

AN ESTABLISHED HEART

A. Introduction

In the Bible, the “heart” is the center of man’s being, that is, his entire mental and moral activity. The word “heart” in the Bible is often used interchangeably with “soul” and “spirit.” It often represents the source of one’s strongest purposes, desires, and motives in life. The word “establish” means “to make stable, make firm, settle.” So “an established heart,” as we will apply it today, is one that doesn’t jump from one object to another but remains fixed on the Lord Jesus Christ.

B. Scriptures Concerning an Established Heart

- My heart is steadfast: I will sing and give praise (Psa. 57:7; 112:7).
- As you therefore have received Christ Jesus the Lord, so walk in Him, rooted in Him and established in the faith ... abounding in it with thanksgiving (Col. 2:6-7).
- That He may establish your hearts blameless in holiness before our God (1 Thess. 3:13).
- Now may our Lord Jesus Christ ... comfort your hearts and establish you in every good word and work (2 Thess. 2:16,17).
- Be patient, establish your hearts, for the coming of the Lord is at hand (Jas. 5:8).
- May the God of all grace ... perfect, establish, strengthen, and settle you (1 Pet. 5:10).

C. Competitors for Our Hearts

- Money and the things that money can buy (Matt. 6:19-21; Luke 16:19-23; 1 Tim. 6:10).
- Boy/girl friend (Judg. 14:1-4; 16:1-21; 2 Sam. 11:1-17; 13:1-15).
- Sports, whether as participants or as spectators (1 Cor. 9:25; 2 Tim. 2:5).
- Winning, being #1 (Matt. 23:11,12; Mark 9:33-35; Luke 14:7-11).
- Being liked, noticed, or affirmed by others (Esth. 6:6-10).
- Entertainment, amusement (Judg. 16:25-30; Matt. 27:26-31; Eph. 5:16).
- False teachings and philosophies (Eph. 4:14).
- Other idols of the heart (Ezek. 14:3; 1 Cor. 4:5).

D. Why Christ Should Be the Object of Our Hearts

Past:

- First and foremost: He suffered, bled, and died for our sins (1 Cor. 15:3; 1 Pet. 3:18).

Present:

- He cares for us more than anyone (1 Pet. 5:7).
- He supplies all our needs (Phil. 4:19).
- He is all-powerful and strengthens us (2 Cor. 12:9; Eph. 1:19; Phil. 4:13).
- He is all-knowing, knows what is the very best for us, communicates His perfect will to us, and can help us with our school homework and exams (Rom. 12:2; Eph. 5:17; Col. 1:9).
- He is present everywhere, and His ears are ever open to our prayers (1 Pet. 3:12).
- He prays for us (John 17:9,20).
- He intercedes for us and helps us in our trials and weaknesses (Heb. 2:18; 4:15,16).
- He is never moody, unchanging in His love for us and attention to us (Heb. 13:8).

- He is faithful, trustworthy, will never let us down, will never leave us nor forsake us, is a friend who sticks closer than a brother (Prov. 18:24; 1 Cor. 10:13; 1 Thess. 5:24; 2 Thess. 3:3; Heb. 2:17; 10:23; 13:5; 1 Pet. 4:19; Rev. 3:14; 19:11).

E. How Will We Behave with an Established Heart?

- We will seek to know and to do His will for us (Col. 1:9, etc.)
- We will seek to bring honor and glory to Christ (1 Cor. 10:31).
- Whenever faced with the option of acting for the benefit of self or acting for the benefit and honor of Christ, we will choose the latter (Phil. 2:3-8; 3:1-7).
- We will pray before we speak, act, or make decisions (Neh. 2:4; 4:4,5; 6:9; 13:14,22,29, 31).
- We will read and study God's Word daily (Acts 17:11; 1 Tim. 4:13-16).
- We will meditate upon and memorize God's Word (Psa. 119:11; 1 Tim. 4:15).
- We will be on the lookout for gospel opportunities ("OPPs") (Rom. 10:15; 2 Tim. 4:5).
- We will be willing to leave our "comfort zone" (Psa. 69:20; Phil. 2:6-8).
- We will remember "IDDA"; therefore we will not complain (John 6:43; 1 Cor. 10:10; Phil. 2:14; Jude 16).
- We will not be angry or try to get even (Rom. 12:17-21; Eph. 4:26,31).
- We will gain a reputation for always telling the truth (Eph. 4:15,25).
- We will love God with all our heart, soul, and mind, and our neighbor as ourself (Matt. 22:37-39).
- We will seek the fellowship of other believers who have similar goals—especially when establishing a relationship with one of the opposite sex that has the potential of leading to marriage (2 Cor. 6:14-16; 1 Cor. 7:39; 12:13,14; Eph. 2:19-22; 4:2,13,16; Heb. 10:24,25; 1 Pet. 1:22; 3:8).
- We will exhibit the nine-fold fruit of the Spirit (Gal. 5:22,23).
- We will be ready to suffer for righteousness' sake and for Christ's sake, if need be (Matt. 5:10-12; Phil. 3:10; 1 Pet. 1:6,7; 4:12-16).

F. Some Hymns on the Topic

- My hope is built on nothing less than Jesu's blood—God's righteousness (GT 261).
- Jesus I rest in Thee, In Thee myself I hide (GT 296).
- O happy day that fixed my choice on Thee, my Savior and my God ... Now rest, my long-divided heart—fixed on that blissful center, rest (GT 260).
- All for Jesus! ... Let my eyes be fixed on Jesus! Losing sight of all beside ... Resting now beneath His wings (GT 348).
- Jesus, I am resting, resting, in the joy of what Thou art (CH 304).