

HEARTSICK PART I
“EMOTIONS THAT CAN BE TOXIC”
JANUARY 29-30, 2022

INTRODUCTION

- We all have emotions and they are a huge part of our lives.
- Some that bring life and some that kill...that are toxic.
- Jesus doesn't just want you to manage your emotions, but He wants to heal them.

I. IT IS ALL ABOUT THE HEART

- Matthew 15:10-11, “And He called the people to Him and said to them, “...¹¹ it is not what goes into the mouth that defiles a person, but what comes out of the mouth; this defiles a person.”
- Vss. 12-20 - Jesus is saying “if you happen to eat something unlawful it just goes straight out of you.”
- But what goes into your heart sticks there.
- Vs. 19 - Jesus explains the outcome of things hidden in our hearts that wound us and hurt others.

II. WHAT ARE WE TO DO

- Proverbs 4:23 NIV, “Above all else, guard your heart for everything you do flows from it.”
- Guarding our hearts involves allowing the Holy Spirit to search us and know us.
- Psalm 139:23-24, “Search me, God, and know my heart...and lead me in the way everlasting.”
- When I hear myself saying something wicked, I am not supposed to run and hide. Filter it out.
- It is a barometer of my heart, what comes out is in there.

III. DEALING WITH GUILT

- We feel guilt when we are guilty...usually.

- But sometimes it is false guilt...heaped on us.
- The guilt that we all have to deal with is the guilt we feel when we did something to wound another.
- Proverbs 28:14 NET, “...whoever hardens his heart will fall into evil.”
- Guilt creates a debt/debtor relationship.
- When we resolve guilt we feel like a weight has been lifted off us.
- Guilt travels with us. It often turns into anger.

IV. WE ARE ALL GUILTY

- To face guilt is tough because it leaves us standing alone unable to fix what we did.
- It is done! And so we hate to face it. It seems so final.
- It has to be resolved.
- You don't have to be defined by your past.
- Romans 8:1-4, “So now there is no condemnation for those who belong to Christ Jesus...God declared an end to sin's control over us by giving His Son as a sacrifice for our sins...”
- God takes our guilt and washes it and then uses it to bring life and healing to others.
- Isaiah 1:18 NASB, “...‘though your sins are as scarlet, they will be as white as snow...”
- Vs. 1 - “no condemnation” - You are free if you are in Christ Jesus.
- What the law couldn't do, God did by becoming a sin offering for me.

CLOSE

- God knows you broke the Law. With your body, your anger, lying, you fill in the blank.
- You are guilty, but you are not condemned.