

# Heat, Harvest and the Heart

Track I – Introductory

**Session 3**

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**BIBLICAL COUNSELING  
& DISCIPLESHIP  
CONFERENCE**

# Presuppositions

## Foundational Presuppositions

- The centrality & sufficiency of Christ
- The superiority and power of God's Word
- The authority of the local church
- The sanctifying power of the Holy Spirit & prayer

### **Overall Goal of the conference**

Embrace a biblical theology of suffering to enable you to speak the truth in love to others who suffer, for their good and God's glory.

# Summary

## What We've Learned

1. Plenary Sessions 1 & 2 - God rules over all suffering and has chosen to glorify His Name thru suffering.
2. Plenary Session 3 - God is good, merciful and gracious to us even though we suffer.
3. Break-out Session 1 – Perspective, Purpose, Person, Pupil - Responding
4. Break-out Session 2 - Two Sources of Suffering - Heat & Harvest – ***glorifying God by becoming more like Christ***

# The Big Idea

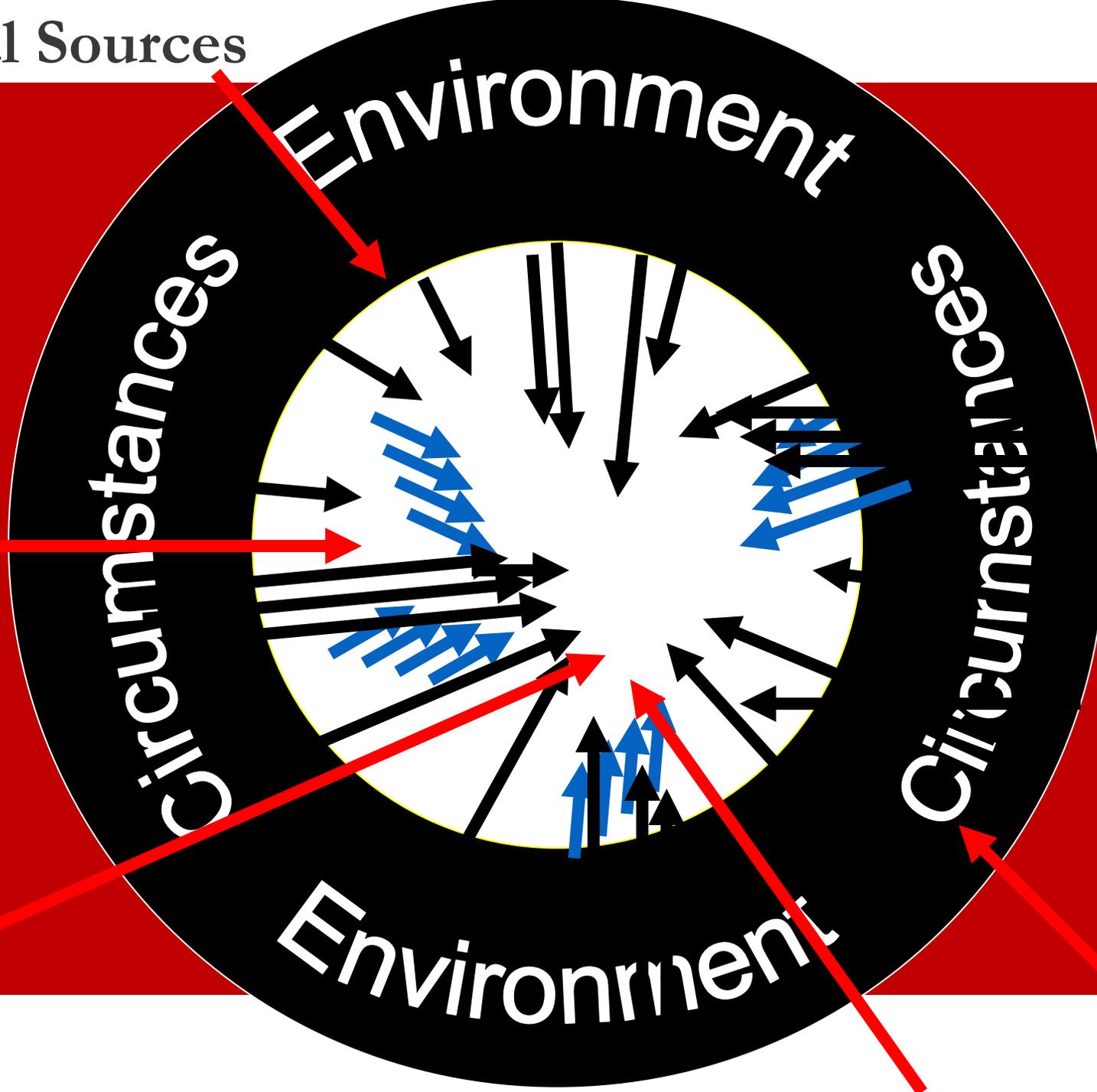
## **This Session**

### **Heat, Harvest and the Heart.**

- 1.Suffering reveals the reason for the harvest
- 2.Suffering is designed to help us discern the desires and wants of your heart.
- 3.The heart responds to four dimensions of life

