what the heart is full of”

Matthew 12:34

➤ Why I FEEL the way I do

“...evil words come from an evil heart and defile the person who says them. For from the heart come evil thoughts, murder, adultery, all other sexual immorality, theft, lying, and slander.”

Matthew 15:19

➤ Why I ACT the way I do

“A healthy tree produces good fruit, and an unhealthy tree produces bad fruit. A good tree can’t produce bad fruit, and a bad tree can’t produce good fruit. So every tree that does not produce good fruit is chopped down and thrown into the fire. Yes, the way to identify a tree or a person is by the kind of fruit that is produced.”

Matthew 7:17-20

My Heart is THE REAL ME!

“The LORD does not look at the things man looks at. Man looks at the outward appearance, but the LORD looks at the heart.”

1 Samuel 16:7

“You are so careful to clean the outside of the cup and the dish, but inside you are filthy – full of greed and self-indulgence! Blind Pharisees! First wash the inside of the cup, and then the outside will become clean, too. Hypocrites! You are like whitewashed tombs – beautiful on the outside but filled on the inside with dead people’s bones and all sorts of impurity. You try to look like upright people outwardly, but inside your hearts are filled with hypocrisy and lawlessness.”

Matthew 23:25ff

“The heart seeps into every conversation. It dictates every relationship. Our very lives emanate from the heart. We live, parent, lead, relate, romance, confront, react, respond, instruct, manage, problem solve, and love from the heart.” Andy Stanley

“Does a spring of water bubble out with both fresh water and bitter water? Can you pick olives from a fig tree or figs from a grapevine? No, and you can’t draw fresh water from a salty pool...What is causing the quarrels and fights among you? Isn’t it the whole army of evil desires at war within you?”

James 3:11-12, 4:1

How do we get a healed heart?

Process of actions of obedience to the Holy Spirit leading

Anger cured by obedience in forgiveness & reconciliation

Greed cured by obedience in generosity and giving

Envy cured by obedience of thanksgiving and gratitude

Guilt cured by obedience of confession & repentance

Lust is cured by obedience of self-control & boundaries

Fear is cured by obedience of trusting His promises

“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.”

Ezekiel 36:26-27

Ask the Holy Spirit to reveal to you week your heart condition and what you need to do in obedience so that your heart can be healed.