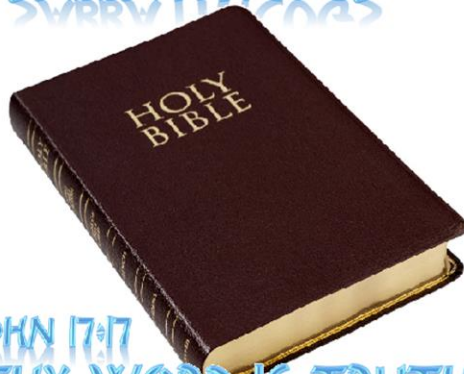
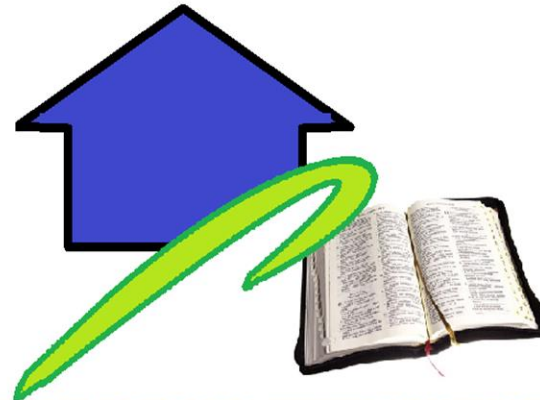


# WELCOME! SABBATH GREETINGS

SABBATH4COGS



JOHN 17:17  
THY WORD IS TRUTH



CHURCH OF GOD AT WOODSTOCK



TRUTH ON THE WEB MINISTRIES

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EPH 6:17 AND TAKE...THE SWORD OF THE  
SPIRIT WHICH IS THE WORD OF GOD

# A NEW CREATION

Leading

Your

Heart



[WWW.TOTW.ORG](http://WWW.TOTW.ORG)

# Merriam-Webster's Online Thesaurus

- **Repentance** [noun]
- **Entry Word:** repentance
- **Function:** noun
- **Text:** **a feeling of responsibility for wrongdoing** <preached that *repentance* was the first step on the path of redemption> — see [guilt 1](#)

# Merriam-Webster's Online Dictionary

• **re•pen•tance** \ri-'pent-en(t)s\

***n***: the action or process of  
repenting esp. for misdeeds or  
moral shortcomings ***syn*** see  
PENITENCE

# Merriam-Webster's Online Dictionary

- **penitence** : the quality or state of being  
penitent : sorrow for sins or faults

• synonyms penitence, repentance, contrition, compunction, remorse mean regret for sin or wrongdoing. penitence implies sad and humble realization of and regret for one's misdeeds <absolution is dependent upon sincere *penitence*>.

• contrition stresses the sorrowful regret that constitutes true penitence <tearful expressions of *contrition*>. compunction implies a painful sting of conscience especially for contemplated wrongdoing <had no *compunctions* about taking back what is mine>. remorse suggests prolonged and insistent self-reproach and mental anguish for past wrongs and especially for those whose consequences cannot be remedied <thieves untroubled by feelings of *remorse*>.

• repentance adds the implication of a resolve to change  
<repentance accompanied by a complete change of character>.

# Strong's Greek Dictionary

- # 3338. **Metamellomai** μεταμελομαι  
*met-am-el'-lom-ahee* from 3326 and  
the middle voice of 3199; **to care**  
**afterwards, i.e. regret:--repent**  
**(self)**. See Greek 3326 See Greek 3199
- **metamellomai** appears in five verses  
for a total of only eight occurrences.  
[Mt 21:29,32; 27:3; 2Co 7:8; Heb 7:21]

# Strong's Greek Dictionary

- #3340. **Metanoeo** μετανοεω  
metanoeo *met-an-o-eh'-o* from  
3326 and 3539; to think differently  
or afterwards, i.e. reconsider  
(morally, feel compunction):--  
**repent**. See Greek 3326 See Greek 3539

# Strong's Greek Dictionary

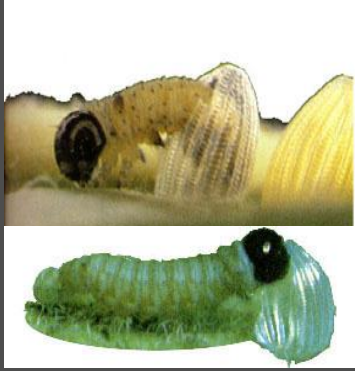
- # 3326. **Meta** μετα *meta met-ah'* a primary preposition (often used adverbially); properly, denoting **accompaniment**; "amid", **after(-ward)**, X and, + follow, **hence, hereafter**. Often used in composition, in substantially the same relations of **participation or proximity, and transfer or sequence**.
- 3539. **Noeo** νοέω *noeo no-eh'-o* from 3563; to exercise the mind (observe), i.e. (figuratively) to **comprehend, heed**-- **consider, perceive, think, understand**. See Greek 3563



# LOWLY BEGINNINGS

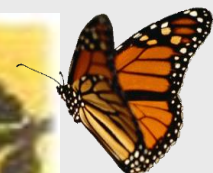


# VORACIOUS APPETITE











# LOWLY BEGINNINGS

- Psalms 51:5 Behold, I was shapen in iniquity; and in sin did my mother conceive me.



