

# SATURATE

## Introduction: Heart



## Intro

We are beginning a new series. Being handed out is a book that we are going to go through together. I'll talk more about the details here in a little bit, but first, let's talk about what it means to grow in the Gospel. Cause that's our goal, isn't it? Why are we here as a church?

### **Learning to be and make disciples**

Part of our identity statement states that we are a "Family of Servant Missionaries learning to be and make Disciples who will make disciples."

What does that mean? What does it look like to be a disciple? How can I do that?

### **Discipleship is a matter of the heart**

Being a disciple is less about what you do, and more about what has happened to you. It's heart condition.

## Luke 6:43-45

[43] "For no good tree bears bad fruit, nor again does a bad tree bear good fruit, [44] for each tree is known by its own fruit. For figs are not gathered from thorn bushes, nor are grapes picked from a bramble bush. [45] 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.

### **Heart, or stomach?**

Now, when we in the 21st century think about the heart, the first thing that comes to mind is love. We think of it as the center of our emotions. This is not what the Bible means when it refers to the heart.

In the 1<sup>st</sup> century and prior to it, the center of emotion was not considered the heart, but rather the stomach. (If they had instant message or texting at the time, they'd probably have stomach emoticons. I [stomach] you!

The heart was not emotions, but the center of your will and desire. Your thoughts and personality. The inner monologue everyone is constantly having with themselves. Your inner life, thoughts, will, and desire.

## Spurgeon's stream

A wise man was walking through a valley, and came upon a Shepherd at a muddy, filthy stream of water, unfit for drinking. The shepherd was going through much toil and difficulty, using an elaborate system to filter the water. "Why all this work?" the man asked. "It's for my flock; this water is not fit for them to drink." Saying this, he wiped the sweat from his forehead, for he was exhausted from the work.

"I hate to tell you, but you are wasting you time." The wise man explained. "I bet that the source of this stream must be impure and polluted; let us take a walk together and see." Sure enough at the wellspring was found many animals, filthy and muddy, bathing in the mouth of the spring, polluting all of it. "My son," sad the wise man, "set to work now to protect the fountain and guard the well, which is the source of this stream; and when you have done that, if thou can keep these wild animals away, the stream will flow of itself, all pure and clear."

If you are wrong, do not simply correct your outward life, but first correct your heart, "For it is the wellspring of life." Your life will be right, only when your heart is.

## 3 things that gospel has to tell us about our hearts.

### 1: Our Hearts Define Us.

**Proverbs 23:7** For as he thinks in his heart, so is he.

**Proverbs 27:19** As in water face reflects face, so the heart of man reflects the man.

Said another way, **you are what you think**. Your thoughts define you. You see, in the end, you will do what you want to do. The heart always wins.

## What doesn't define you:

### Our ability

This is good news, if we're honest. How many times have you tried to "be better"? How many times have you tried to read your bible more, stop looking at pornography, stay sober, to stop yelling at your kids?

And how many times have you failed and felt hopeless because you're not good enough? **You need to know that your ability, or lack of it does not define you.**

## Our religion

This means that simply reading the bible will not make you a better person. (Gasp!)

People have tired. They were called Pharisees. Speaking to them Jesus said, **John 5:39**, "You search the scriptures, because you think that in them you have eternal life; and it is these that bear witness of Me; and you are unwilling to come to me, that you may have life."

## Luke 6:45

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.

Every one of us in this room makes unwise, sinful decisions at times. As I say this, you know what they are. Too often we try and sit at the base of the stream, and try to filter out all the bad behavior as it trickles down. **Our real problem though, is not behavior. Our problem is the way we think, and what we desire.**

Look at what Jesus said in Luke 6. **If you want to change what your life produces, you have to change what your heart treasures.**

# 2: Our Hearts are Broken

## Proverbs 28:26

Whoever trusts in his own heart is a fool

## Proverbs 20:9

Who can say, "I have made my heart pure; I am clean from my sin"?

It seems that my heart can take any treasure, and twist and pervert it into a selfish sinful desire. Sometimes when we examine this condition we, like Paul, feel a little hopeless. "**Oh wretched man that I am, who can deliver me from this body of death?**"

You know this is true. There are some of us saying to ourselves, "Come on. I'm not that bad." The reality is that we can't even pass our own tests for morality, let alone a perfect God's. (Video feed / Thought Transcript)

If your heart was on display, would you come back? I wouldn't it.

Maybe we feel guilty, because we are guilty. We know deep down that our hearts are unacceptable.

## 3: Jesus Gives Us a New Heart

This is the good news of the gospel. Jesus sees that heart that you're so ashamed of. He knows it intimately, and he accepts you.

When you experience that kind of love and acceptance, it changes you.

### **Thomas Chalmers**

The expulsive power of a new affection: "Your bad habits, your character flaws, will not go away on their own. They cannot be destroyed by discipline or determination. But what cannot be destroyed may be dispossessed--and one desire may be give way to another, and to lose its power entirely as the reigning affection in the heart. The youth may cease to idolize sex, but it is because the idol of wealth has taken over. Even the love of money can cease to have mastery over the heart because it is drawn into the whirl of ideology and politics and a love of power and moral superiority. But there is not one of these changes in which the heart is left without an object. Its desire for one particular object is conquered---but its desire to have some object...is unconquerable....

We will always have some thing that we find our ultimate delight in. The only way to change that object, is by replacing it.

### **Value**

The thing in which you find your ultimate delight, the thing you see as most desirable, most valuable, will define you.

How valuable do you consider knowing Jesus?

**How valuable does Jesus consider knowing you? What was he willing to pay?**

When you get to know Jesus you'll realize something. **It's worth it.** It's worth it. I can tell you with all sincerity, Jesus is better than whatever you're settling for.

## Settling for less

When we realize this, and understand that sinning isn't just wrong, but it's settling for so much less, our lives truly begin to change. Don't settle for sin, when unending, perfect joy is offered to you.

If you want to change what your life produces, you have to change what your heart treasures. When Jesus becomes our treasure, over and above any earthly thing, we have found the true wellspring of life.

**Saturate you** heart  
mind  
family  
servant, disciple, man, woman - LIFE

**HELEN H. LEMMEL, 1922**

Turn your eyes upon Jesus,  
Look full in his wonderful face,  
And the things of earth will grow strangely dim,  
In the light of his glory and grace.