

Understanding The Human Heart

It has been my observation that the heart is emotional in nature and believes what it feels. Also, the heart does not make the distinctions that the rational mind makes. The mind will reason that if one man is unkind that does not necessarily mean that all men are unkind. Not so with the heart. For example, if my father is mean, then my heart might believe that ALL men are mean. It will certainly believe that ALL FATHERS are mean, because the heart recognizes father, mother, sister, brother, man, woman, him, her, and them. It's an all or nothing world to the heart, because the heart thinks in general categories. So if the heart believes a lie about one man, the heart will apply that lie to all males, including God.

for with the heart a person believes ... Romans 10:10

Here's some truth about the heart.

1. The mouth speaks from what fills the heart.

The good man out of the good treasure of his heart brings forth what is good; and the evil man out of the evil treasure brings forth what is evil; for his mouth speaks from that which fills his heart. Luke 6:45

2. The heart responds to grace.

Do not be carried away by all sorts of strange teachings. For it is good for the heart to be strengthened by grace, not ritual meals, which have never benefited those who participated in them. Hebrews 13:9

3. The issues of life flow from the heart.

Above all else, guard your heart, for it is the wellspring of life. Proverbs 4:23

4. It is secretive and deep.

For the inward thought and the heart of a man are deep. Psalm 64:6

For He knows the secrets of the heart. Psalm 44:21

5. It has its own opinions and emotions.

For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart. Hebrews 4:12

How long shall I take counsel in my soul, having sorrow in my heart all the day? How long will my enemy be exalted over me? Psalm 13:2

6. We believe with the heart, and the heart believes what it feels.

for with the heart a person believes, resulting in righteousness, and with the mouth he confesses, resulting in salvation. Romans 10:10

It appears that the first sin we commit happens in the womb when we believe a lie about God. This lie appears to be the result of "feeling" abandoned and betrayed by God. We

"feel" this when we first enter the atmosphere of sin and experience the presence of the evil one.

in which you formerly walked according to the course of this world, according to the prince of the power of the air, of the spirit that is now working in the sons of disobedience. Ephesians 2:2

Because the heart believes what it feels, we believe that God has hurt us. Only Jesus managed to navigate the womb without falling into sin, but in order for him to be our high priest he had to be tempted in all the ways that we are tempted, so he "felt" abandoned on the cross when he became our sin, but, unlike us, he did not believe that what he felt in his heart was the truth.

About the ninth hour Jesus cried out with a loud voice, saying, " ELI, ELI, LAMA SABACHTHANI?" that is, "MY GOD, MY GOD, WHY HAVE YOU FORSAKEN ME?" Matthew 27:46

And when Jesus had cried with a loud voice, he said, Father, into thy hands I commend my spirit: and having said thus, he gave up the ghost. Luke 23:46

For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin. Hebrews 4:15

Although it "felt" true that Father God had abandoned Him on the cross, Jesus chose to believe THE truth.

7. The heart breaks and requires healing.
The LORD is near to the brokenhearted Psalm 34:17

*The Spirit of the Lord GOD is upon me,
Because the LORD has anointed me
To bring good news to the afflicted;
He has sent me to bind up the brokenhearted, Isaiah 61:1*

He heals the brokenhearted And binds up their wounds. Psalm 147:3

8. While we train our soul to be silent, we must encourage our heart to speak to the Lord.
*Trust in Him at all times, O people;
Pour out your heart before Him; Psalm 62:8
My soul, wait in silence for God only, Psalm 62:5*

NOTE: Remember that the heart thinks in general categories. For example: mother, father, sister, brother, them. For the heart, it is all or nothing. Look for words like always, never, no one, every time, all and none. For example: No one ever cares about what I think.

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2

It is absolutely vital that we bring what we believe in our hearts into the light, then apply the truth of scripture.

But the LORD said to Samuel, "Do not look at his appearance or at the height of his stature, because I have rejected him; for God sees not as man sees, for man looks at the outward appearance, but the LORD looks at the heart." 1 Samuel 16:7

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3