

13 The Heart

Objective: to see how the biblical understanding of the heart can help you live better	Name: _____ Date: March 26, 2019
Cognitive Distortions <ul style="list-style-type: none">- Emotional Reasoning- Catastrophizing- Overgeneralization- Dichotomous Thinking- Mind Reading- Labeling- Negative Filtering- Discounting Positives- Blaming Biblical View of the Heart <ul style="list-style-type: none">- The problem is worse than you think (Jeremiah 17.9; Mark 7.21-23)- We are the problem- Yet, God has provided a comprehensive solution both now and in the age to come Good News <ol style="list-style-type: none">1. New Birth<ul style="list-style-type: none">- admit you are lost, believe in Christ's death for you, accept God's gift of salvation, repent, enter into covenant- he'll give you a new heart (Ps. 51.1-2, 10)- regeneration via the spirit (Titus 3.3-7)2. Sanctification<ul style="list-style-type: none">- enkrateia ἐγκράτεια = "restraint of one's emotions, impulses or desires, self-control" (BDAG); Proverbs 16.32; 12.16- God will help us through his spirit (Proverbs 3.5-6; Galatians 5.16-23)- Jesus is our example (1 Peter 2.21-23)- ultimately we will benefit from a heart transplant (Ezekiel 36.24-28)	Notes: