

<p>WHAT’S ON AND IN MY HEART?</p>	<p>DOES IT NEED TO BE CHANGED?</p>
<p>WHAT’S HOLDING ME BACK IN ORDER FOR IT TO BE TRANSFORMED?</p>	<p>WHAT STEPS DO I NEED TO TAKE FOR MY HEART TO BE RENEWED?</p>

**TRANSFORMING
&
RENEWING
OUR
HEART**

HEART



Greek word *Kardia*, the core of your being, the center of life, or a place from which your will, emotions and choices stem. Also known as the “inner man”. It is **a place where God’s Spirit resides** within us.

Galatians 4:6 “**God has sent forth the Spirit of his Son into your hearts..**”

Romans 5:5 “The **love of God is shed abroad in our hearts by the Holy Ghost** which is given unto us.”

2 Corinthians 1:21-22 “Now he which stablish us with you in Christ , and hath anointed us, is God. Who hath also sealed us, and **given the earnest of the Spirit in our hearts.**”

D& C 85:1c “Wherefore, I now send upon you another Comforter, even upon you, my friends, **that it may abide in your hearts, even the Holy Spirit of promise...**”

“What the physical heart is to the body for health, the spiritual heart is to the soul for holiness.

As goes the heart, so goes the man.” Craig Troxel

Proverbs 23:7 “For as he thinketh in his heart, so is he;”

GOD KNOWS OUR HEARTS

Jeremiah 17:10 – the Lord **searches** our hearts

1 Samuel 16:7 – Lord doesn’t see as man, he **looks at our hearts**

Psalms 44:21 – he **knows the secrets** of our hearts

1 Kings 8:39 – God is **the only one who knows** our hearts

Jeremiah 24:7 -he wants us to **know him using our whole heart**

Psalms 73:26 -**God is the strength of our hearts**

SATAN DESIRES OUR HEARTS

Genesis 6:13 - satan **raged in man’s heart**

Psalms 11:2 - wicked **seeks upright in heart**

Alma 15:50 – devil **plans to ensnare our hearts**

Helaman 2:145-156 – author of all sin

wants hold of our hearts

IS A PERFECT HEART A POSSIBILITY?

Hebrew word for perfect is “shalem” which doesn’t mean without fault, but “whole”, “undivided” or “complete”

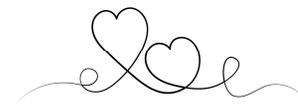
We cannot obtain this without Jesus Christ.

Christ is the way, the truth and the life! John 14:6

Our heart beats *because of him* so therefore they should beat *for him!*

Create in me a clean heart, O God; and renew a right spirit within me. Psalms 51:10

If we do not have him in our lives - we are spiritually dead! We truly become heart(less)



Why do we need it transformed and renewed?

Genesis 7:74, D&C 85:25c

our hearts can fail us

Jeremiah 17:9

the heart is deceitful

Mosiah 5:52

to be delivered from bondage

Alma 10:23

to receive God’s word

Psalms 34:18, Ephesians 4:18

to be near to God

James 5:8

to be ready for Lords coming

D&C 94:2f, Psalms 7:9-10

accepted, judged & saved by it

Hebrews 4:5

to enter into His rest

Matthew 5:10, 3 Nephi 5:55

to see God

Genesis 7:23, D&C 36:2h

it’s a requirement to be in Zion



Condition of hearts in Zion

Psalms 15:1-2

those who speak truth

Psalms 24:3-4

those who have a pure heart

D&C 61:3b

must be upright in heart

D&C 94:5c

THIS IS ZION—PURE IN HEART

How does Satan try to obtain your heart?



3 Nephi 1:25-42

Lyings and disbelief

use of flattering words

blinds our minds to forget law

D&C 77:2c

turns you away from truth

Ephesians 4:17-18

Alienates us from God

Psalms 10:3-13

wicked heart boasts of self, does

not seek God, is not moved

Effects of a conquered heart

D&C 67:1c

Blessings are withheld



Alma 9:17-22, 56-57

lesser portion of God’s word

taken captive by the devil

Helaman 2:162

Lord’s spirit is withdrawn

Jeremiah 17:5

Cursings

Alma 1:34

names are blotted out,

numbered not as people of God

Alma 9:22-24

not allowed to look upon God

Deuteronomy 30:17-18

Physical death

Luke 21:34

**TAKE HEED, BE NOT
OVERCOME IN YOUR HEART**

How can it be transformed and renewed?

To be restored or revived to its original form requires a dramatic change.

Revelation 21:5

Christ makes all things new

D&C 64:7a

Be willing to change - repent

Deuteronomy 8:5

accept chastisement

Ezekiel 18:31

cast away your transgressions

Helaman 2:31

yield your heart to God

Jeremiah 29:13, 1 Nephi 1:53

seek him out

Numbers 15:39, Proverbs 3:5

seek not your own will

Mosiah 3:16-17

know it is God you serve

Psalms 19:14

Pray daily

Psalms 119:11, Jarom 1:28

put His words in your heart

Luke 14:28

*resolve to be changed
and keep the commandments*

Alma 3:23

increase your faith

Ezekiel 11:19-21

**GOD DESIRES TO GIVE YOU A
NEW HEART**



What are the benefits of a changed heart and the promises of maintaining a healthy one?



