

CURE FOR HEART TROUBLE

Int.

1. Aim: To show that Christians can have heart trouble and how to avoid death from spiritual heart failure. Then explain The Ultimate Cure for heart trouble.

2. I sa. 1:1-6 v. 5 **"Why should ye be stricken any more? ye will revolt more and more: the whole head is sick, and the whole heart faint."**

a. Expressing concern for condition of Israel

b. Jer. 4:14-19 v. 19 (NKJV) **"O my soul, my soul! I am pained in my very heart! My heart makes a noise in me; I cannot hold my peace. Because you have heard, O my soul, The sound of the trumpet, The alarm of war."**

3. Physical heart

a. Wonder machine of the body

b. Comparisons of heart

(1) Man - 4 chambers - Fish 2, frog 3

(2) Man - size of fist - Dog - tennis ball, giraffe - basketball, whale - VW

(3) Man - beats 70 pm - bird 600 pm, Elephant 25 pm

(4) Man - 70 pm = 100,000 day, 37 million year, 2½ billion in 70 years

c. Output of man's heart is amazing

(1) 5 quarts per min.

(2) 75 gallons per hour

(3) 70 Barrels per day

(4) 18 million barrels in 70 years

4. Physical heart is wonderful but will finally wear out and life will end

5. Spiritual heart much more important

a. I Sam. 16:7 **"But the LORD said unto Samuel, Look not on his countenance, or on the height of his stature; because I have refused him: for [the LORD seeth] not as man seeth; for man looketh on the outward appearance, but the LORD looketh on the heart."**

b. Prov. 23:7 **"For as he thinketh in his heart, so [is] he: Eat and drink, saith he to thee; but his heart [is] not with thee."**

c. I Pet. 3:4 **"But [let it be] the hidden man of the heart, in that which is not corruptible, [even the ornament] of a meek and quiet spirit, which is in the sight of God of great price."**

d. Matt. 5:8 **"Blessed [are] the pure in heart: for they shall see God."**

6. Heart is the soul or eternal part of man \ part of us we use to obey !

7. Heart disease is number one killer both physically and spiritually.

8. Comparison of ailments in heart trouble

Discussion

I. MURMURING HEART

A. Physical heart

1. Abnormal sounds - loud thumps or noises
2. Cause = some trouble within the heart
3. Result - sometimes bring death or a sign of heart trouble which may later cause a heart attack

B. Spiritual Heart

1. Abnormal sounds
 - a. Complaining about their duties
 - b. God does not accept grudging or unwilling service

c. Phil. 2:14 **"Do all things without murmurings and disputings:" (NKJV) "Do all things without complaining and disputing."**

2. Cause - trouble within the spiritual heart

a. Lack of love for God

b. Lack of love for His church

c. Lack of love for fellow man - our brethren

d. Not thankful for the many blessings we have received

3. Result

a. Death

b. I Cor. 10:10 **"Neither murmur ye, as some of them also murmured, and were destroyed of the destroyer."**

(1) Num. 16:1-35 - Three men swallowed by earth for murmuring - Korah, Dathan and Abiram

(2) Num. 16:41-50 - 14,700 were destroyed because of murmuring

C. We need a cure for a murmuring heart!

II. SKIPPING HEART

A. Physical heart

1. Irregular beat - misses a beat occasionally

2. Cause = something not working right with heart

3. Result = sometimes heart will quit and cause damage to the heart, it causes weakness, making the person feel faint

4. Cure for physical heartbeat - medicine, pace maker

B. Spiritual heart

1. Symptoms

- a. Irregular performance - attendance is not regular
- b. Do not read and study the Bible on regular basis

2. Cause - something is not right about the heart

- a. Lack of love
- b. Very weak desire for heaven
- c. A very weak faith

3. Result

- a. Death of soul - II Pet. 1:9 - hath forgotten that he was purged
- b. Heb. 10:25 - gradually fall away - go back into sin
- c. Matt. 12:30 - **"He that is not with me is against me; and he that gathereth not with me scattereth abroad."** Rev.3:14-22 Laodicea
- d. A person who is not a Christian all the time is not a Christian any time !

