

HEALING THE HEART



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Two converging questions

- What are we talking about when we refer to the heart issue?
- Should we not pick up on popular terminology to help us understand what is going on in a person's life?

2

A key conviction of biblical counseling is that sinful behavior flows from what is in a person's heart.

"For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. All these evil things come from within, and they defile a person." (Mark 7:21-23, ESV)

3

What is in my heart will come out in word or deed.

- *“But what comes out of the mouth proceeds from the heart, and this defiles a person. For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander.” (Matthew 15:18-19, ESV)*

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What is in my heart will come out in word or deed.

- *“The heart of the righteous ponders how to answer, but the mouth of the wicked pours out evil things.” (Proverbs 15:28, ESV)*
- *“The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.” (Luke 6:45, ESV)*

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What is in my heart will come out in word or deed.

- *Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these.*

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What is in my heart will come out in word or deed.

- *“Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. On account of these the wrath of God is coming. In these you too once walked, when you were living in them. But now you must put them all away: anger, wrath, malice, slander, and obscene talk from your mouth. Do not lie to one another, seeing that you have put off the old self with its practices” (Colossians 3:5–9, ESV)*

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Psychological diagnosis and terminology come with the implication of disorder and disease that at best needs to be managed.

Biblical counseling looks at behavior and recognizes that the behavior is a window into the heart revealing the sin that needs to be dealt with biblically through confession that leads to repentance. This repentance leads to salvation from the destructive path of sinful behavior.

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Consider the list that Jesus gives of the expressions of a person’s heart:

- *Evil thoughts: Contemplating or plotting evil. Reflects an undisciplined mind. Could be from ignorance or rebellion.*
- *Sexual immorality: Sexual intimately outside the bond of marriage. Lack of self-control. Active submission to enslavement by feelings and desires.*
- *Theft: Disregard for ownership. Driven by covetousness and envy*

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Consider the list that Jesus gives of the expressions of a person's heart:

- *Murder: Indiscriminate taking of human life. Reflects disregard for the sanctity of human life. Anger and hatred are key heart issues.*
- *Adultery: Breaking a marriage covenant. Reflects a blatant disregard for God and other people.*
- *Coveting: Unhealthy obsession with the possessions of others. Reflects a conviction that I deserve to have what others have. Can include bitterness*

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Consider the list that Jesus gives of the expressions of a person's heart:

- *Wickedness: Hurtful actions. Reflects a lack of mercy and kindness, vicious, vengeful.*
- *Deceit: Acting underhanded while giving the impression of being above board. Hypocrisy. Often involves covering for unconfessed sin.*
- *Sensuality: Unbridled expression of any feelings and desires. Reflects an entitlement to one's feelings and desires. Conviction that one is entitled to act on any feeling and desires he or she has.*

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Consider the list that Jesus gives of the expressions of a person's heart:

- *Envy: Focusing on what one does not have. Reflects a lack of thankfulness from a focus on what one does not have rather than what one has.*
- *Slander: Expressed in attempt to tear others down to elevation oneself. Expresses lack of understanding one's worth before God.*
- *Pride: Acts of arrogance and shameless self promotion. Can reveal fear of people and circumstances and disregard for God's gifts and blessing.*

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Consider the list that Jesus gives of the expressions of a person's heart:

- *Foolishness: Failure to live according to God's will. Reflects a disregard for God and therefore His authority and His Word.*
- *False witness: Lying and cheating. Reflects fear of people and circumstances, lack of brotherly love.*

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Ok, but what about...

ADHD	OCD		PTSD
		Mental Illness	Bipolar
Anxiety			Addiction
Cognitive dissonance	Narcissism		
		Depression	

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Use biblical descriptions to find biblical remedy.

- Anxiety: preoccupation on things I can not know or control Matthew 6:25-34
- OCD, ADHD, Bipolar: without self control Galatians 5:16-25; 2 Timothy 1:7
- PTSD: Distress, anguish in response to events ranging from intense to horrific Psalm 18:1-6

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Use biblical descriptions to find biblical remedy.

- Cognitive dissonance: Double minded Psalm 119:113; James 1:8;4:8
- Narcissism: Pride, sinful focus on self that negatively impacts others. 2 Timothy 3:1-4
- Depression: Sadness, sorrow, casted down soul, despair Psalm 42 and 43

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Use biblical descriptions to find biblical remedy.

- Addiction: surrendering your body to slavery. Romans 6
- Mental Illness: madness and confusion of mind. Deuteronomy 28:20-34

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The Good News

- Salvation through faith in the person and work of our Lord Jesus Christ and then learning to live under His lordship provides the remedy needed to live in freedom and victory.

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