- Job 25:4-6 How then can man be justified with God? or how can he be clean that is born of a woman? Behold even to the moon, and it shineth not; yea, the stars are not pure in his sight. How much less man, that is a worm? and the son of man, which is a worm?

# VORACIOUS APPETITE

"Govern well thy appetite, lest Sin surprise thee, and her black attendant, Death." - John Milton *Paradise Lost* (bk. VII, l. 546)





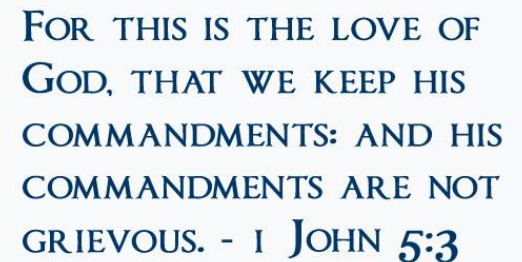
# VORACIOUS APPETITE

**Romans 3:10–16 As it is written, There is none righteous, no, not one: There is none that understandeth, there is none that seeketh after God. They are all gone out of the way, they are together become unprofitable; there is none that doeth good, no, not one. Their throat is an open sepulchre; with their tongues they have used deceit; the poison of asps is under their lips: Whose mouth is full of cursing and bitterness: Their feet are swift to shed blood: Destruction and misery are in their ways:**

# Romans 3:19-20

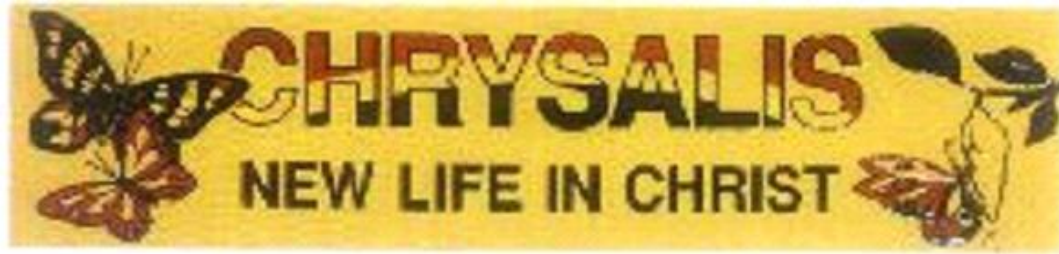
Now we know that what things soever the law saith, it saith to them who are under the law: **that every mouth may be stopped, and all the world may become guilty before God.**

Therefore by the deeds of the law there shall no flesh be justified in his sight: for **by the law is the knowledge of sin.**



FOR THIS IS THE LOVE OF GOD, THAT WE KEEP HIS COMMANDMENTS: AND HIS COMMANDMENTS ARE NOT GRIEVOUS. - 1 JOHN 5:3







# metamorphosis

*Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.*

*- 2 Corinthians 5:17*





Blessed are the pure in heart, for they will see God.

Here's a rhetorical question or two from Psalm 24

Who may ascend the hill of the Lord? Who may stand in His Holy Place?

He who has clean hands and a pure heart, who does not lift up his soul to an idol or swear by what is false

For he will receive blessing from the Lord and vindication from God his Savior. (Psalm 24: 3-5)

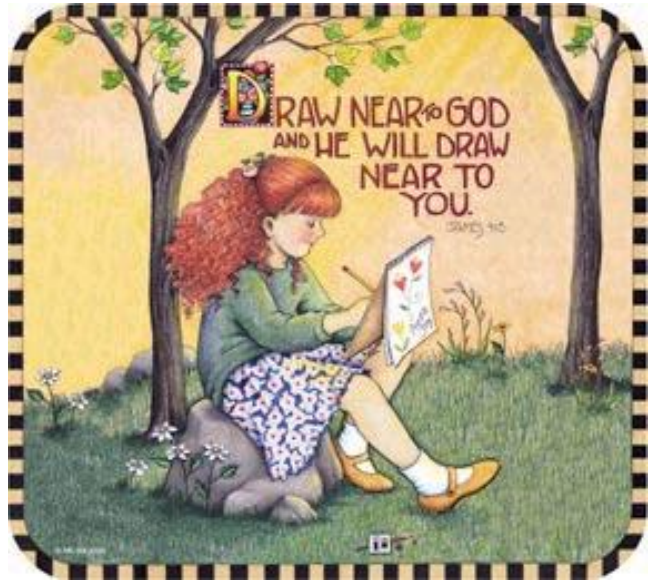
Sounds impossible. With man, it is.

