

Heart to Heart

Real Women

Real Life

Real Experiences

# Heart to Heart

***II Corinthians 3:14-17:*** But their minds were made dull, for to this day the same veil remains when the old covenant is read. It has not been removed, because only in Christ is it taken away. Even to this day when Moses is read, a veil covers their hearts. But whenever anyone turns to the Lord, the veil is taken away. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.

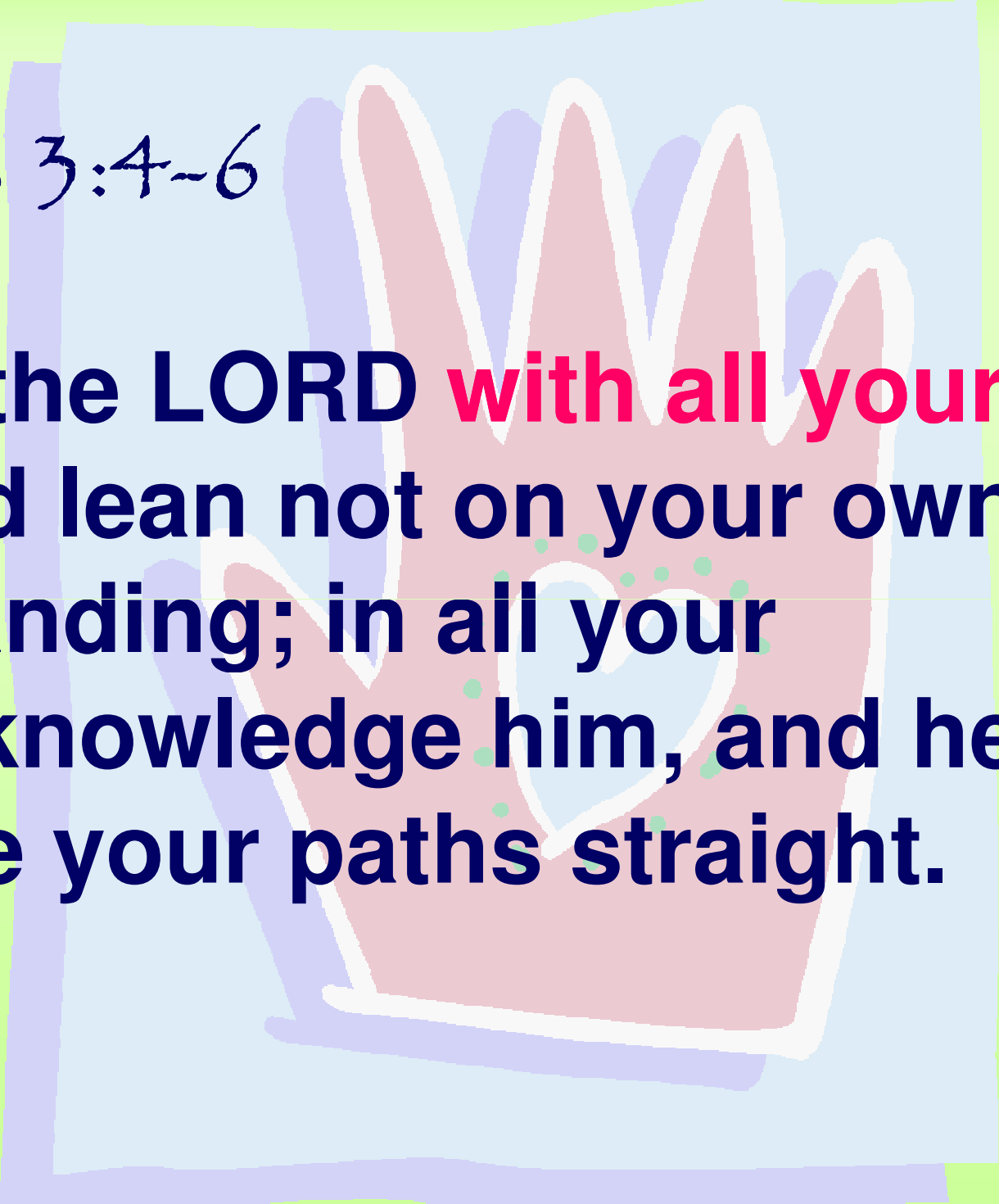
# Matthew 22:34-39

Hearing that Jesus had silenced the Sadducees, the Pharisees got together. One of them, an expert in the law, tested him with this question: “Teacher, which is the greatest commandment in the Law?”