C. There needs to be a cure for a skipping heart or irregular heart.

III. HARDENED HEART

A. Physical heart

1. Arteries become clogged - insufficient flow of blood to heart - heart attack
2. Cause - hereditary, toxic substances - tobacco, diet high in cholesterol, age
3. Result - heart attack with damage to heart, often brings death
4. Cure - watch diet, no smoking, sometimes have surgery to correct the problem with procedures called: angioplasty, stint, by-pass surgery

B. Spiritual heart

1. Hardened heart will bring on spiritual heart attack
2. Cause
 - a. Inherited - prejudice - environment
 - b. Want to be popular with world - sin clogs the heart
 - c. I Cor. 15:33 **"Be not deceived: evil communications corrupt good manners."**
 - d. Acts 19:9 **"(NKJV) But when some were hardened and did not believe, but spoke evil of the Way before the multitude, he departed from them and withdrew the disciples, reasoning daily in the school of Tyrannus."**
3. Result
 - a. Deprives soul of spiritual nourishment and death is the result
 - b. Heb. 3:8,13,15 - danger in delaying obedience is that your heart may become hardened
 - c. Heart of some Christians has become hardened:
 - (1) To responsibilities - will not use their opportunities and talents
 - (2) Hardened to helping those in need
 - d. Ezek. 3:7, 11 Hardhearted **"But the house of I srael will not hearken unto thee; for they will not hearken unto me: for all the house of I srael [are] impudent and hardhearted."**

C. We must have a cure for the hardened heart because it will lead to death.

Conclusion

1. Heart disease is the number one killer ! Physically & Spiritually !
 - a. Physical heart disease will never be completely cured
 - b. Because - Heb. 9:27 we are not supposed to live on this earth eternally !
2. But there is a remedy for spiritual heart trouble - **Heart transplant:** - Procedures
 - a. Diseased or damaged heart
 - b. Donor - someone to give a good healthy heart
 - c. Skilled team of doctors and nurses
 - d. Agreement to have the transplant
 - e. The operation
 - f. Overcoming rejection of the new heart
3. We all need a Spiritual Heart Transplant - steps or procedures
 - a. Diseased or damaged heart: worn out by sin
 - i. Ezek. 36:26-27 "A **new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh. 27 And I will put my spirit within you, and cause you to walk in my statutes, and ye shall keep my judgments, and do [them]."**
 - (1) Take away the stony heart - Hard, cold Unaffected by the Word of God
Unconcerned about heavenly things
 - (2) Give you a Heart of flesh One that can feel and enjoy - Feel love to God and to all men
 - (3) Put my spirit within you - To keep the heart of Flesh alive
 - (4) His commands and - words of life - commands

- b. Heart donor - Christ donates new heart - that was His purpose for coming - to seek and save the lost - the Doctor gives his own heart - **Lk. 19:10**
 - c. The Great Physician is able to perform the transplant - **Heb. 2:9** tasted death for us
 - d. We must agree to the operation - accept the word of God - **Heb. 4:2**
 - e. Born again - new birth - baptized into Christ - **Gal. 3:27**
 - f. Overcome rejection by feasting on the word of God - **II Tim. 2:15**
4. We all have spiritual heart trouble and need to follow the orders of the Great Physician:
- a. Rest - from evil works - quit them - repent
 - b. Medicine - God's word administered daily
 - c. Proper exercise - walking the Godly life - 1 Tim. 4:8 **"For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come."**
5. Will you give your heart problems to Jesus? Then we can live eternally with Him in Heaven !
6. If you will, your heart will not be troubled ! Jn. 14:1 **"Let not your heart be troubled: ye believe in God, believe also in me."**
7. **"Create in me a clean heart, O God, and renew a right spirit within me."** Ps. 51:10