As Jesus told Peter, with man this is impossible,

but not with God. All things are possible with God. (Mark 10: 27)



# Romans 8:1-2



- There is therefore now **no condemnation** to them which are in Christ Jesus, who walk not after the flesh, **but after the Spirit**. For the law of the Spirit of life in Christ Jesus hath made me **free from the law of sin and death**.

# BAILING A SINKING BOAT?



**REPAIR THE BOAT  
SO WATER NEVER  
ENTERS IT AGAIN**





Ezekiel 36:26-27 A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh.



**And I will put my spirit within you, and cause you to walk in my statutes, and ye shall keep my judgments, and do them.**

**1 John 3:1-4** Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God: therefore the world knoweth us not, because it knew him not.

Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is. **And**

**every man that hath this hope in him purifieth himself, even as he is pure.**

Whosoever **committeth sin** transgresseth also the law: for sin is the transgression of the law.

**1 John 3:5-8** And ye know that he was manifested **to take away our sins**; and in him is no sin. **Whosoever abideth in him sinneth not: whosoever sinneth hath not seen him, neither known him. Little children, let no man deceive you: he that doeth righteousness is righteous, even as he is righteous. He that committeth sin is of the devil**; for the devil sinneth from the beginning. For this purpose the Son of God was manifested, that he might **destroy** the works of the devil.



**1 John 3:9-10 Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God. In this the children of God are manifest, and the children of the devil: whosoever doeth not righteousness is not of God, neither he that loveth not his brother.**

I WAS ADDICTED  
TO THE  
HOKEY POKEY  
BUT I TURNED  
MYSELF AROUND

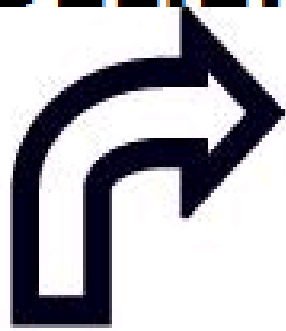
# **Acts 3:19**

- **Repent ye therefore, and be converted, that your sins may be blotted out, when the times of refreshing shall come from the presence of the Lord;**

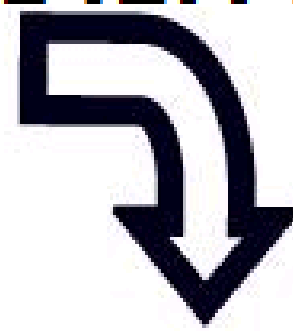
# **Romans 12:1-2**

**I beseech you therefore, brethren,  
by the mercies of God, that ye  
present your bodies a living  
sacrifice, holy, acceptable unto  
God, which is your reasonable  
service. And be not conformed to  
this world: but be ye transformed by  
the renewing of your mind, that ye  
may prove what is that good, and  
acceptable, and perfect, will of God.**

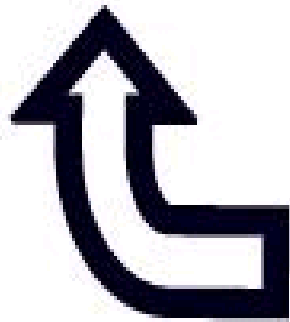
**BELIEF**



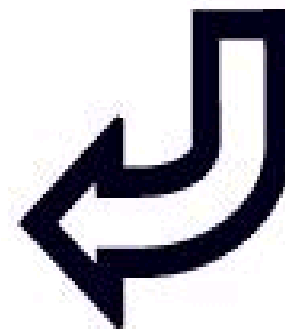
**OBEDIENCE**



**TRUST IN GOD**



**REPENTANCE**





**THE NEXT FEW SLIDES ARE EXCERPTED FROM THE BOOK THE LOVE DARE. THE SUBJECT OF, AND A RESOURCE FROM, THE MOVIE FIREPROOF (FROM THE KENDRICK BROTHERS CREATORS OF FLYWHEEL AND FACING THE GIANTS) STARRING KIRK CAMERON.**