Jesus replied: “Love the Lord your God with **ALL your heart** and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments.”

Proverbs 3:4-6

**Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.**



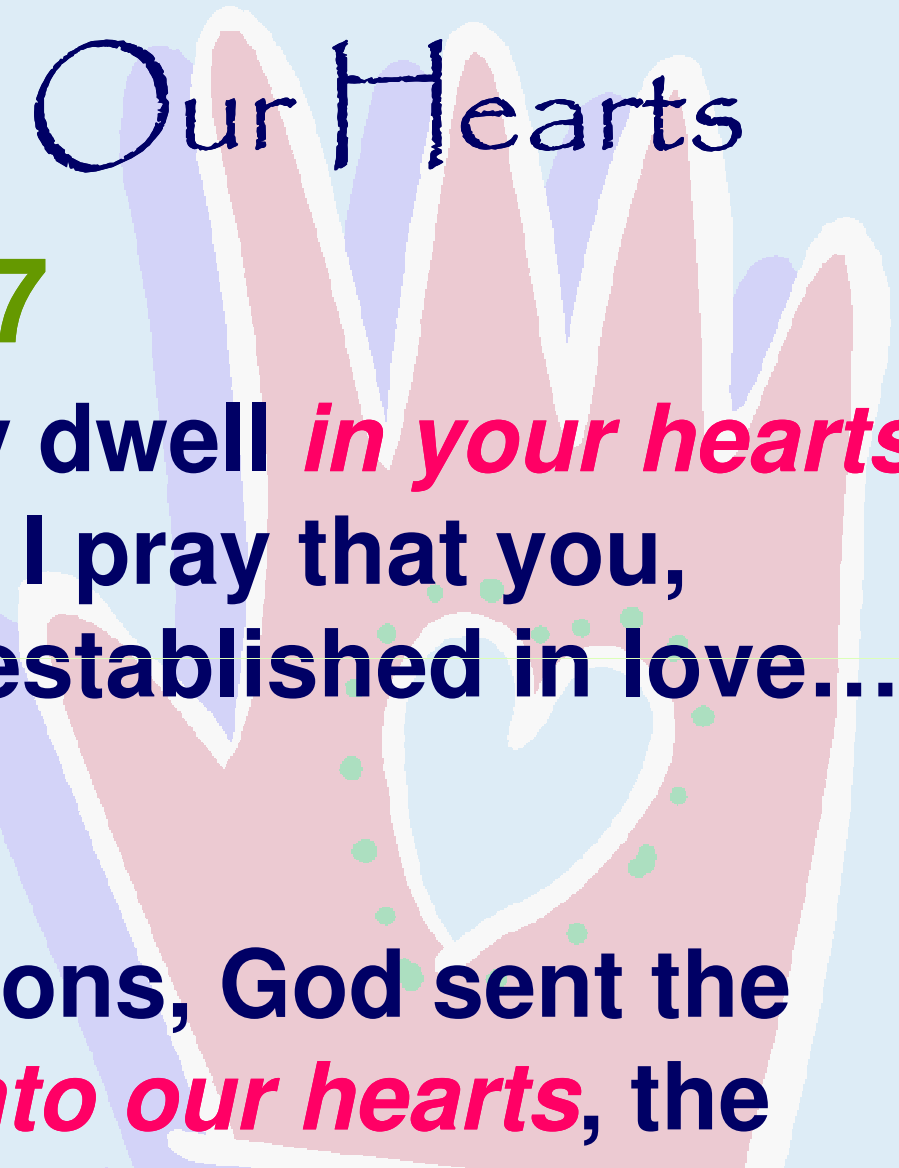
# Jesus Lives in Our Hearts

## Ephesians 3:17

So that Christ may dwell *in your hearts* through faith. And I pray that you, being rooted and established in love...

## Galatians 4:6

Because you are sons, God sent the Spirit of his Son *into our hearts*, the Spirit who calls out, “Abba, Father.”



