

Overflow Part 1

Proverbs 4:20-23 My son, pay attention to what I say; turn your ear to my words. 21 Do not let them out of your sight, keep them within your heart; 22 for they are life to those who find them and health to one's whole body. 23 Above all else, guard your heart, for everything you do flows from it.

How are things with your heart?

- Not your career.
- Not your family.
- Not your money.

If all those things are well you might tell people you're "fine."

Today we want to consider....how is your heart?

The difficult circumstances you are dealing with today are likely being fed by one of four emotional forces that compels you to act in undesirable ways.

- Sometimes even against your will.
- **Those 4 things are guilt, anger, greed and Jealousy.**

Matthew 15:8-11 8 "These people honor me with their lips, but their hearts are far from me. 9 They worship me in vain; their teachings are merely human rules. 10 Jesus called the crowd to him and said, "Listen and understand. 11 What goes into someone's mouth does not defile them, but what comes out of their mouth, that is what defiles them."

This was Jesus' main problem with the Pharisees and religious leaders in his day.

- They were acting in all the right ways but their hearts were disgusting!
- And his goal was to get them to understand that it's the heart that matters!

The heart reveals who we truly are.

- It seeps into every conversation.
- It dictates every relationship.
- And that's why we want to behave from the heart.
- Not behave in a way that hides what the heart is truly feeling.

Paul brings us good news!

- He was confident of this!
- He was sure!!

Philippians 1:6 Being sure of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.