

The Heart of the Matter

Galatians 5:16-26

Looking in the wrong place: (treasure hunt) “hotter/colder”

Why do we do what we do? Because our heart wants what our heart wants = fleshly/ruin AND our problem is that we constantly look in the wrong places to satisfy our heart's desires

We look toward creation to fulfill our heart rather than the Christ of Creation. (Golden Calf)

*constant battle to push our hearts toward the Lord who Alone is the REMEDY of our heart!!!

**constant battle between what is holy/righteous AND our selfish heart =SANCTIFICATION

-Why do we stay discouraged, distracted, unfulfilled, coping, angry, fearful, resentful?

-It's NO mystery, we must identify what is the ROOT cause of our disordered hearts:

What is Soul Care? GOALS:

1. Identify root motives of why you act the way you act (it's a heart issue)
2. NOT change the behavior only, but go straight to the heart: “The Heart of the Matter”
3. Teach/Remind your heart that Jesus is the only remedy; that Jesus' perfect work on the cross still applies to your heart issues; disordered hearts; Hurts, pain, suffering, victimhood, being sinned against, and your own sinful habits, idols, pattern of dysfunction = “gospeling” your heart; “preaching the gospel to yourself” =bc we have “gospel gaps” (We have been saved; **BUT** we live defeated lives in anguish, despair, fear, anger, or foolishness)
The Gospel is the goodnews of what Jesus is still doing to help us overcome/have victory

Read Galatians 5:16-26: -for believers who are IN Christ:

But I say, walk by the Spirit, and you will not carry out the desire of the flesh. ¹⁷ For the desire of the flesh is against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, in order to keep you from doing whatever you want. ¹⁸ But if you are led by the Spirit, you are not under the Law. ¹⁹ Now the deeds of the flesh are evident, which are: sexual immorality, impurity, indecent behavior, ²⁰ idolatry, witchcraft, hostilities, strife, jealousy, outbursts of anger, selfish ambition, dissensions, factions,²¹ envy, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, **that those who practice such things will not inherit the kingdom of God.** -If I sin, lose my salvation? **NO!** Paul=“*those who practice*” (‘practice makes perfect’; what are you practicing at?)

-1 John 3:9 “No one who has been born of God practices sin, because His seed remains in him; and he cannot sin *continually*, because he has been born of God” =believers=new heart/creation

A. If you don't think you are a **sinner** =sign you are **NOT** a true Believer in Christ (**can't be saved if you don't think you are lost/or need a Savior**); 1 Jn 1:8 “If we say we have NO sin, we are **deceiving ourselves and the truth is not in us.**”=**To be saved, we need 2 understand we'r depraved**

B. If you have no conviction of sin, =sign you are **NOT** a true Believer in Christ; when we are saved, God gives us the gift of the **Holy Spirit** (Eph. 4:30);

-The Spirit's gift to us is to convict us of **sin** (Jn 16:8). **Spirit testifies we r His children** R.8:16

C. As a Believer, *when* you sin you are **convicted** of that sin. Christ calls us to **confess** (1Jn 1:9) and **repent** (Mt. 3:8); and allow the Lord to change our *heart AND behavior*.

=The process of daily being convicted & changed spiritually is called sanctification!

=The Spirit helps us NOT crave for the lusts of the heart; but to change our heart and help us

NOT practice sinful, lawless, disobedient, and rebellious things against God. =Daily work of grace! For the believer, there's NO such thing as a casual posture toward sin. **Killing it OR kill u!**

Jesus died so that we can live; that through new life we can put to death the deeds of the flesh!

-Why do we seek and search for control, power, comfort, approval, pleasure, attention in all the wrong places and in all the wrong things? Why are we gluttons for punishment & disappointment?

Our behavior and idols reveal that we are seeking something deeper than these sinful habits (we use these idols to get what we really want: what am I seeking to engage, solve, fix, improve)

Too much Alcohol, Porn, Drugs, Tobacco, or "good" things Work, Videogames, exercise =IDOLS

[Control/power = **Anger** heart; Comfort/approval=**Despair** Heart; Pleasure/attn =**Foolish** Heart; Safety, security, peace =**Fear** Heart]

We use idols to get what we really want (what our heart craves most): root cause: **Pride/Unbelief**

-At the root of our heart we think we are owed X & God is holding out on us (we know better than)

-We don't trust God to be able to come through for us, so we have to get X for ourselves (unbelief)

*If your heart does not crave the Lord most, then we may simply be using God (Church) to get what we want most. We think we can bargain with God, or "do good things" to somehow earn God's favor or His permission to get what you really crave. **Are you guilty of that this morn?**

BUT, the gospel reminder for our daily gospel gaps is that Jesus has already provided all the spiritual comfort, approval, security, identity, attention, love, hope, acceptance & JOY in eternal and perfect amounts for you; they are all accessible NOW through Him & HE lives and loves to give these to you perfectly. If you will just run to Him!!

He loves you more than you could ever know; He did what you could never do; So He IS and will always BE the remedy for your heart's misappropriated disorders; misplaced cravings and desires; He helps us to pursue Him and in turn experience abundant life which is only found In Him. What's the result?

²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, self-control; against such things there is no law. ²⁴ **Now those who belong to Christ Jesus crucified the flesh with its passions and desires.** ²⁵ If we live by the Spirit, let's follow the Spirit as well. ²⁶ Let's not become boastful, challenging one another, envying one another." In Christ, through His power, He helps us live in victory over sin (stirring our affections for Christ leads to killing the sinful desires of the flesh); produces LIFE

-Since Jesus has already secured this life of victory, hope, & JOY for us, *we just have to tap into Him*

-Rom. 12:2 "And do not be conformed to this ^lworld, but be transformed by the renewing of your mind, so that you may ^lprove what the will of God is, that which is good and ^lacceptable and perfect." = we start by teaching our mind to rethink the lies this world has sold us/we believed (Our beliefs affect our thoughts, thoughts affect our emotions/attitude, which affect our behavior)

***Root to fruit:** We learn that it's the root desires of our heart that produce the fruit in our lives

*What's in the WELL? Whatever is in the well (our heart) is going to come up eventually.

APPLICATION

-Unless Jesus is your greatest Prize, something else is! What is it?

-How can Christ most satisfy your heart this morning? What have you been craving more than Him? Confess it; Repent of it. Ask Him for Help; Ask Him to change your heart to want Him most!

-As the Spirit reveals to you where your idols are; your truest heart's desire that's NOT Jesus, ...will you rip up the roots of these lies, pride, & unbelief – OR just cont. to mow over the weeds?