## Definition of Heart - *Vines*

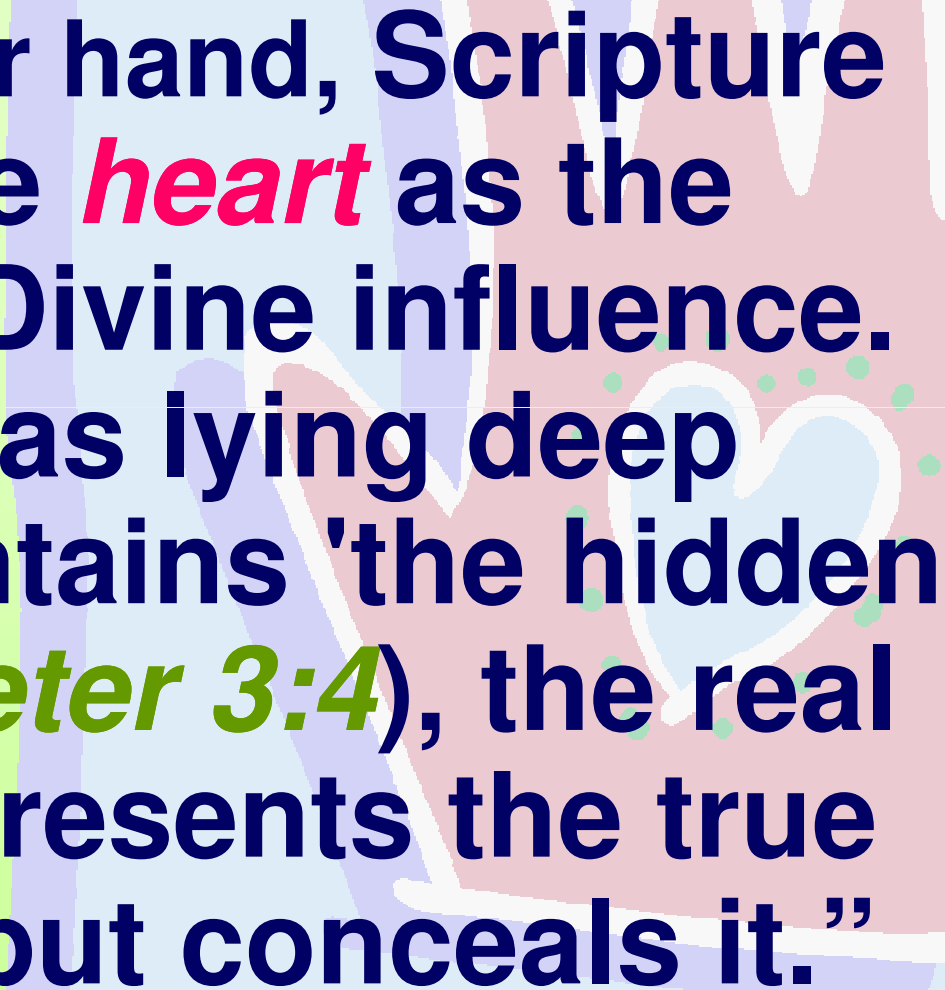
“The ***heart***” (Eng., “cardiac,” etc.), the chief organ of physical life occupies the most important place in the human system. By an easy transition the word came to stand for man's entire mental and moral activity, both the rational and the emotional elements.

# Definition of Heart - *Vines*

In other words, the ***heart*** is used figuratively for the hidden springs of the personal life. "The Bible describes human depravity as in the '***heart***', because sin is a principle which has its seat in the center of man's inward life, and then 'defiles' the whole circuit of his

## Definition of Heart - *Vines*

On the other hand, Scripture regards the *heart* as the sphere of Divine influence. The heart, as lying deep within, contains 'the hidden man,' (*1 Peter 3:4*), the real man. It represents the true character but conceals it."



