**IT’S A HEART CONDITION**

Jeremiah 17:9 – The heart is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Luke 6:45 – What you say flows from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Proverbs 4:23 – Tells us to \_\_\_\_\_\_\_\_\_\_ our \_\_\_\_\_\_\_\_\_\_\_\_\_\_ WHY?

For it \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the course of \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_

**WE CANNOT REACT TO WORLDLY ISSUES**

**AS THE WORLD REACTS TO WORLDLY ISSUES!**

**Period!**

Leviticus 17:11 – For the \_\_\_\_\_\_\_ of the \_\_\_\_\_\_\_ is in the \_\_\_\_\_\_\_

1 Samuel 16:7 – God \_\_\_\_\_\_\_\_\_\_\_\_\_\_ on the heart

Psalm 44:21 – God \_\_\_\_\_\_\_\_\_\_\_\_\_\_ the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of every heart

Jeremiah 17:10 – the Lord \_\_\_\_\_\_\_\_\_\_\_\_\_\_ the heart

Proverbs 21:2 – the Lord \_\_\_\_\_\_\_\_\_\_\_\_\_\_ their heart

Jeremiah 12:3 – You (the Lord) \_\_\_\_\_\_\_\_\_\_\_\_\_\_ my heart

Ezekiel 36:26 – And I will give you a new \_\_\_\_\_\_\_, and I will put a new \_\_\_\_\_\_\_ in you. I will take out your stony, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ heart and give you a tender, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ heart.”

**Areas of the Heart**

Electrical – Colossians 1:18 – Christ is the \_\_\_\_\_\_\_ of the church, which is his \_\_\_\_\_\_\_

Am I connected to the right power source?

Structural – John 14:6 – Jesus is the \_\_\_\_\_\_\_, the \_\_\_\_\_\_\_, and the \_\_\_\_\_\_\_

Our foundation is \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_

There is \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ foundation

\*\*Ephesians 4:14 - Then we will no longer be immature like children. We won’t be tossed and blown about by every wind of new teaching. We will not be influenced when people try to trick us with lies so clever they sound like the truth.

Circulatory – Proverbs 18:21 - \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_ are in the power of

the \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Matthew 12:34 – For whatever is in your \_\_\_\_\_\_\_\_\_\_\_\_\_\_ determines what you

\_\_\_\_\_\_\_

**7 Steps to Maintain Heart Health**

1. Managing Stress – Philippians 4:6-7, Isaiah 26:3, Colossians 3:15
2. Good, quality sleep – Matthew 11:28-29, Psalm 91:1, Psalm 4:8
3. Maintain healthy weight – Hebrews 12:1
4. Healthy diet – Hebrews 5:14, Matthew 4:4, 1 Thessalonians 5:23, 1 Peter 2:2, Job 23:12, Jeremiah 15:16, John 6:63, Matthew 5:6
5. Exercise

Aerobic – Psalm 119:32

Resistance Training – 1 Peter 4:12, James 4:7

Stretching – Ephesians 3:20

1. Quit bad habits – Ephesians 5:18, 1 Corinthians 6:12, 10:23, and 10:31
2. Regular Check-ups – 2 Corinthians 13:5, Psalm 19:12, Job 13:23, Psalm 26:2, Psalm 139:23-24, Psalm 51:10

**Greatest Commandment**

Mark 12:29-31 – And Jesus answered him, “The first of all the commandments is, Hear, O Israel; The Lord our God is one Lord: 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. And the second is like, namely this, Thou shalt **love thy neighbor** as thyself. There is none other commandment greater than these.

John 13:34-35 – Jesus gives a \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

So now I am giving you a **new commandment**: Love each other. Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are my disciples.

**Amish Proverb:**

**If there is a smile in your heart, your face will show it.**