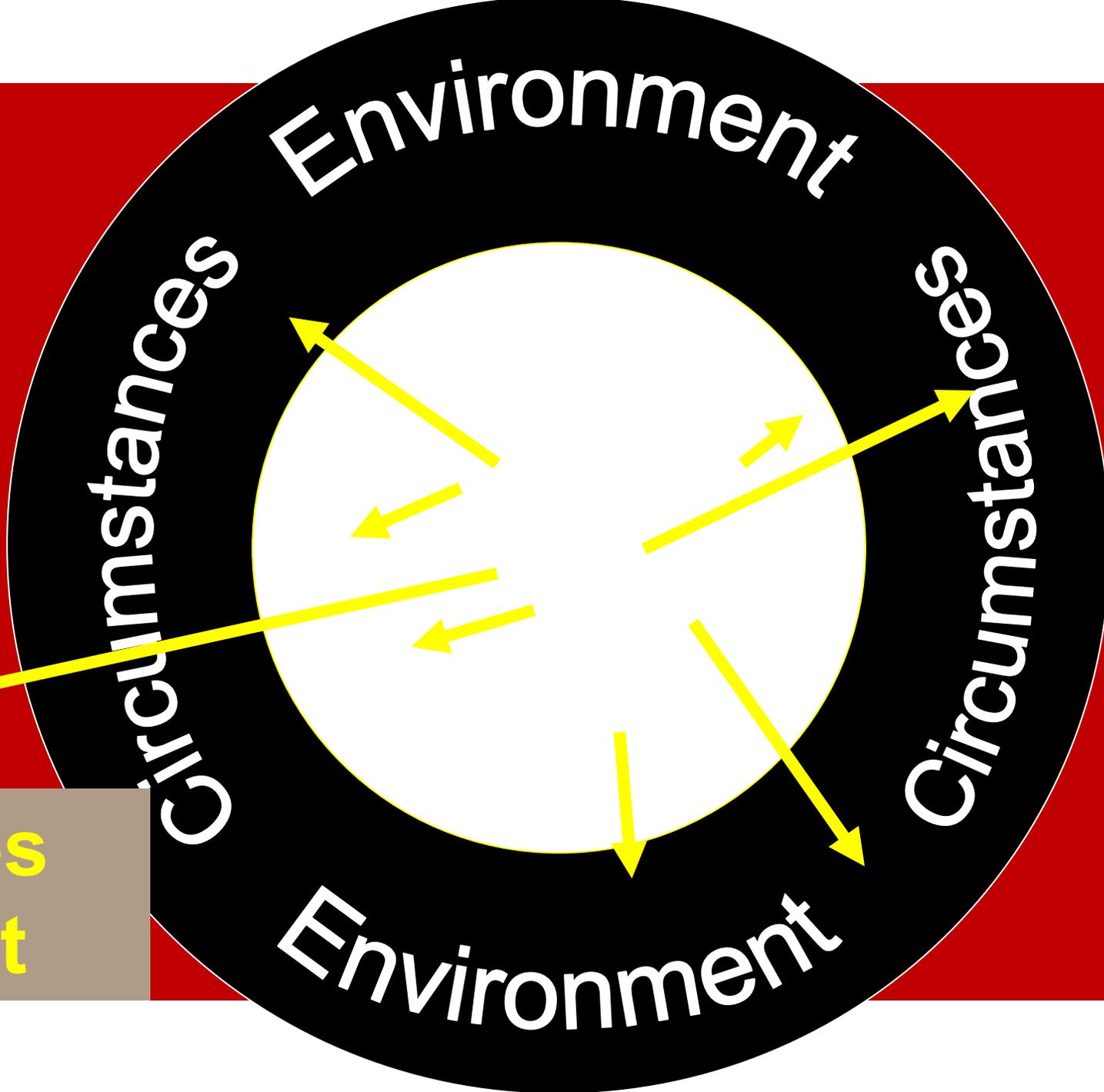
# Heat-External Sources

World
Flesh
Devil



Harvest

World
Flesh
Devil

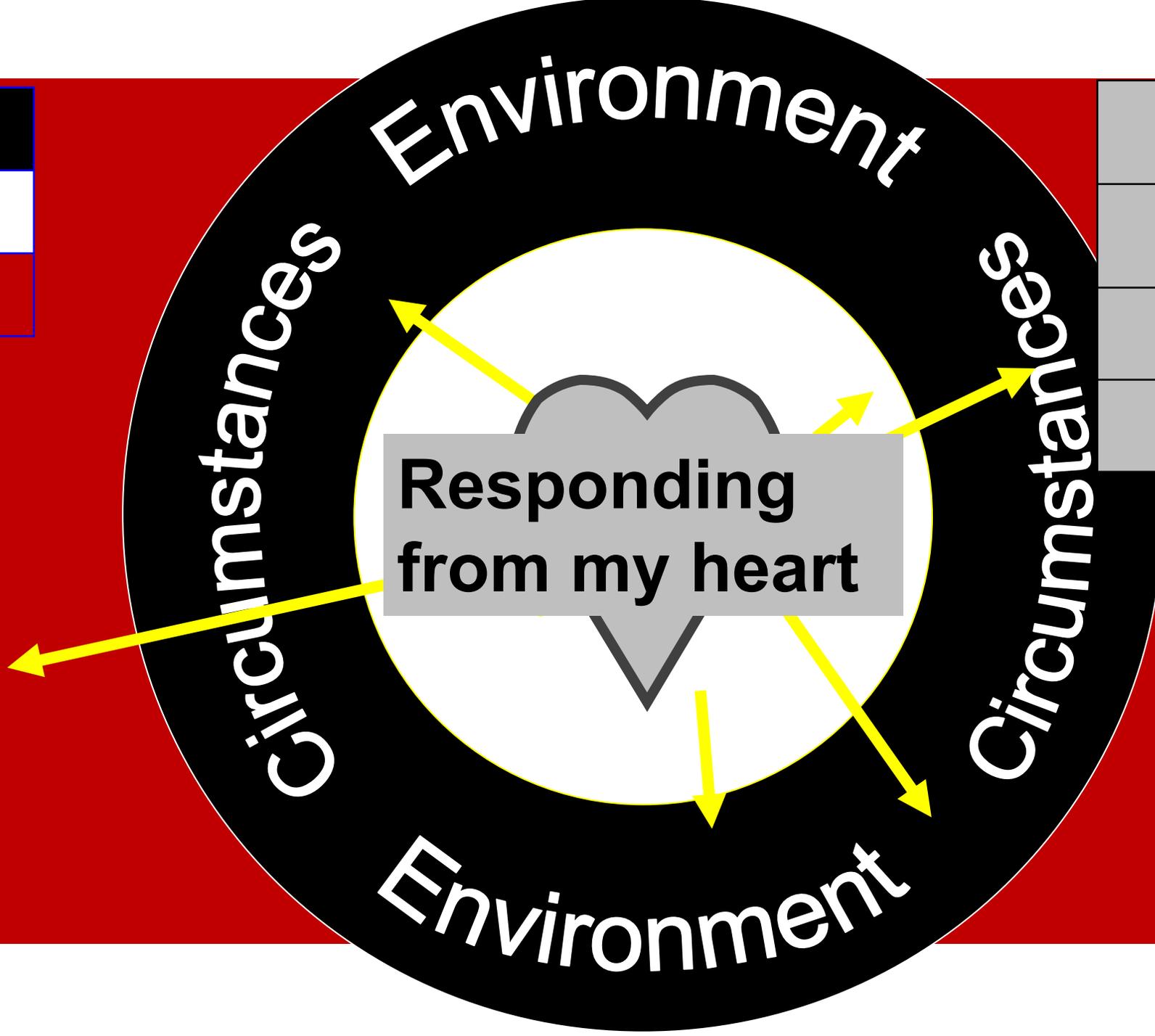


Responses  
to the heat

# Heart

World
Flesh
Devil

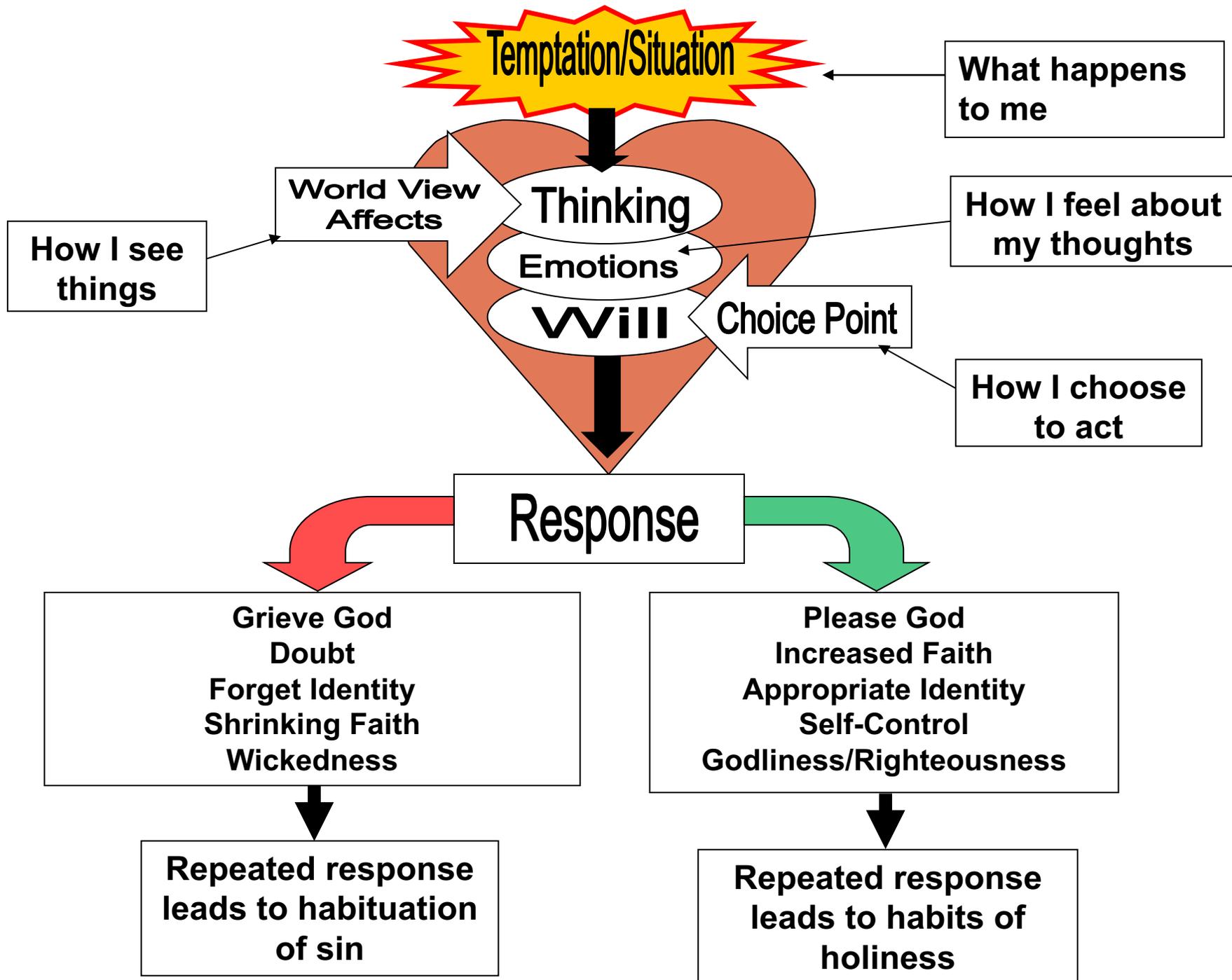
Mind
Will
Emotion
Affection



# Heart

## The Heart – the Whole Person

- 1. Mind/thinking, the noetic effect** – sinful, foolish, man-centered thinking, *The Pride of Life* – State of Mind – arrogant, self-centered autonomous living, etc.
- 2. Will** – unwise, foolish, sinful, rebellious choices
- 3. Passions** – dissonance, anxieties, distress; *Lust of the flesh* – sensations - life-dominating emotions, feeling-oriented living, internal distress, sinful emotions, etc.; *Lust of the eyes* – substance – desire for tangible stuff
- 4. Patterns** – habits, life-dominating sins, thought-patterns and habits