# Everything You Do Comes From YOUR HEART



1. The heart has thoughts and feelings  
*Prov 23:7:* “For as he thinks in his heart, so is he.”
2. The heart has spirit and flesh
3. The heart is the center of us, the seat, the place of authority from which we rule
4. The heart is hidden

Emptiness

Hope

Happiness

Loneliness

Anger

Hurt

Feelings

Peace

Depression

Pain

Anxiety

Love

Fear

Joy

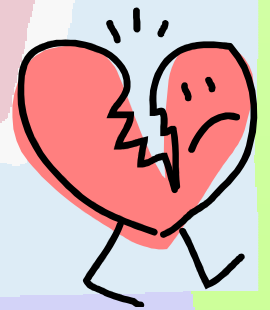


For some,

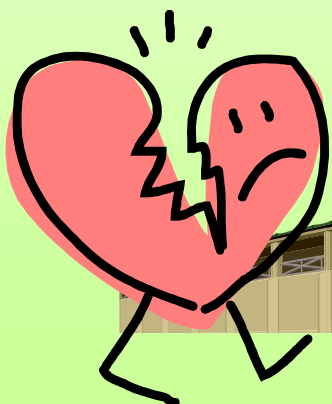
Feeling

Means

Hurting

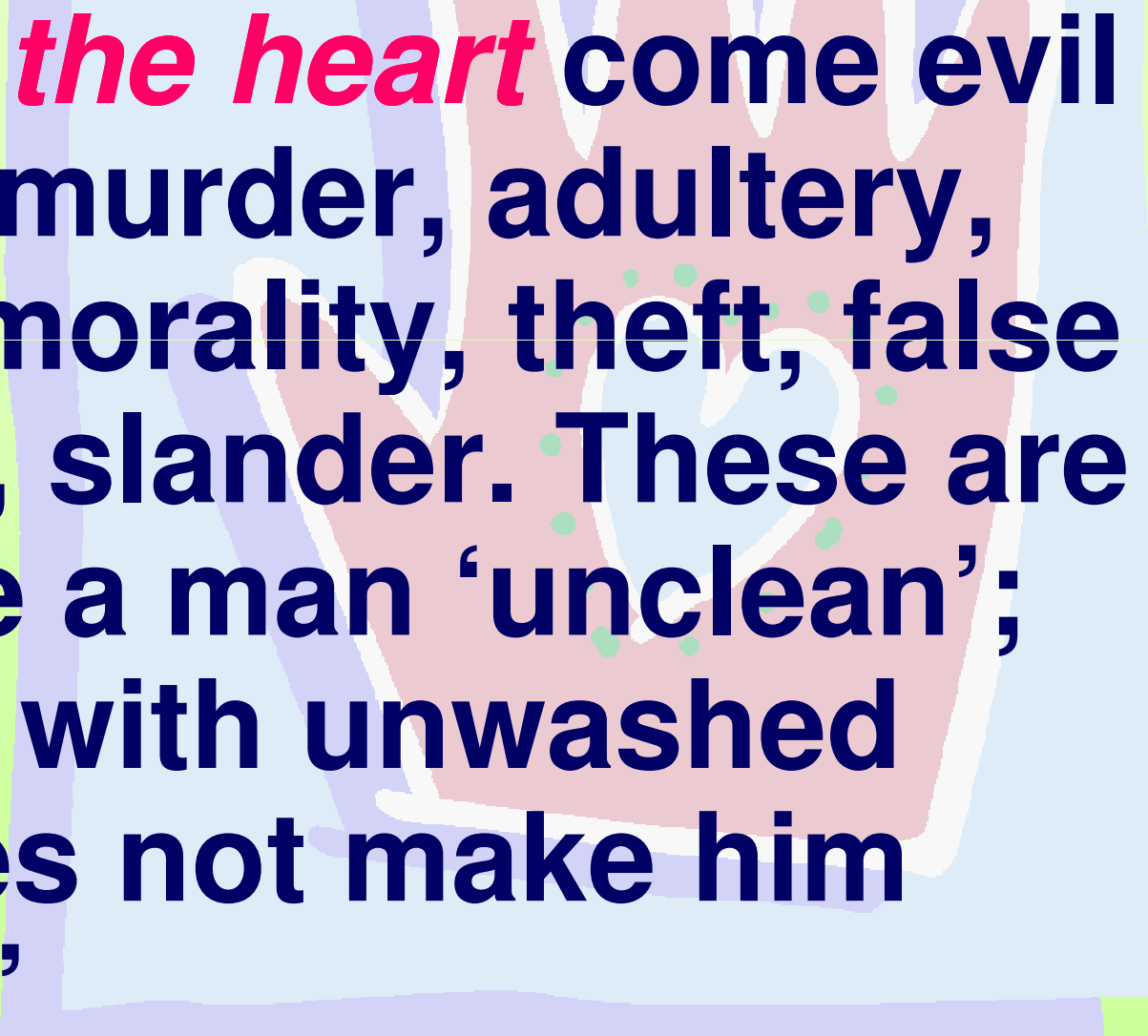


Emotions are only part of our hearts, and looking at the feelings shows us what is happening in our flesh and in our spirits



