



BREAKTHROUGHS

FINDING FREEDOM AND TRUE
FULFILLMENT IN JESUS

LESSON 3 AN HONEST HEART





An Honest 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

Learns

Makes Commitments

Makes Decisions

Condemns

Becomes hardened

Becomes prideful



What does the heart do?

Can be humble

Can be troubled

Rejoices

Doubts

Listens

Loves

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?

Honest

defined as free of deceit and untruthfulness; sincere.

Not Pretending

An honest heart is not pretending that things are okay when they are not okay. An honest heart does not try to cover things up.

Free from Deception

To have an honest heart means that our emotions, experiences and beliefs are free of deception.

Is Willing

An honest heart is willing to look honestly at what has happened in our lives, how it impacted us and how we 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



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graph TD; A[EVENT/NON-EVENT] --> B[TRUE FULFILLMENT]; B --> C[THE GOSPEL]; C --> D[TRUTH]; D --> A;
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EVENT/NON-EVENT

TRUE FULFILLMENT

TRUTH

THE GOSPEL

THE FREEDOM CYCLE

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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-Condernation
- 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.