# Perspective

## Suffering is God's Design

<sup>12</sup> Beloved, do not be surprised at the fiery trial when it comes upon you to test you, as though something strange were happening to you. <sup>13</sup> But rejoice insofar as you share Christ's sufferings, that you may also rejoice and be glad when his glory is revealed. <sup>14</sup> If you are insulted for the name of Christ, you are blessed, because the Spirit of glory and of God rests upon you.

<sup>16</sup> Yet if anyone suffers as a Christian, let him not be ashamed, but let him glorify God in that name.

<sup>19</sup> Therefore let those who suffer according to God's will entrust their souls to a faithful Creator while doing good.

(1 Peter 4:12-17)

# Purpose

## Suffering is to Test Us

### **Suffering is God's plan to test us**

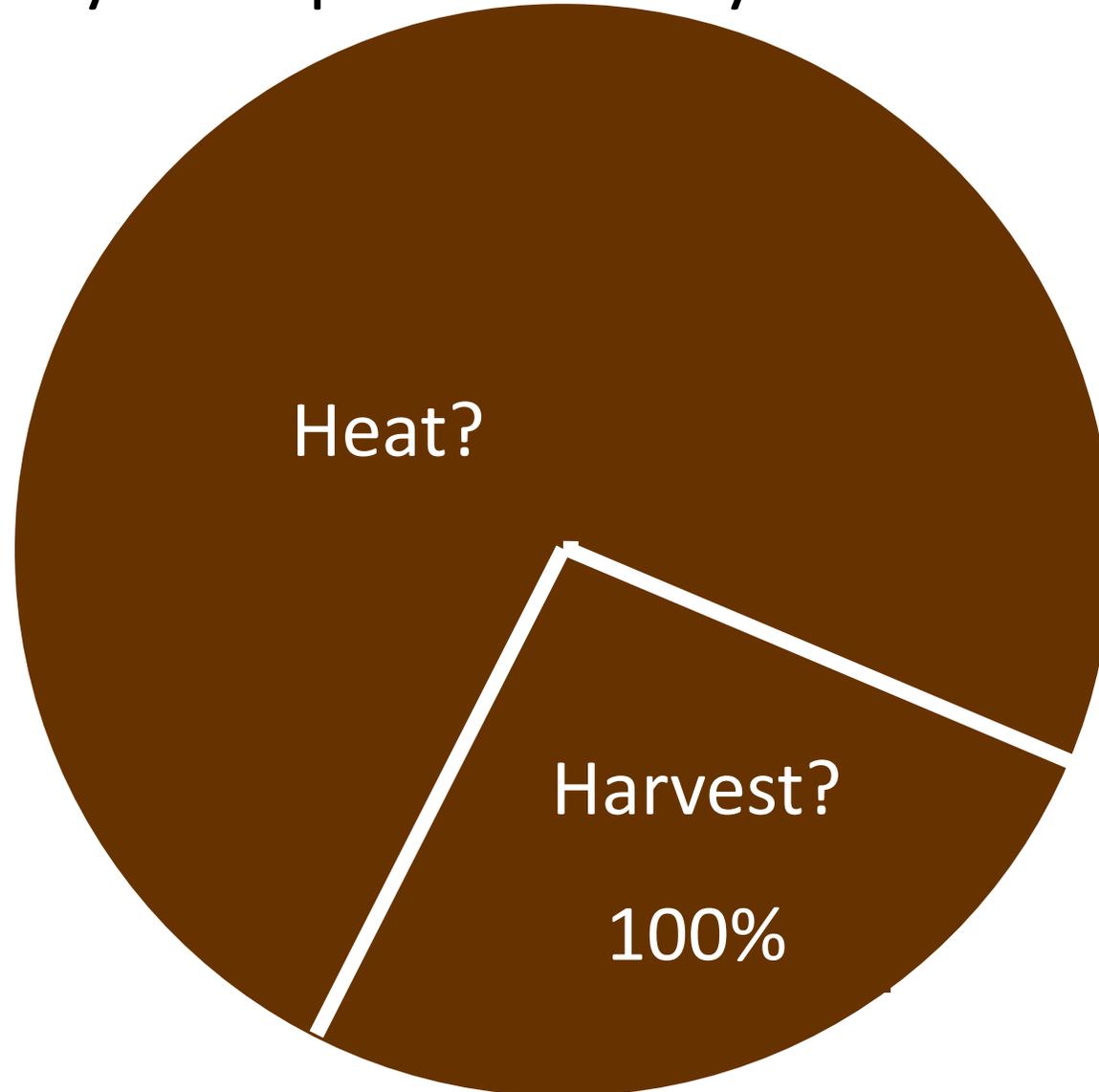
And you shall remember the whole way that the Lord your God has led you these forty years in the wilderness, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments or not.... (Deut. 8:2)