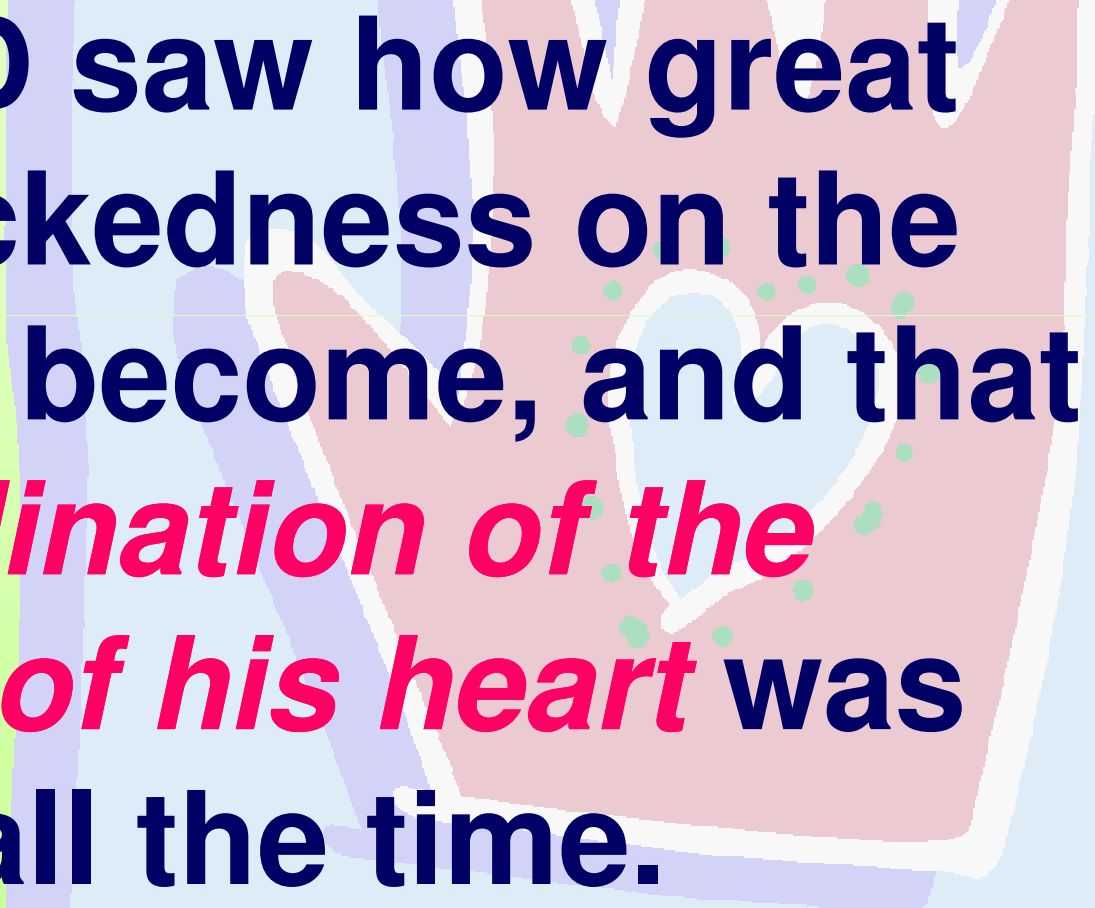
Matthew 15:19-20

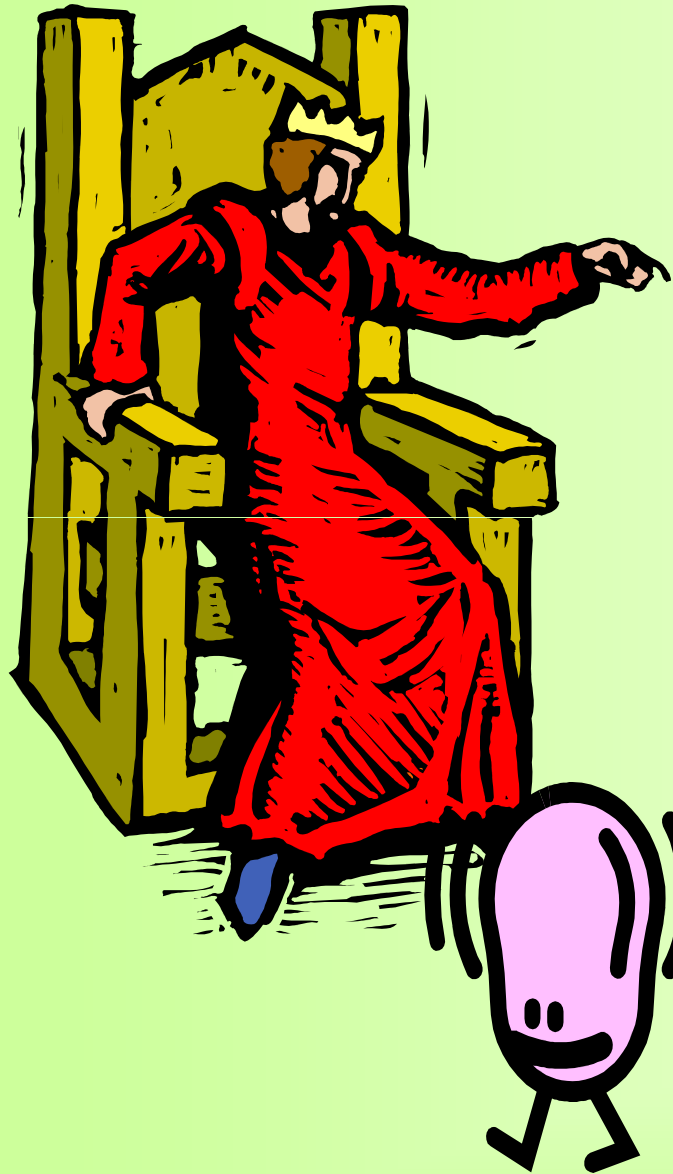
For ***out of the heart*** come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, slander. These are what make a man 'unclean'; but eating with unwashed hands does not make him 'unclean.'”



Genesis 6:5

The LORD saw how great man's wickedness on the earth had become, and that *every inclination of the thoughts of his heart* was only evil all the time.