**ALTHOUGH DESIGNED FOR ADVOCATING GOD-CENTERED MARRIAGES WE WILL USE IT IN ITS OWN CONTEXT AS AN EXAMPLE OF PREPARING YOUR HEART TO LOVE GOD AGAIN – LIKE YOU USED TO ... OR NEVER KNEW YOU COULD.**

# **THE LOVE DARE: LEADING YOUR HEART** appendix iv

## **what Is the heart?**

- Your *identity*. Your heart is the most important part of who you are. It is the center of your being, where the "real you" resides. "The heart of man reflects man" (Proverbs 27:19). As a person "thinks in his heart, so is he" (Proverbs 23:7 nkjv).
- Your Center. Since your physical heart is in the center of your body and sends life-giving blood out to every living cell, the word "heart" has been used for centuries to describe the core starting place of all your thoughts, beliefs, values, motives, and convictions.
- Your *Headquarters*. Your heart is the Pentagon of your operations. As a result, every area of your life is impacted by the direction of your heart.

# ***THE LOVE DARE: LEADING YOUR HEART*** appendix iv

## **what's wrong with following my heart?**

- It's Foolish. The world says "Follow your heart!" This is the philosophy of new age gurus, self-help seminars, and romantic pop songs. Because it sounds romantic and noble, it sells millions of records and books. The problem is that following your heart usually means chasing after whatever feels right at the moment whether or not it actually is right. It means throwing caution and conscience to the wind and pursuing your latest whims and desires regardless of what good logic and counsel are saying. The Bible says, "He who trusts in his own heart is a fool, but he who walks wisely will be delivered" (Proverbs 28:26).



## leading your heart

- It's *Unreliable*. People forget that feelings and emotions are shallow, fickle, and unreliable. They can fluctuate depending upon circumstances. In an effort to follow their hearts, people have abandoned their jobs to reignite a lousy garage band, lost their life savings following a whim on a horse race, or left their lifelong mate in order to chase an attractive coworker who's been married twice already. What feels right in the height of sweet emotion often feels like a sour mistake a few years later. This selfish philosophy is also the source of countless divorces. It leads many to excuse themselves from their lifelong commitments because they no longer "feel in love."

## leading your heart ...

- It's *Corrupt*.
- The truth is, our hearts are basically selfish and sinful. The Bible says, "The heart is more deceitful than all else and is desperately sick; who can understand it?" (Jeremiah 17:9). Jesus said, "Out of the heart come evil thoughts, murders, adulteries, fornications, thefts, false witness, slanders"
- (Matthew 15:19). Unless our hearts are genuinely changed by God, they will continue to choose wrong things.

## should I ever follow my heart?

- King Solomon said, "**A wise man's heart directs him toward the right, but the foolish man's heart directs him toward the left.**" (Ecclesiastes 10:2). Just as your heart can direct you toward hatred, lust, and violence, it can also be driven by love, truth, and kindness. As you walk with God, He will put dreams in your heart that He wants to fulfill in your life. He will also place skills and abilities in your heart that He wants to develop for His glory (Exodus 35:30-35).

## should I ever follow my heart? (cont'd)

- He will give you the desire in give (2 Corinthians 9:7) and to worship (Ephesians 5: 19) As you put God first, He will step in and fulfill the good desires of your heart. The Bible says, "**Delight yourself in the Lord; He will give you the desires of your heart**" (Psalm 37:4). But the only time you can feel good about following your heart is when you know your heart is intent on serving and pleasing God.

# the love dare -- why is following my heart not enough?

- Because our hearts are so subject to change and so utterly untrustworthy, the Scriptures communicate a much stronger message than "follow your heart." **The Bible instructs you to *lead your heart*.** This means to take full responsibility for its condition and direction. Realize that you do have control over where your heart is. **You have been given the power by God to take your heart off one thing and to set it on something else.**

## **The following verses all communicate a message of leading your heart:**

- Proverbs 23:17 "Do not let your heart envy sinners."
- Proverbs 23:19 "Direct your heart in the way."
- Proverbs 23:26 "Give me your heart, my son, and let your eyes delight in my ways."
- I Kings 8:61 "Let your heart therefore be wholly devoted to the Lord our God."
- John 14:27 "Do not let your heart be troubled,
- nor let it be fearful."
- James 4:8 "Purify your hearts."
- James 5:8 "Strengthen your hearts."

## How Do I lead my heart?

- First, you need to understand that your heart follows your investment. Whatever you pour your time, money, and energy into will draw your heart. This was true before you were married. You wrote letters, bought gifts, and spent time together as a couple, and your heart followed. When you stopped investing as much in the relationship and started pouring yourself into other things, your heart followed you there. If you are not in love with your spouse today, it may be because you stopped investing in your spouse yesterday.