### **Suffering is God's plan to perfect us**

<sup>2</sup>Count it all joy, my brothers, when you meet trials of various kinds, <sup>3</sup>for you know that the testing of your faith produces steadfastness. <sup>4</sup>And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing. (James 1:2-4)

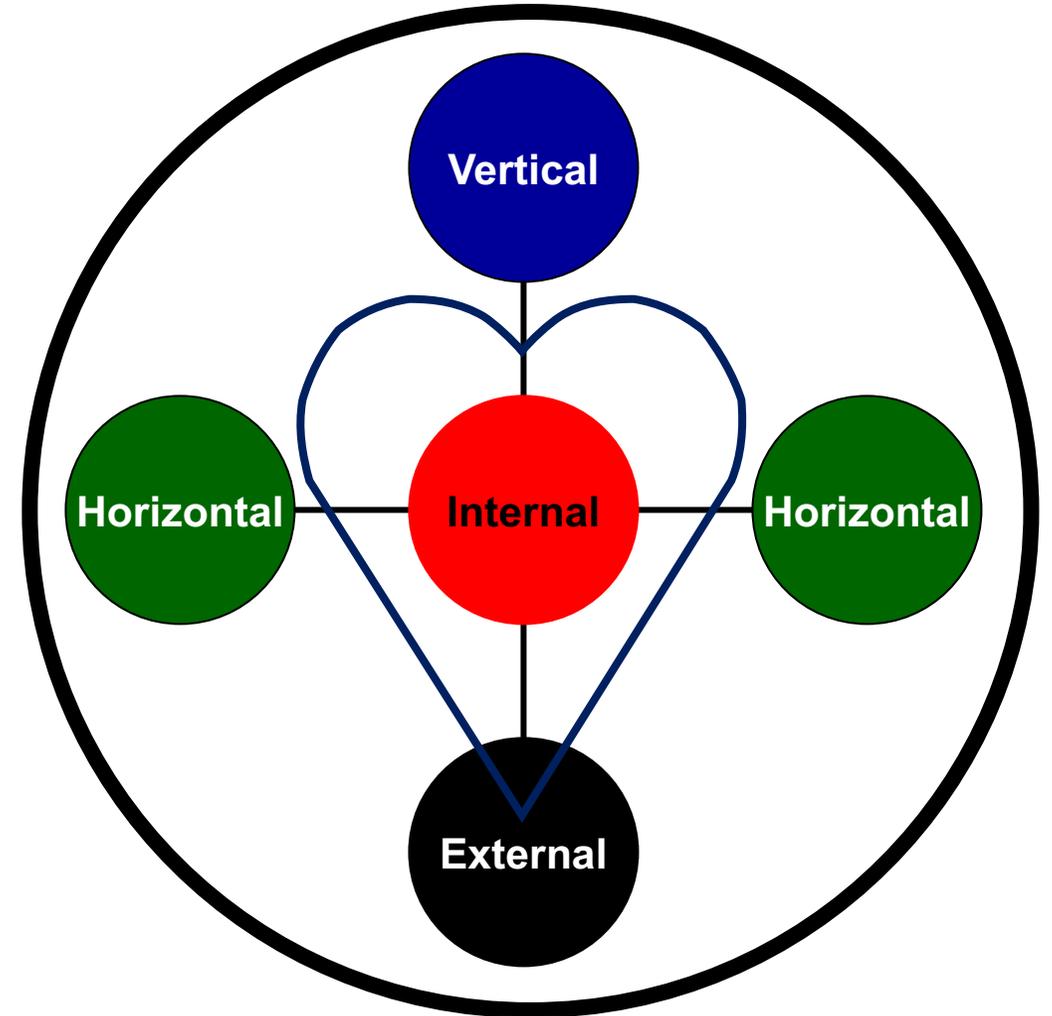
Person

# Discerning My Responsibility

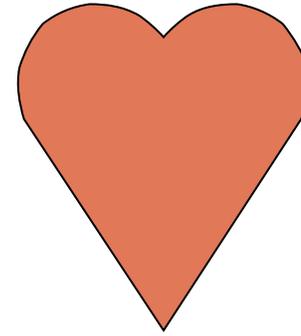


## Learning How we Respond in 4 Dimensions

- **Vertical** – Spiritual; worship
- **Internal**
  - Mind (thinking, conscience)
  - Will
  - Emotion
  - Desires of the Heart
- 3.Horizontal** – Relational
- 4.External** - physical - DNA  
personal health, family, culture,  
physical environment, etc.



# Tracing the Heart Path



- Feeling is always preceded by **thinking**
- Our **worldview**, or lens, colors our perception of everything
- We make **choices** based on our mind/perception and **emotions**
- Our choices can reinforce or “burn in” **habits** that affect thinking and feelings
- **Consequences** of our choices can teach us or harden the heart

Person

Progression of the Heart

Desires

can morph into a need

which morphs into an expectation

which becomes a demand

which become destructive

## Questions to Expose the Heart

- What did you get that you didn't want?
- What did you lose that you 'needed'?
- What did you want so badly that you were willing to sin to get?
- What did you lose that you were willing to sin when you lost it?

## Questions to Expose the Heart

- What prevented you from \_\_\_\_\_?
- How did \_\_\_\_\_ prevent you from pleasing God?
- How did he/her prevent you from pleasing God?
- If you have a “do-over”, what might you do differently in order to please God in that situation?
- What is God more concerned about in this conversation, your responses or his/her sins?
- What caused you to conclude that \_\_\_\_\_?
- What causes you to conclude that \_\_\_\_\_ should be your goal?

# Person

## Using S.M.A.R.T. Questions

- S. Describe the **SITUATION**
- M. Describe what's going on in your **MIND?**
- A. Describe your **ACTIONS?**...What did you **do?**
- R. Describe the **RESULTS** of your actions?
- T. Did you get the **TROPHY** you were after?...Did you get what you wanted?