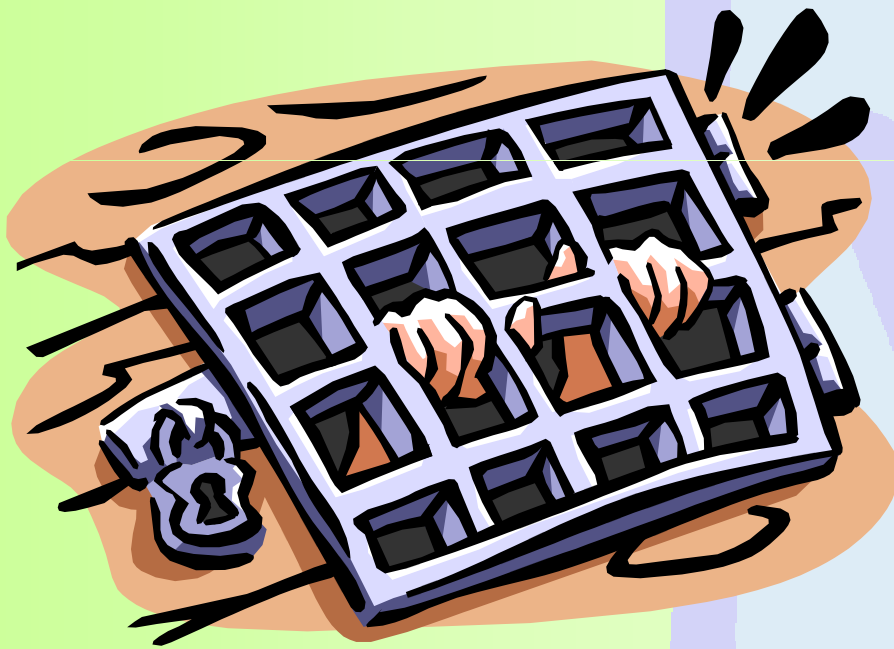




Our Hearts:  
The Seat of  
Authority  
in Our Lives



Take  
Thoughts  
and  
Feelings  
Captive



# The Hidden Heart

*Prov 20:5:*

