

# Whats in Your Heart: Enemies of the Heart

**Proverbs 4:23 NIV**

**Above all else, guard your heart, for everything you do flows from it.**

The title of todays Teaching is Whats in Your Heart: Enemies of the Heart

**What have you allowed to remain in your heart, that you may or may not have known is holding you back from living a purpose driven life?**

**What baggage have you held onto that has blocked you from going through the doors God's opened for you? Or what doors have shut because you didn't have the ability or capacity to handle what was next?**

See because what we do is monitor our behavior while ignoring our hearts.

We only consider the HIGHLIGHTS of our lives to be facts instead of examining the entire story.

And we wonder how we get into some of the situations that we're in.

Its like putting a bucket under a leaky pipe instead of finding the root of the issue.

**TOUCH YOUR NEIGHBOR AND SAY "WHATS IN YOUR HEART"**

**The bible dictionary describes the Heart as the center of not only spiritual activity, but of all the operations of human life. The heart is the "home of the personal life" and also the "seat of conscience" (Romans 2:15)**

**There are 4 key things that are enemies of the heart:**

- 1) **Guilt** - The first enemy of the heart is *guilt*. Guilt is the result of having done something we perceive as wrong. The message from a heart laden with guilt is, "I owe!"

How do you get your guilt canceled? The answer comes in one of the first Bible verses I memorized as a child:

**1 John 1:9. "If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness"**

- 2) **Hurt & Anger** - We get angry when we don't get what we want. Show me an angry person and I'll show you a hurt person. And I guarantee you that person is hurt because something has been taken. Somebody owes them something.

We all know people whose anger could be verbalized in one of the following ways: "*You damaged my reputation.*" "*You stole my family.*" "*You took the best years of my life.*" "*You stole my marriage.*" "*You robbed me of my teenage years.*" "*You robbed me of my purity.*" "*You owe me a raise.*" "*You owe me an opportunity to try.*" "*You owe me a second chance.*" "*You owe me affection.*"

The root of anger is the perception that something has been taken. Something is owed you. And now a debt-to-debtor relationship has been established.

**How about you? What debt is causing the anger you feel? How long are you going to allow the people who have hurt you to control your life? Another month? Another year? Another season of your life? How long?**

**Ephesians 4 commands us to get rid of all bitterness anger and rage, which can only be done by forgiveness.**

- 3) **Greed** - It's when we feel that we deserve more and more worldly wealth and goods. Greed says, "I owe me."

Jesus said in [Luke 12:15](#) "[Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions.](#)"

Why? Because of the four heart conditions we're considering, greed is the most subtle of all. Greed can take up residence in the heart and live there for years undetected.

Break the power of greed through the habit of generous giving. It's a habit that changes everything.

- 4) **jealousy** - Jealousy can terrorize your life and wreak havoc in your relationships. The good news is, this behemoth, like the other three, has a vulnerability. And it's something you might not expect: stop coveting what others have and start asking God for what he knows is best for you.

[James 4:1-3 NIV](#) [1What causes fights and quarrels among you? Don't they come from your desires that battle within you? 2You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God. 3When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.](#)

Its very important to identify the issues so you know how to deal with them moving forward.

Jesus predicted, what originates in the secrecy of our hearts won't always remain a secret. Eventually it finds its way into our homes, offices, and neighborhoods.

**Matthew 15:1-8 NIV**

**1 Then some Pharisees and teachers of the law came to Jesus from Jerusalem and asked, 2 “Why do your disciples break the tradition of the elders? They don’t wash their hands before they eat!”**

**3 Jesus replied, “And why do you break the command of God for the sake of your tradition? 4 For God said, ‘Honor your father and mother’ and ‘Anyone who curses their father or mother is to be put to death.’**

**5 But you say that if anyone declares that what might have been used to help their father or mother is ‘devoted to God,’ 6 they are not to ‘honor their father or mother’ with it. Thus you nullify the word of God for the sake of your tradition. 7 You hypocrites! Isaiah was right when he prophesied about you:**

**8 “‘These people honor me with their lips, but their hearts are far from me.**

**10 Jesus called the crowd to him and said, “Listen and understand. 11 What goes into someone’s mouth does not defile them, but what comes out of their mouth, that is what defiles them.”**

**16 “Are you still so dull?” Jesus asked them. 17 “Don’t you see that whatever enters the mouth goes into the stomach and then out of the body? 18 But the things that come out of a person’s mouth come from the heart, and these defile them. 19 For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander.**

**You may trick PEOPLE with your words, BUT GOD knows your heart**

**WE cannot enter into this next season of life bound by the issues of our hearts.**

**David prayed one of the most powerful prayers in scripture after he had allowed the issues of his heart to stifle his growth (by killing Uriah and sleeping with Bathsheba)**

***Psalm 51:10***

***Create in me a clean heart, O God, and renew a right spirit within me.***