

BREAKTHROUGHS

FINDING FREEDOM AND TRUE FULFILLMENT IN JESUS

> LESSON 3 AN HONEST HEART





An Heart Heart

Breakthroughs

An Honest Heart

Trust in him at all times, you people; pour out your hearts before him. God is our refuge.

Psalm 62:8

Importance of the Heart

Proverbs 3:5-6 – Trust in the Lord with all your heart, and do not rely on your own understanding; in all your ways know him, and he will make your paths straight.

Proverbs 4:23 - Guard your heart above all else, for it is the source of life.

Matthew 22:37 – He said to him, "Love the Lord our God with all your heart, with all your soul, and with all your mind. This is the greatest and most important command."

Feels – a full range of emotions

Desires

Thinks

Reflects/Meditates

Understands/Perceives

Remembers Can be humble

Learns Can be troubled

Makes Commitments Rejoices

Makes Decisions Doubts

Condemns Listens

Becomes hardened Loves

Becomes prideful

What does the heart do?

Our Identity

Once you were alienated and hostile in your minds expressed in your evil actions. But now he has reconciled you by his physical body through his death, to present you holy, faultless, and blameless before him (Colossians 1:21-22)

For you died, and your life is hidden with Christ in God (Colossians 3:3)

Therefore, if anyone is in Christ, he is a new creation; the old has passed away, and see, the new has come! (2 Corinthians 5:17)

For he chose us in him, before the foundation of the world, to be holy and blameless in love before him (**Ephesians 1:4**)

Trust in him at all times, you people; pour out your hearts before him. God is our refuge (Psalm 62:8)

What Is an Honest Heart?

Free from Deception Is Willing Honest **Not Pretending** defined as free of An honest heart is To have an honest heart An honest heart is not pretending that willing to look deceit and means that our honestly at what has untruthfulness; things are okay emotions, experiences and beliefs are free of when they are not happened in our sincere. okay. An honest deception. lives, how it impacted us and how we heart does not try to cover things up. responded.

Why Do I Need an Honest Heart?



We are created to have an authentic relationship with God.



We are created to walk in a deep and intimate relationship with God.



We are created to have authentic relationships with others.

The Home & Heart



We learn how to express or not express our feelings in our homes.



We learn "rules of the heart" at a young age



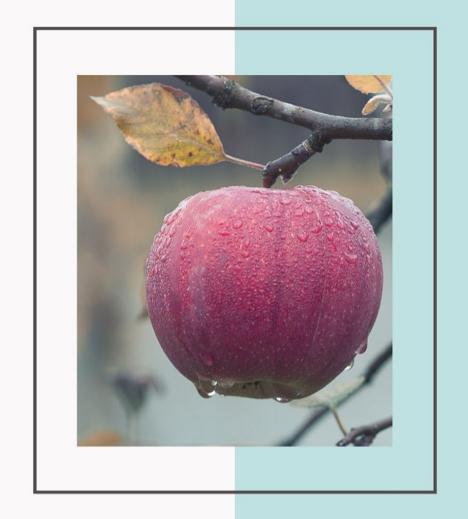
We learn to deal with pain at a young age.



Our hearts are shepherded in some way in our homes.

It all started with the first family?

Genesis 3:1-10







TRUE FULFILLMENT

TRUTH



THE GOSPEL



THE FREEDOM CYCLE

How Does the Enemy Build Walls in Our Relationship With God?

- Lies about God
- Fear of rejection
- Fear of punishment
- Fear of giving up control
- Fear of losing what we think we need
- Shame
- Self-Condemnation
- False Guilt I should not get my needs met

What lies do I believe about God?

Identify the Lies

What lies do I believe about my relationship with God?

Lies

- I should be able to handle things on my own
- I am supposed to handle things on my own
- You are on your own
- No one is there for you
- You've gone too far
- You don't really need God's help
- You are a failure
- You blew it
- It's up to you
- Don't go to God for help

What Is the Truth?

God is our refuge

God is our Shepherd (Psalm 23)

"I am the good shepherd. The shepherd lays down his life for the sheep" (John 10:11).

Pray

Tell God that you need Him.

Confess to God the lies you believe about God and your relationship with Him.

Ask God to help you trust Him with your heart and your freedom journey.

Ask God to help you have an honest heart.