**“The purposes of a man’s heart are like deep waters.”**



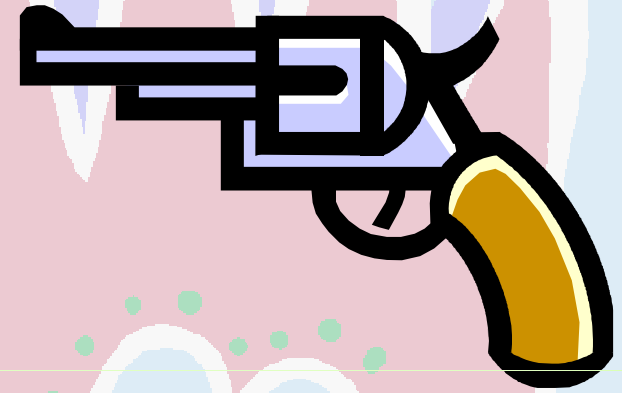


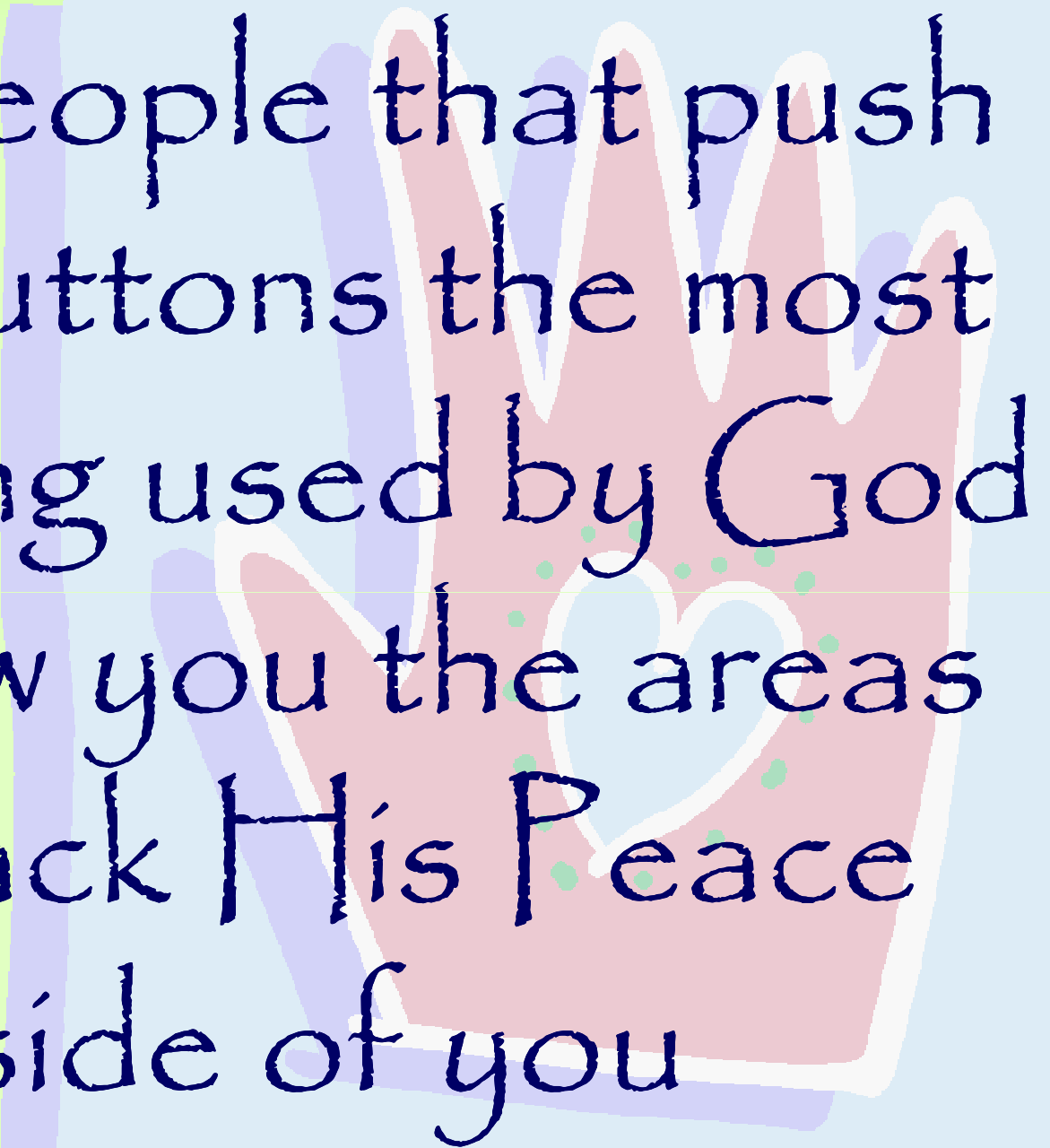
God is using  
your  
relationships to  
show you the  
pain still in your  
hearts

