I. CLASS OBJECTIVES

This class has the following objectives:

1. Understand the importance of your (spiritual) heart.
2. Learn the definition of your “heart.”
3. Learn the effectiveness of having a heart that produces life.

II. INTRODUCTION

A. Introduce Yourself

1. Begin by sharing something interesting about yourself. This will help the class to see you as a “real” person… and make it easier for them to connect with you throughout this course.
2. Take a moment to introduce your class assistant.

B. Student Icebreaker

1. Break the class into groups of two or three (2-3). Have the students introduce themselves to their partner.
2. The Post Encounter is the third (3) part of the Encounter Series and follows the Encounter Weekend. Whether we realize it or not, God is at work in all of our lives…and the Encounter Weekend was a time to get reconnected with Him.
3. Have each group person answer this question with one another. What person in your life has inspired you to the point of change? What change(s) did you make?

III. INSTRUCTORS NOTE**

When you are preparing your lesson please use personal examples as well as illustrations that will enhance your message and get the point across to the students. Read the class objectives and prepare to answer and minister to the students accordingly. This is not a Sunday school but a class that brings healing, deliverance, ministry to their needs and instruction while casting vision for their personal and ministerial lives.
IV. LESSON: GUARDING YOUR HEART

A. The Heart

1. The physical heart pumps our blood throughout our body so that every part receives oxygen to live and function.

2. The spiritual heart pumps the life of God through every part of our being so we can experience the abundant life Christ came to give (John 10:10).

B. Definition

1. Definition of the Word “Heart”

   - Western Culture: Emotions or intense feelings.
   - Hebrew Meaning: To the ancient Hebrew mind, the word heart doesn’t only consist of emotions but his spiritual, mental and physical life. The Hebrew word of heart is “labab,” which means the midst, the innermost, or the hidden parts of anything.

     In other words, to a Hebrew, the heart would be described as his whole, collective energy and focus of his personal life. His heart would be the very throne upon which his entire life sits upon. When God asks for a man’s heart, He is asking to sit upon the throne of his very life.

   - Greek Meaning: The most common word translated “heart,” is “kardia.” It refers to the center seat of both the spiritual and physical life. It consists of the soul and often referred as the seat of human thoughts, passions, desires, appetites, affections, purposes and endeavors.

     Based upon this we can come to a conclusion that the “heart” is the person’s core of his body, mind, emotions, personality, character and spirit.

C. Guarding Your Heart

   **Proverbs 4:23 (TMB)**
   Keep vigilant watch over your heart;
   that's where life starts.

   **Proverbs 4:23 (AMP)**
   Keep and guard your heart with all vigilance and above all that you guard, for out of it flow the springs of life.

1. Guard, watch, and keep your heart from anything and anyone who would contaminate the purity of your heart.

2. Your life and the outcome of it depend on it.
D. The Heart is the Soil (Ground)

Mark 4:3-8 (AMP)

3Give attention to this! Behold, a sower went out to sow. 4And as he was sowing, some seed fell along the path, and the birds came and ate it up. 5Other seed [of the same kind] fell on ground full of rocks, where it had not much soil; and at once it sprang up, because it had no depth of soil; 6And when the sun came up, it was scorched, and because it had not taken root, it withered away. 7Other seed [of the same kind] fell among thorn plants, and the thistles grew and pressed together and utterly choked and suffocated it, and it yielded no grain. 8And other seed [of the same kind] fell into good (well-adapted) soil and brought forth grain, growing up and increasing, and yielded up to thirty times as much, and sixty times as much, and even a hundred times as much as had been sown.

Mark 4:14-20 (AMP)

14The sower sows the Word. 15The ones along the path are those who have the Word sown [in their hearts], but when they hear, Satan comes at once and [by force] takes away the message which is sown in them. 16And in the same way the ones sown upon stony ground are those who, when they hear the Word, at once receive and accept and welcome it with joy; 17And they have no real root in themselves, and so they endure for a little while; then when trouble or persecution arises on account of the Word, they immediately are offended (become displeased, indignant, resentful) and they stumble and fall away. 18And the ones sown among the thorns are others who hear the Word; 19Then the cares and anxieties of the world and distractions of the age, and the pleasure and delight and false glamour and deceitfulness of riches, and the craving and passionate desire for other things creep in and choke and suffocate the Word, and it becomes fruitless. 20And those sown on the good (well-adapted) soil are the ones who hear the Word and receive and accept and welcome it and bear fruit--some thirty times as much was sown, some sixty times as much, and some [even] a hundred times as much.

E. 4 Types of Soil (Heart)

1. Seed sown by the “wayside.”
   • They did not understand God’s word for their lives.
   • Hearing the word but doesn’t understand it and seeing yet cannot perceive the truth.
   • Satan blinds those who don’t believe.
   • Satan came immediately to take the word of God out of their hearts.

2. Stony Ground
   • Glad to receive the word.
   • Happy to hear the word concerning their life.
   • No root.
   • Endure for a time.
   • Persecution comes against the word they received.
   • They immediately stumble.
3. Sown Among the Thorns
   • Hears the word.
   • The cares of this world.
   • The distractions.
   • The pleasures of life.
   • The cravings for other things.
   • The “thorns” choke (cut off) the word to make it of no effect.
   • The word cannot produce life.

4. The Good Ground
   • Well adapted ground.
   • Welcomes God’s word.
   • Hears, receive, and accept (applies, does, arrange their life accordingly to) God’s word in their lives.
   • The word will produce 30, 60, and some as much as 100 times of being fruitfulness.