

Season of Healing September 17, 2023

Deuteronomy 6:5-6

⁵ Love the LORD your God with all your heart and with all your soul and with all your strength. ⁶ These commandments that I give you today are to be on your hearts.

With God, it's always been about our hearts.

Our heart is the place where we know truth.

Heart is used in Scripture as the most comprehensive term for the authentic person. It is the part of our being where we desire, deliberate, and decide. It has been described as "the place of conscious and decisive spiritual activity," "the comprehensive term for a person as a whole; the feelings, desires, passions, thought, understanding and will," and "the center of a person. The place to which God turns."

J. Stowell

God wants our hearts!

Isaiah 29:13

¹³ The Lord says:

"These people come near to me with their mouth and honor me with their lips, but their hearts are far from me.

All we can do for ourselves is behavior modification. We cannot heal ourselves.

We need a heart restart.

You are not in charge of the rhythms of your heart – you are subject to them. You do not have the ability to change them.

God, restart my heart!

Psalm 51:10

¹⁰ Create in me a pure heart, O God, and renew a steadfast spirit within me.



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God, make a fresh start in me, give me a heart-restart. Give me unwavering strength and fortitude to navigate the chaos of my life, and to live in Your will.

Shame will not allow us to see change as anything but a threat.

What does God's heart restart look like? Remove and Replace.

Ezekiel 36:25-28

God is a God of resets.

²⁵ I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities and from all your idols. ²⁶ I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. ²⁷ And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws. ²⁸ Then you will live in the land I gave your ancestors; you will be my people, and I will be your God.

God is not expecting me to change myself!

God wants to transform us and then give us the very strength we need to walk away from our past, follow Him, and be who He created us to be.

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