*Triggers*

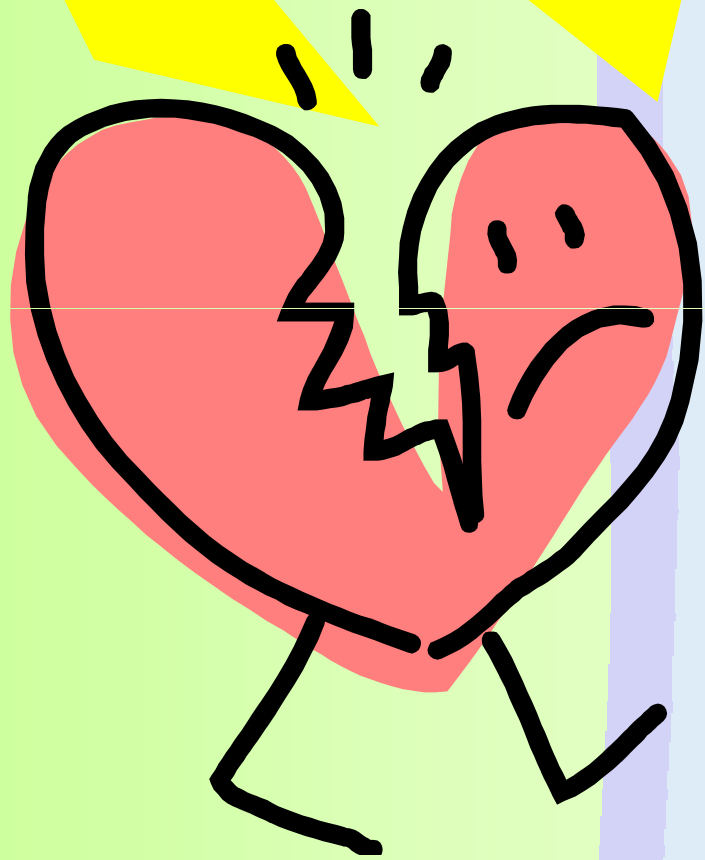
and

*Stirs*



A stylized illustration of a hand with a heart on the palm, rendered in shades of red, pink, and purple. The hand is positioned behind the text, with the fingers spread. The background is a light blue rectangle with a white border, set against a green background.

The people that push  
your buttons the most  
are being used by God  
to show you the areas  
that lack His Peace  
inside of you



Will you let  
Jesus bring  
your whole heart  
into His light  
and see what  
darkness is still  
present?

# Ministry Time

***Step #1:* Feel**

***Step #2:* Don't fix, or try to feel better**

***Step #3:* Memories- Ask Jesus where these feelings come from**

***Step #4:* Invite Him to come into these dark places.**

