



INSTRUCTIONS IN RIGHTEOUSNESS

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Entry 7 - 5

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Establishing Your Heart

You have a secret room inside of you called the heart. No one except God and you know what is there. In fact, everyone, except little children, has 2 lives. One is the life of your outer man; that is the one everyone sees. The other is the inner man where the secret thoughts of your heart are kept. Regardless of what you show others, the inner man is who you really are. The outer man is your performance. The Bible says, “**As [a man] thinks in his heart, so he is**” (Prov. 23:7). Little children have open hearts; they say what they think and do not like it when something is out of order from what their hearts tell them. As they grow up, they learn to choose what thoughts to share and what to keep secret. That is when they begin to lose their innocence. Understanding the value of your heart and what to keep in it, is the most important detail of your walk with God. When you meet a person who has a strange, dark spirit; you meet someone who keeps ungodly secrets in their heart.

The Bible speaks of the heart more than 1000 times; about 850 times in the O.T. and 150 times in the New. The instruction of the heart is so powerful that those who follow it receive God’s extraordinary blessings.

When Samuel went to anoint the next king of Israel, he sought out the sons of Jesse. Eliab, the oldest appeared to be a natural leader but God said;

“Do not consider his appearance ... for I have rejected him. The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart. ... So Samuel ... anointed [David] ... and from that day on the Spirit of the Lord came upon David in power.” 1Sa. 7,13

No person can see inside your heart. The Bible says you have a hidden man of the heart, but it is not hidden from God and He promotes you according to how close you walk with Him and what you keep in your heart. David had a heart after God’s heart, so God blessed him and put the Spirit of power on him. Your future will be great as well if you guard your heart.

When David was a young man, he established his heart in God’s grace. At the end of his life, we discover that he once again had a pure heart, because God blessed him (1Chr. 29:26-28). In between, however, David had a mid-life crisis; he allowed sinful lusts to dwell in his heart. He sinned against God, his family and his nation and paid a devastating price for his failures. Although he fell, he got his heart right and things turned out well in the end.

Jesus is God’s Word made flesh and scripture says that He knows your thoughts and your intentions.

“[He] judges the thoughts and attitudes of the heart. Nothing ... is hidden from God’s sight.” Heb. 4:12

God sees everything, but understands your weakness. If you follow goodness, keep your heart pure and walk in holiness; then He covers you and picks you up when you stumble and fall. This, however, is not a game; you reap what you sow. The more darkness you allow into your heart, the darker you will become. On the other hand, if you make room for

God's goodness in your heart, you will receive grace and increased revelation. Seeing more of God is connected to a pure heart.

"Blessed are the pure in heart for they will see God." Mt. 5:8

God gave you a heart, but you choose the private treasures that you keep there. People may think that you treasure one thing when really you treasure something else. The way to discover your true treasures is to ask yourself what you dream about when your mind is allowed to wander. Whatever your thoughts like to dwell on, reveals what your real treasure is.

"For where your treasure is, there will your heart [your secret thoughts] **be also."** Lk. 12:34

Everyone's heart is packed full of treasures. Some may be good and some bad, but even a quiet person has great abundance in their heart.

"Out of the abundance of the heart, the mouth speaks." Mt. 12:34

Because there is abundance in your heart, it always spills over in rough seasons or when your guard is down. When that happens, people discover what kind of treasure is in your heart. Whatever you hide in the secret place of your heart will eventually show up in your behavior and it will determine what you become. What do you hide in

your heart? Scripture says:

"I have hidden your word in my heart that I might not sin against you."
Ps. 119:11

Establishing your heart means hiding good treasures there. Fill your heart with God's word and prayer for others and it will flow out. You will overflow with kind words and acts of love.

Scripture says, **"A good man out of the good treasure of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things."** Mt. 12:35

Establish your heart. This is so vital. Your fellowship with God, peace, joy, prosperity, family-life, and ministry are determined by what you treasure in your heart. You are not a garbage can; you are a temple, created for God's purpose. Don't leave this up to God, you can purify your own heart by making right choices. The Bible says:

"Wash your hands ... and purify your hearts." Js. 4:8

It is good that the heart be established by grace." Heb. 13:9

The following scripture teaches you how to establish your heart by showing you what to focus your life and your thoughts on. The passage begins by pointing out what will defile your heart and bring destruction. Then, it reveals the treasures that you should fill your heart with. These treasures lead to

God's blessings. First, is the list that you must not allow into your heart.

Beware of the Sinful Nature

Do not allow any of the following to become treasures of your heart:

"The acts of the sinful nature are obvious; sexual immorality, impurity, and debauchery, idolatry, witchcraft; hatred, discord, jealousy, fits of rage, selfish ambitions, dissensions, factions and envy; drunkenness, orgies, and the like ... Those who live like this will not inherit the kingdom of God." Gal. 5:19-21

Good Treasures for the Heart

Establish your heart by treasuring the following and by making them the focus of your thoughts and life:

"But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control." Gal. 5:22-23

If the thoughts and passions of the sinful nature are chosen as the treasures for your heart, they will be used by Satan to kill, steal and destroy the good that God has intended for you. Being a disciple of Christ involves taking the fruit of the Spirit list and making each fruit your life focus. If they become the treasures of your heart, then, in time God will anoint you with grace and favor as He did with David. AΩ



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