# leading your heart

- *Check your heart.* One of the keys to successfully leading your heart is to constantly be aware of where it is. Do you know what has your heart right now? You can tell by looking at where your time has gone in the past month, where your money has gone, and what you keep talking about.



## leading your heart

- *Guard your heart.* When something unhealthy tempts your heart, it is your responsibility to guard it against temptation. The Bible says, "**Above all else, guard your heart, for it is the wellspring of life**" (Proverbs 4:23 niv). Don't let your heart put money or your work above your spouse and family. Don't let your heart lust after the beauty of another woman (Proverbs 6:25). The Bible says, "**If riches increase, do not set your heart on them**" (Psalms 62:10 nkjv).

## ***Set your heart.***

- The apostle Paul taught, "**Set your hearts on things above, where Christ is seated at the right hand of God**" (Colossians 3:1 niv). It's time to identify where your heart needs to be and then choose to set your heart on those things. You say, "But I don't really *want* to invest in my marriage. I'd rather be doing this or that." I know. You've set your heart on that in the past and you are stuck in a "follow your heart" mentality. But you don't have to let your feelings lead you any more. Lust is when you set your heart on something that is wrong and forbidden. You can **choose** to take your heart off the wrong things and **set it on what is right.**

## *Invest your heart*

Don't wait until you **feel** like doing the right thing. Don't wait until you feel in love with your spouse to invest in your relationship. Start pouring into your marriage and investing where your heart is supposed to be. Spend time with

- your spouse. Buy gifts. Write letters. Go on dates. The more you
- invest, the more your heart will value your relationship. This is what the Love Dare is all about—forty days of leading your heart back to loving your spouse.

# Revelation 2:4-5

- Nevertheless I have somewhat against thee, because thou hast left thy first love. Remember therefore from whence thou art fallen, and repent, and do the first works; or else I will come unto thee quickly, and will remove thy candlestick out of his place, except thou repent.

# HIDE THE WORD IN YOUR HEART



j.t. lowery

# THANK YOU!

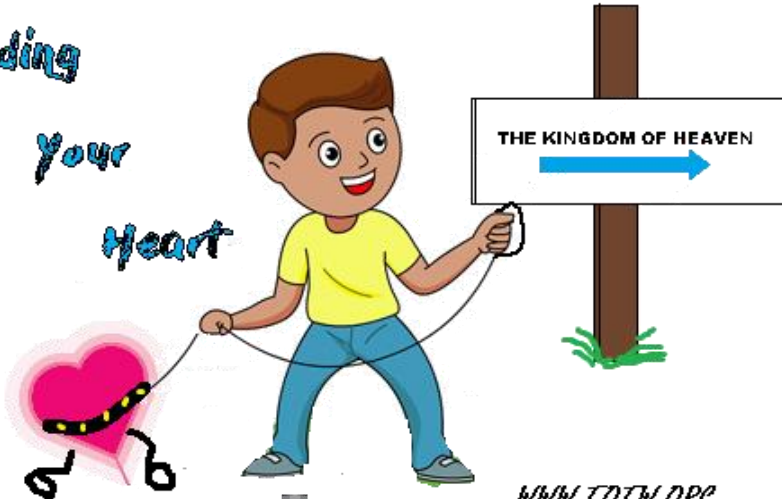


## A NEW CREATION

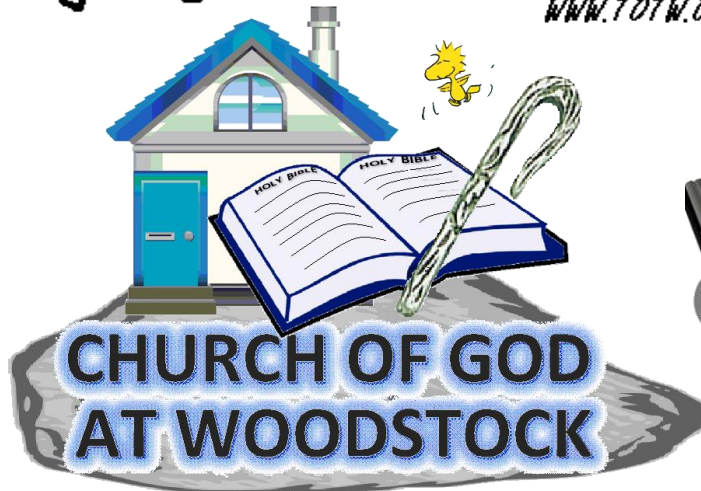
Leading

Your

Heart



**MAY THE WORD OF GOD  
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