



The Habit that will Heal Your Heart

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“The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is?”

Jeremiah 17:9 NLT

Then I observed that most people are motivated to success because they envy their neighbors. **Ecclesiastes 4:4 NLT**

1. Developing healthy spiritual habits

- If you want to change your life, change your habits
- If you want to change your habits, let God change your heart

2. Four indicators of self-deception

- Addiction to distraction
- Being judgmental
- Being defensive
- Being cynical

3. The example of King David

In the spring of the year, when kings normally go out to war, David sent Joab and the Israelite army to fight the Ammonites. They destroyed the Ammonite army and laid siege to the city of Rabbah. However, David stayed behind in Jerusalem. **2 Samuel 11:1 NLT**

¹⁰ Create in me a clean heart, O God. Renew a loyal spirit within me. ¹¹ Do not banish me from your presence, and don't take your Holy Spirit from me. ¹² Restore to me the joy of your salvation, and make me willing to obey you.

Psalm 51:10-12 NLT

4. Developing the habit of self-examination

- Notice what others are telling you
- Look at where you are most defensive
- Ask God to help you to see

²³ Search me, O God, and know my heart; test me and know my anxious thoughts. ²⁴ Point out anything in me that offends you, and lead me along the path of everlasting life.

Psalm 139:23-24 NLT

Next Steps:

- Commit to seek God and submit to him as he leads me to a healthy heart
- Pray David's prayer in Psalm 139:23-24 regularly through this message series
- Commit to make one habit change: _____
- Attend the rest of this message series (or watch on our Youtube channel)
- _____