Psalms 112:7

we won’t be afraid

1 John 3:19-21

we will have confidence

Alma 14:32

guilt is removed from us

Mosiah 3:3

*no more desire to do evil
desire to do good continually*

4 Nephi 1:17

we will not have contention

Psalms 33:1

we will rejoice/praise the Lord

1 Nephi 7:60-62

Satan loses power

2 Nephi 3:42-54

*no place for enemy to reside
gates of hell shut to us*

D&C 8:1b-c

*Holy Ghost will dwell in us and
speak to us*

2 Corinthians 5:17

we become new

Alma 19:114

**LET GOD HAVE FULL SWAY OF
YOR HEART**



WHO’S HEART	CONDITON OF HEART	TRANSFORMED OR RENEWED? CONSEQUENCE	SCRIPTURE REFERENCES
Pharaoh	Hardened over and over (18 times) When faced with a problem softened his heart, but only long enough to remove the problem	No – army was overcome and drowned in Red Sea. Never learned the lesson even after 10 plagues.	Exodus 7-12 Exodus 14:17-31
Israelites	Hardened hearts in the wilderness, murmured and complained	No –wandered 40 years in wilderness, many not allowed in the promise land	Numbers 13-14 D&C 83:4b
Samson	Tricked by not guarding his heart	Yes - lost his faith and sight, but later learned to rely on God and his faith and as that grew stronger his physical strength returned	Judges 16:15-28
King Saul	Told condition of his heart would determine his destiny. Struggled with the issues of his heart.	Yes, God gave him a new heart, but he still had agency on how to use it which led him to give in to pride, jealousy and then disobedience. Did not remember what great things the Lord had done.	1 Samuel 10:9 1 Samuel 12:13-25 1 Samuel 16:14
Asa	Perfect heart – fully committed to God	Yes -Continuously worked to remove idolatry.	1 Kings 8:61 & 15:14 2 Chronicles 15:17
Solomon	Given a wise and understanding heart, but turned his heart from the Lord	No – allowed his many wives and concubines of other nations to turn his heart to other gods, instead of the one true God, kingdom was divided	1 Kings 3:9-12 1 Kings 11
Ezra	Not only prepared his heart for the Lord, but followed through and did the things the Lord commanded	Yes – but more importantly saw and testified that the heart of the king was changed by God	Ezra 7:10 - 27
Job	Prepared his heart, heart was tried	Yes – praised and gave honor and glory to God over and over, keeping his promises in the forefront of his heart and mind, was reminded of who God was and that God knew who Job was too	Job 11:13-20 Job 22:22 Job 38:36
David	Man after God’s own heart	Yes -Although he struggled with issues of life, his heart was continually renewed because he took the steps of repentance – he acknowledged, confessed, sought God and changed	Acts 13:22 Psalms 90:12 Proverbs 4:23

“Instead of griping & grappling physically, we should be growing spiritually.”

WHO’S HEART	CONDITON OF HEART	TRANSFORMED OR RENEWED? CONSEQUENCE	SCRIPTURE REFERENCES
Daniel	Purposed in his heart not to defile himself, set his heart to understanding	Yes – God responded to him through a vision, he is known as someone who had unwavering faith , being steadfast and committed to the Lord	Daniel 1:8 Daniel 10:1-12
Ananias & Sapphira	Allowed Satan into their hearts to lie	No – immediate death	Acts 5:1-12
Judas	Allowed the devil to have sway in his heart to betray Jesus	No – It says he repented, but the guilt was so heavy on his heart he ended up taking his own life	John 13:2, 18:1-5 Matthew 27:1-6
Laman & Lemuel	Hardened hearts over and over in wilderness, willfully rebelled, hated those that loved God	No- they continuously rebelled even after witnessing miracles and short-lived times of repentance, they allowed pride and jealousy to rule their hearts . Because of this Lehi and Nephi grieved much for them.	1 Nephi 2:12-18 4 Nephi 1:42-45 Alma 1:104
Nephites	Repentant hearts Recognized the error of their ways Had no more disposition to do evil	Yes -God used King Benjamin to speak His words and then God wrought a mighty change in their hearts. They became one and made a covenant with God .	Mosiah 2:3-5 Mosiah 3:1-9
Anti-Nephi-Lehites	Converted hearts 	Yes - showed a complete change from fighting and killing to burying all weapons of war then vowing not to kill even to the point of their own death, which caused the hearts of others to repent too .	Alma 14:42-55
Alma the Younger	Had a heart of rebellion and sought to destroy church of God His heart cried out for God to have mercy on him	Yes- God spoke to him through an angel and his soul was racked with what eternal torment would be like until he remembered God and asked for mercy .	Alma 17:5-23
Moroni	Heart gloried in doing good , if all men were like him devil would have no power	Yes- taught not to take offense unless to save own lives, but to have trust in God for all	Alma 21:135-141
YOU	YOUR HEART	YOUR TESTIMONY	YOUR EXAMPLE

“If you were the same person you were yesterday, you need to repent..”

