



The Heart of the Matter

It's the **HEART** that **MATTERS**

“Create in me a clean heart, God. Renew a loyal spirit within me.”

Psalm 51:10, The Bible

Your Heart Health Check Up

Diagnosing your “Heart Condition”

- **Unhappy** Heart
- **Heavy** Heart
- **Hard** Heart

Change of Heart

Moving toward Heart Health – “Spiritual Renewal”

- Healthy focus – **God is the source**
- Healthy mind – **Gratitude is the attitude**
- Healthy habits – **Prayer & Repentance is the response**

Resulting in a Healthy Church

“...each member of the congregation needs to experience a fresh and personal encounter with the living God which at its heart includes a deep conviction and overflowing gratitude for what He has done through Jesus Christ in order to secure our personal salvation.”

- Richard Lovelace, *Dynamics of Spiritual Life*