

Heart Attack

Attacking The Things That Attack Your Heart

Habits of a Healthy Heart

Truth: Hope and future depend on good spiritual health

Illustration: A shepherd knows exactly what his sheep need for optimal health

Help: Proper soul care is required ~ not suggested

Review:

I. Grace vs Conviction

- A. Conviction is God's creation to bring about repentance
- B. Grace is the opposite. No shame. No judgement.
- C. Peter denied Jesus and God still chose to use him

II. Prayer vs Panic

- A. Anxiety is the natural result of a heart that does not fully trust God
- B. Prayer is the solution to anxiety and worry
 - 1. Phil 4:6
- C. Worry is toxic

III. Generosity vs Greed

- A. Greed is rooted in the sinful desire for self promotion
- B. Love of money is the beginning of troubles
 - 1. Matt 6:21

IV. Action vs Apathy

- A. Apathy happens when we lose sight of God's purpose for our lives
 - 1. Eph 2:8-10; I Cor 10:31; Col 3:23
- B. Cure to apathy is repentance and refocus on His plans
- C. Idol of safety
 - 1. Rom 12:21