

KEEPING YOUR HEART RIGHT

Hebrews 13:9-16

Introduction: Everyone knows that keeping one's heart healthy is essential to good health and the first thing that happens with a visit to the doctor is someone listens to your heart and takes your blood pressure. Exercise is something that is recommended to keep your heart strong and healthy. There is also your "spiritual life and heart" that also needs to be kept healthy. The "heart" needs to be kept true to God.

How quickly, however, our hearts "cool," lose excitement, zeal of commitments made to God, how often we forget to follow through. We need to hear admonitions from God to keep our spiritual hearts right.

I. CHRISTIANS MUST HAVE A STABLE LIFE (v9)

1. The Christian must have his/her heart established in Jesus Christ.
 - Listening to wrong teachings
 - Entertaining wrong thoughts
 - *Galatians 1:9* - must stick to the truth.
 - The foundation of the Christian life is based upon the Word of God.
 - What Jesus did, His sacrifice, His redemption, His cross.
 - One's faith must be settled, not here and there, carried about with every doctrine.
 - By nature we are fickle, changeable, up and down, in and out, on and off.
 - We need to establish our hearts in God's Word and God's Word ONLY.
2. The Christian must allow GRACE to govern him/her.
 - No question about it, none of us is adequate therefore we need God's Grace for our salvation.
 - We need God's Grace when called to service for Him.
 - God calls us one by one and when He does, we need to be settled, stable, useable.
3. The Christian must be settled in his/her worship.
 - Motions and rituals are not true worship.
 - Routines of worship do not establish hearts.
 - Old Testament sacrifices never saved anyone.
 - Rituals do not establish hearts.
 - Sadly much of what is called "worship" in today's Churches is nothing more than rituals, meetings and the motion of "worship" which do not establish hearts.

II. CHRISTIANS MUST HAVE A SECURE LIFE (v14)

1. A fact that Christians must understand clearly is that nothing in this life is certain.
 - Nothing materially, nothing physically, nothing time related, nothing momentary, etc.
 - We are not to base our life on worldly conditions but to focus upon the eternal relationship with God already in progress.
2. God is already preparing for His Children (Christians) to spend eternity with Him in Heaven.
 - History is moving in that direction.
 - The hour is near when the Lord Jesus will return for Christians.

- Real security lies only in Jesus Christ, not in the world.

III. CHRISTIANS MUST LIVE A SACRIFICIAL LIFE (v15)

1. The Old Testament sacrificial system is no more and it was inadequate at the start for it was never intended to bring God and man together.
 - Sacrifices and such still don't bring God and man together, only what Jesus Christ has done will bring man and God together.
2. The Christian can offer praise - it is one's heart crying out to God.
 - Think of what we have because of Jesus Christ. We deserve nothing and we cannot get to God in any way, except through the Lord Jesus Christ.
3. The Christian can offer adoration - redemption has been purchased, salvation secured, and all done by the Lord Jesus Christ. This is reason to adore the Lord God.
4. The Christian can offer continually - Not just on Sundays, not just in worship services, but at all times, everywhere, anytime. (*1 Thessalonians 5:17; Luke 18:1*)
5. The Christian can offer by way of his/her mouth/lips - what the heart feels.
 - Fruit from a tree is natural, so is praise and thanksgiving from a grateful heart.
 - If there is silence from the lips of a Christian, then the heart is wrong, sick.
 - Praise is part of the Christian's normal life.
6. The Christian can offer the fruit of his/her words - by speaking to and telling others about Jesus.
 - By singing praises, by letting him/herself be heard in expressing inward feelings about Jesus.
 - Speak, declare, reveal what is in one's heart.
7. The Christian can offer the fruit of his/her life - praising God by the way one lives, his/her actions toward others, living like Jesus.

CONCLUSION:

1. Sadly, some people have never offered praise to God, had no sacrifice to offer, have had no relationship with the Lord Jesus for they have never known Him, but that can change and begin right now.
2. Christian! To live as you should for the Lord Jesus, your "heart" must be healthy, strong and right with the Lord Jesus. So, how is your "heart?" Is it healthy? Or does it need working on?