

Lesson 6: Heart

Lesson Focus

“Keeping Our Hearts Pure Before God”

Base Scripture

1 Samuel 16:7; Proverbs 4:23; Ezekiel 36:26

Aim

This week all our studies will have to do with keeping our hearts pure before God and before one another. Probably you have already heard much about the importance of a great heart, but this study will help you see how to have such a heart and what the result of such a heart will be.

Memory Verses:	Proverbs 4:23 23 Above all, guard your heart, for it is the well spring of life.
	Jeremiah 17:9-10 9 The heart is deceitful above all things, and desperately sick; who can understand it? 10 “I the Lord search the heart and test the mind, to give every man according to his ways, according to the fruit of his deeds.”
	Ezekiel 36:26 26 And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh.
Goals: Student will learn:	During this week, discover the tools necessary to guard your heart but while allowing the lord to create a new heart within you thus strengthening your Disciple Making Journey.

DAILY ACTIVITIES: For the Week

Introduction

Before we were saved our heart was hard and cold toward God. We wanted many things, even sinful things, but not God. We felt little affection for Him and had no interest in the things of God, because we didn't know him. But now that we do know him, God wants to have an affectionate relationship with us. So, when we obeyed the Gospel, God not only forgave us and cleansed us of our sins, He also did something to our heart. (See Ezekiel 36:26) God renewed our heart of stone and made it soft, "a heart of flesh." Now our new heart loves God and is inclined toward Him and is responsive to Him. With this new heart, God wants us to enjoy all He is in a relationship of love.

Wednesday God Sees the Inward Heart

1. Today, read Proverbs 4:23. Define "heart" as the writer is describing it? Explain what it means to "guard your heart"?
2. Read Jeremiah 17:5-10. Why did God say this about our hearts?
3. Look at 1 Samuel 16:7. In terms of religion write down, how might our "outward appearance" be different from what is really going on in the "heart"?
4. Read Psalm 139. Especially notice David's prayer for a pure heart in vv. 23-24 and then spend some special time praying about your own heart.

Thursday A Heart Shift, A Transformation

1. All the great men and women in the Scriptures had to deal with their hearts, but no one shares his heart with us and his struggle for purity of heart more than David. Read Psalm 32 and 51 carefully at this time. Make notes on those verses in your journal that seem most significant to you.
2. From these Psalms we can learn valuable lessons about how to come to the purity of heart and how to keep the heart pure.
 - a.) Why must we be willing to face our sins honestly?
 - b.) What does a broken and contrite heart look like?
 - c.) Why can no one have and keep a pure heart without dealing with sin in a biblical way?

Friday **Understanding Your Sin**

1. Identify a time in your life when you have struggled to face your sin? How did you overcome it? (*Write in your journal*)
2. What do you do when you feel the hand of conviction on you?
3. David said, "I know my transgressions." When you know your Sins, how do you keep a clean heart before God?

Saturday **Admission of Sins**

1. Read **1 John 1:9**? Explain it in your own words.
2. Look at **James 5:16** and draw a parallel between it and **1John 1:9**
3. Is your attitude toward confession like an opportunity or a burden?

Sunday **Good Results**

1. The last several days you have studied ways to keep a pure heart. Now we want to turn specifically to the results or fruits of pure heartedness Review Psalms 32 and 51 and identify the verses below that illustrate the following results;
 - There is a great awareness of forgiveness and salvation.
 - There is a thankful, rejoicing, singing spirit.
 - There is a great desire to share the joy of salvation and cleansing.

Monday **Heart Upkeep**

1. After doing the study on the heart this week, why would the heart need continual upkeep?
2. Look closely at 1 Timothy 1:5-7. What is implied in the phrase "wandered away from a pure heart"?
3. Describe how love is the aim of a pure heart, good conscience and sincere faith.
4. What are three things you can regularly do to guard against this "wandering" in your own life?

Tuesday **"Where is My Heart?"**

1. In your Christian life you will need to learn to diagnose different "heart" conditions. Study the following:
 - a.) Hard heart - Proverbs 28:14
 - b.) Unrepentant heart - Romans 2:5
 - c.) Unbelieving heart - Hebrews 3:12
2. As you handle different situations in your life, learn to ask, "Where is my heart?"
 - If you find yourself wanting to skip assembling with the Body(church) ask "**Where is my heart?**"
 - If you find yourself easily missing Bible class, praying or sharing the Gospel of Jesus Christ with someone ask, "**Where is my heart?**"
 - If you find yourself skipping the daily activities of this disciple's curriculum, ask, "**Is my heart in this?**"
 - Why is it so dangerous to give in even a little to a bad heart?
 - What kind of heart did God promise to give us as we surrender our bad hearts? (See Ezekiel 11:17-19.) What is the end result for the pure heart? See Matthew 5:8.