

# Change Your Heart, Change Your Life 1 (based on Gary Smally's book)

READ Lk 8:4-15 I often wondered why God wouldn't want people to understand Him. But as I searched deeper, I realized it is up to us to seek Him. This is the process of finding Him.

- You 'Heart' is actually where your BELIEFS are (subconscious)
- What you think and see all day eventually seeps into your heart and becomes your BELIEFS
- Beliefs come from our upbringing and our surroundings
- Beliefs control our attitudes, emotions, and decisions. Imagine the power of God's Word seeping into your heart until it becomes your new belief system!

## A. THINK ON THIS:

"No one can make you unhappy unless you give them the power to." You will be as happy as the beliefs in your heart. QUESTION "Do you believe that?" If you do, that is a belief you will enjoy and exercise all your life.

- When a new belief comes in and challenges a current belief, there may be a negative response. (*You mean I can't blame them for my being unhappy?!*) You can, but that means you will remain imprisoned to your surroundings.
- Greek philosopher was quoted as saying "Men are disturbed, not by things, but by their view of them."

## B. SYMPTOMS OF THESE DISTURBING VIEWS:

Frustration, irritation, anger, complaining, fear

- How many would like to be less frustrated, fearful, irritated, angry, and less complaining? When we learn that these symptoms come from wrong beliefs, we can deal with them by replacing them with God's truths.
- Gal 5:22 says this is the crop God wants our hearts to produce...love, peace, joy, patience, kindness, goodness, faithfulness, and self-control.

## C. THERE IS ONLY ONE TYPE OF HEART THAT WILL PRODUCE A CROP

1. "a heart that retains it" vs15a

Visualizing your heart as a field when you pray. As you release God's Word over your field, you are sowing into your spiritual life.

2. "a heart that perseveres" vs15b

You are going to grow the most when you feel like giving up, *but you press on*  
*Romans 5:3-4* "we rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope."

## D. CONCLUSION – in the next coming weeks we will...

1. We will understand how beliefs are developed
2. How beliefs control us
3. How to change old destructive beliefs (especially the 3 deadly beliefs out there)
4. Show you 4 most important beliefs to store in your heart and how to keep them there.

Are you ready to be changed?!