



## **I. WHY IS A HARD HEART SO DANGEROUS?**

### **1. Scripture uses the physical heart as a metaphor for the core of my spiritual being**

Guard your heart above all else, for it determines the course of your life.  
Proverbs 4:23 (NLT)

### **2. That is why a “hard heart” is one of the most devastating spiritual diseases I can develop**

That is why the Holy Spirit says, “Today when you hear his voice, don’t harden your hearts as Israel did when they rebelled, when they tested me in the wilderness...Be careful then, dear brothers and sisters. Make sure that your own hearts are not evil and unbelieving, turning you away from the living God. You must warn each other every day, while it is still “today,” so that none of you will be deceived by sin and hardened against God.

Hebrews 3:7-8,12-13 (NLT)

### **3. Jesus encounters some hard hearts in Mark 3:1-6**

## **II. WHAT CAUSES MY HEART TO BECOME HARD?**

### **1. Emotional hurt**

All this I observed as I tried my best to understand all that’s going on in this world. As long as men and women have the power to hurt each other, this is the way it is.

Ecclesiastes 8:9 (The Message)

### **2. Impenitent sin**

Temptation comes from our own desires, which entice us and drag us away. These desires give birth to sinful actions. And when sin is allowed to grow, it gives birth to death.

James 1:14-15 (NLT)

### **3. Stubborn pride**

Pride leads to destruction, and arrogance to downfall.

Proverbs 16:18 (TEV)

### **4. Repeated disobedience**

But Samuel replied, “What is more pleasing to the LORD: your burnt offerings and sacrifices or your obedience to his voice? Listen! Obedience is better than sacrifice, and submission is better than offering the fat of rams.

1 Samuel 15:22 (NLT)

## **5. Negative influences**

Dear friend, don't let this bad example influence you. Follow only what is good. Remember that those who do good prove that they are God's children, and those who do evil prove that they do not know God.

3 John 11 (NLT)

## **6. Chronic unforgiveness**

Look after each other so that none of you fails to receive the grace of God. Watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

Hebrews 12:15 (NLT)

# **III. HOW CAN MY HARD HEART BE CURED?**

## **1. Ask God to heal my heart**

Create in me a pure heart, God, and make my spirit right again.  
Psalm 51:10 (NCV)

## **2. Confess and repent of my sin**

If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness. If we claim we have not sinned, we are calling God a liar and showing that his word has no place in our hearts.

1John 1:8-10 (NLT)

## **3. Forgive and let go of offenses quickly**

Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others.

Colossians 3:13 (NLT)

## **4. Stay humble toward God and others**

Humble yourselves before the Lord, and he will lift you up in honor.

James 4:10 (NLT)

## **5. Allow God's Word to transform me**

God means what he says. What he says goes. His powerful Word is sharp as a surgeon's scalpel, cutting through everything, whether doubt or defense, laying us open to listen and obey.

Hebrews 4:12 (The Message)

## **6. Claim God's promise to give me a new heart**

And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart. And I will put my Spirit in you so that you will follow my decrees and be careful to obey my regulations.

Ezekiel 36:26-27 (NLT)