

**Grace Bible Church**  
**2018 Biblical Counseling Conference**  
**Track One**



**Session #10**

**Understanding the Heart**

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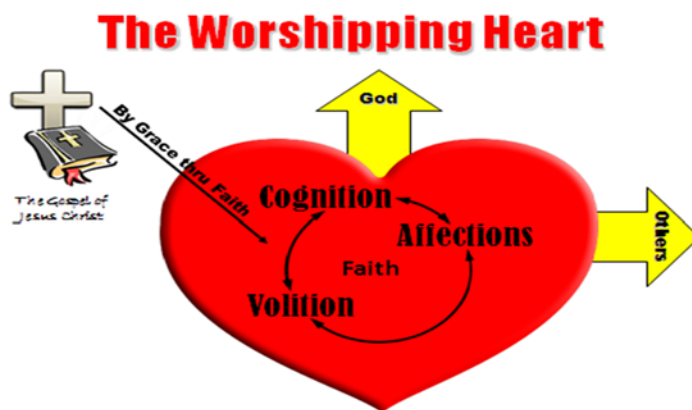
**1. Every Heart is a Worshipping Heart**

- A. All creation is created to worship God (Isa 43:7; Rom 1:18-25)
- B. Only God is worthy of worship (Ex 20:2-6; Rom 11:33-36)
- C. We must understand worship: seek (Jer 2:13; 1 Ki 18:21), serve (Jos 24:14-20; Rom 6:16), sacrifice (Ex 20:1-6,23; Rom 12:1), spend (Mt 6:21), speak (Mt 12:34), trust in someone or something (Ps 115:8-9; 135:18)
  - “An idol is anything that we consistently make equal to or more important than God in our attention, desire, devotion, and choices.” (*The Exemplary Husband*, 91) All idols are objects of our lusts and thus assist us in worshipping ourselves for our own glory (2 Cor 5:15).
- D. Worship was defiled at the Fall (Idolatry as a means of self-worship had its beginning by not giving the Creator His rightful due) – Gen 3:1-22

**2. The Heart is the Vehicle of Worship**

- A. The Heart is the “real” you (1 Sam 16:7; Prv.4:23) <sup>1</sup>
  - 1. Our Cognition (thoughts, beliefs)
  - 2. Our Affections (desires and motives)
  - 3. Our Volition (will, choices into actions)
  - 4. Our Emotions (in some degree often starts here)
- B. The Heart is the temple of Worship (Ezk. 14:1-12; Rom. 1:18-25; 1 Cor. 6:19-20)
- C. The Heart is the fountain of behavior issues (Prv. 4:23; Mk. 7:21ff)

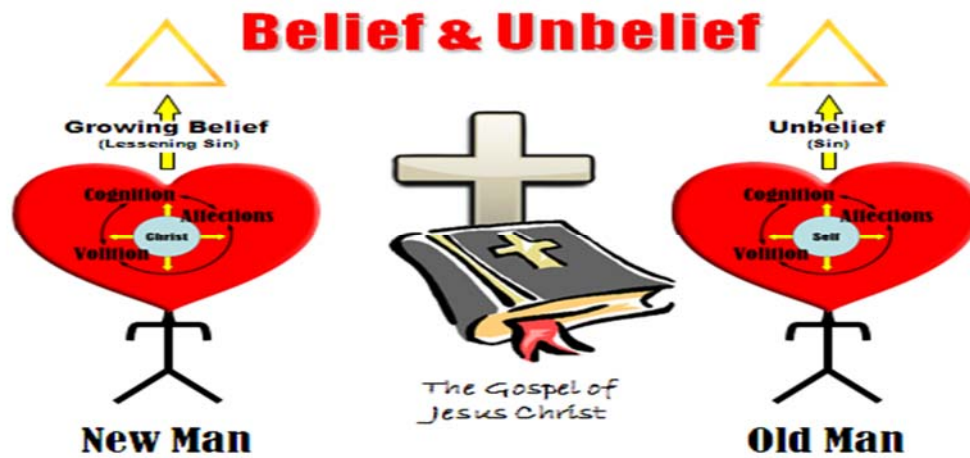
**3. The Heart is where belief and unbelief take place (Rom 10:8-10) <sup>2</sup>**



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<sup>1</sup> “The whole man is viewed from his intentionality; it is the source of the will, emotion, thoughts, and affections.” The New Linguistic and Exegetical Key to the Greek New Testament, Rogers and Rogers, 351.

<sup>2</sup> I’m appreciative for the clarity on the heart from Dr. Jeremy Pierre, *The Heart of Change*.



#### 4. There Are Many Terms for Sinful Heart worship

##### A. The Bible has several words for idolatrous lusts

1. Old Testament words = craving, lusts, idolatry of the heart (Ezk.14)
2. New Testament words = lusts, enslavement, entanglement, idolatry (Jas. 1: 13-15; 4:1ff; 1 Jn.2:15-17; Heb.12:1; Titus 3:3)
3. Biblical lists of Idolatrous lusts (1 Cor.6:9-11; Gal.5:19-21; 2 Tim.3:1-5)

##### B. Contemporary labels for idolatrous lusts that can all be self-serving

(e.g. man's approval, attention, health, wealth, pleasure, safety, comfort, leisure, sports, security, significance, respect, fairness/justice, success, possessions, freedom/independence, money, ministry, education, marriage/family, traditions, perfectionism, workaholism, control, appearance, love, peace, etc.). All of these specific lusts are manifestations of one of the three categories given to us in 1 Jn 2:15-17 "...lusts of the eyes, lusts of the flesh, and the pride of life..."