### **Did GOD get what GOD wanted?**

You can not say, “you made me mad”...your evaluation of the situation is what produced your anger.

# Person

## Key Questions about Patterns

- When did this problem, experience first begin?
- How long has this been going on?
- What **are your** typical responses?
- What typically happens when \_\_\_\_\_?
- What are your learning styles? (audio, visual, hands-on-experience?)
- What are your hot-buttons? Soap-boxes? Pet-peeves?
- What words do you commonly use in conversations?
- “Learning about Your Heart” handout

## A Biblical Understanding of the Heart

- Above all else, guard your heart, for it is the wellspring of life. (Proverbs 4:23)
- The purposes of a man's heart are deep waters, but a man of understanding draws them out. (Proverbs 20:5)
- He has made everything beautiful in its time. He has also set eternity in the hearts of men; yet they cannot fathom what God has done from beginning to end. (Ecclesiastes 3:11)
- For this people's heart has become calloused; they hardly hear with their ears, and they have closed their eyes. Otherwise they might see with their eyes, hear with their ears, understand with their hearts and turn, and I would heal them. (Matthew 13:15)
- The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks. (Luke 6:45)

Pupil

# Pupil - When a Disciple is Fully Trained (Lu. 6:40)

1. Worship or value God and His Kingdom over all things of value; Love Him with all my heart
2. Glorify God by proclaiming His and portraying Him...giving other people a right opinion of Him.
3. Please God, not myself or others
4. Love others as Christ loves me
5. Use my gifts to serve the local church
6. Make disciples

***Glorifying God by becoming more like Christ***

# Our Worldview: Seeing with the Eyes of the Heart

- “I pray also that the **eyes of your heart** may be enlightened in order that you may know the **hope** to which he has called you, the riches of his glorious **inheritance** in the saints, and his incomparably **great power** for us who believe. **That power is like the working of his mighty strength,** which he **exerted in Christ** when he raised him from the dead and seated him at his right hand in the heavenly realms,” (Eph 1:18-20)