#### 5. It's helpful to recognize Idolatrous Lusts

A. A desire (sometimes good in and of itself) becomes idolatrous as I am consumed with it for my own benefit (Jas.4)

B. I am usually willing to sin to get this desire or sin if I don't

C. Sure tip offs to idolatrous lusts

1. Words (e.g. expectations, needs, rights, must haves, etc.)
2. Misplaced priorities/extremes (perfectionism, workaholism, unfaithfulness)
3. Sinful patterns (Lying, life dominating sins)
4. Sinful responses (anger, self-pity, depression, suicidal, etc)

D. Beware of Introspection

- "But what is the difference between examining oneself and becoming introspective? I suggest that we cross the line from self-examination to introspection when, in a sense, we do nothing but examine ourselves, and when such self-examination becomes the main and chief end in our life. We are meant to examine ourselves periodically, but if we are always doing it, always, as it were, putting our soul on a plate and dissecting it, that is introspection. And if we are always talking to people about ourselves and our problems and troubles, and if we are forever going to them with that kind of frown upon our face and saying: I am in great difficulty- it probably means that we are all the time centered upon ourselves. That is introspection, and that in turn leads to the condition known as morbidity." Martin Lloyd-Jones, *Spiritual Depression*, 17

6. **The unsaved life in Idol Worship** (Rom.1:18-25; 3:10-18; 8:1; Eph.2:1-3; Titus 3:3)
  - A. They are an idolater (worshipping a substitute god for self-worship) and dead in their sin
  - B. They are condemned by God
  - C. They can do nothing except what is in accord with their selfish nature
  - D. They see it as good to worship what they want (sugar-coated poison)
  - E. A new heart is needed to respond to God's drawing (Rom.5:1-2; cf. 1 Thess.1:9)
    1. The remedy is Christ
    2. The Gospel of Christ needs to be proclaimed in its fullness (Rom.1:16; 10:17)
      - a. True view of God and Man  
Grace through Faith (Eph.2:8-9)
      - b. Coming on Christ's terms (Heart/Intentions – 2 Cor.5:15)
        - i. Attitudes of the heart need to be correct
        - ii. Intentions of the heart need to be correct
  
7. **Even the Saved Must Grow In Worshipping God Alone** (2 Cor.3:18; Col.1:28-29)
  - A. Christians cannot be full-blown idolaters
  - B. Christians at times can be compromising and syncretistic in their worship of God – they can be involved in partial and voluntary worship of self at times
  - C. Sanctification often involves God revealing our lusts (out of unbelief) and self-focused moments
  - D. It can sometimes be hard to distinguish the difference between an unbeliever and the believer who is a "so-called brother" (1 Cor.5:11-13).
  - E. The Gospel (Union) must carry over into the Gospel (Communion or sanctification)
    1. Grace is foundational for change and our growth in faith (Eph.4:1; Phil.3:8-16; Col.2:6; 3:1)
    2. Grace is motivational for change (Lk.7:40-50; Eph.5:1ff)
    3. Grace is instrumental in the change process from our union in Christ to our communion with Christ (Rom.5-8)
  
8. **We can Look Forward To Perfect Worship of God alone In Glory** (1 Cor.13:12; 15:50-58; Rev.21-22)

## Conclusion:

## Further Resources on the topic:

- Brad Bigney – *Gospel Treason*
- Stephen Charnock – *The Existence and Attributes of God*
- Elyse Fitzpatrick – *Idols of the Heart*
- John MacArthur – *1 Corinthians Commentary* (Chp.10)
- John MacArthur – *2 Corinthians Commentary* (Chp.5)
- Martha Peace – *The Excellent Wife* (Chp.7)
- Stuart Scott – *The Exemplary Husband* (Chp.7)
- Ed Welch – *Addictions- A Banquet in the grave*

**DATA GATHERING WORKSHEET:**

<i>I SIN TO GET THIS &amp; SIN IF I DON'T GET IT</i>	<i>SELDOM</i>	<i>OCCASIONALLY</i>	<i>FREQUENTLY</i>	<i>ALL THE TIME</i>

**WORKSHEET OF CHRISTLIKE REPLACEMENT:**

<i>LIST OF IDOLATROUS LUSTS</i>	<i>SCRIPTURE PASSAGES THAT ADDRESS POSITION &amp; PRACTICE</i>	<i>OLD MOTIVE:  WHAT I WANTED?</i>	<i>RIGHTEOUS MOTIVE: WHAT I WANT NOW?</i>	<i>SINFUL THOUGHTS &amp; LIES: WHAT I THOUGHT THEN?</i>	<i>RENEWED THOUGHT: WHAT I NEED TO THINK NOW?</i>	<i>SINFUL CHOICES &amp; ACTIONS: WHAT I DID THEN?</i>	<i>RIGHTEOUS CHOICES &amp; ACTIONS: WHAT I WILL DO NOW?</i>