Welcome to Heart-to-Heart!
Gods Blueprint
For a Hurting Heart

Week 2 | 09.29.14 (PM) | 10.01.14 (AM)
Isaiah 30:9-15a on own in NIV
8-11 So, go now and write all this down. Put it in a book. So that the record will be there to instruct the coming generations, Because this is a rebel generation, a people who lie, A people unwilling to listen to anything God tells them.

Isaiah 30:9-14 (MSG)
They tell their spiritual leaders,  
“Don’t bother us with irrelevancies.”
They tell their preachers, 
“Don’t waste our time on impracticalities. 
Tell us what makes us feel better. 
Don’t bore us with obsolete religion. 
That stuff means nothing to us.

Isaiah 30:9-14 (MSG)
Quit hounding us with The Holy of Israel.”

Therefore, The Holy of Israel says this:

“Because you scorn this Message,
Preferring to live by injustice
and shape your lives on lies,
This perverse way of life
will be like a towering, badly built wall

Isaiah 30:9-14 (MSG)
That slowly, slowly tilts and shifts,  
and then one day, without warning, collapses—
Smashed to bits like a piece of pottery,  
smashed beyond recognition or repair ..

Isaiah 30:9-14 (MSG)
What will you do with that brokenness? Who or what trust will you trust with the hurts of your heart?
It says it doesn’t matter if we get thrown, pushed or if we jump into a pit, life in a pit is never where God intends us to live!
(MSG) GOD, the Master, The Holy of Israel, has this solemn counsel: "Your salvation requires you to turn back to me and stop your silly efforts to save yourselves. Your strength will come from settling down in complete dependence on me—The very thing you’ve been unwilling to do.

(NIV) This is what the Sovereign LORD, the Holy One of Israel, says: “In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it.”

Isaiah 30:15
My blueprint for a hurting heart:

I give no regard to the way I feel.

• Ignore my feelings
• Deny my feelings
• Bury or internalize my feelings

I give in to the way I feel.

• Undisciplined mind
• Unprotected heart
• Unchecked emotions
God’s blueprint for a hurting heart:

• repentance
• rest
• quietness
• trust
REPENTANCE

The Sovereign LORD, the Holy One of Israel, says: “In repentance … is your salvation….”
Salvation means “to be saved” which means to be:

- Helped
- Delivered
- Saved in battle
- Victorious
- Liberated
- Rescued
- Protected
Hebrew word for salvation: yasa

“to remove or seek to remove someone from a burden or danger”
Repentance: to turn and go other way
In what ways does your hurting heart need to repent; return to God and His ways?
But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Galatians 5:22-23a (NIV)
The Sovereign LORD, the Holy One of Israel, says: “In ... rest is your salvation...
Hebrew word for rest: nacah
“to remain, to be quiet”

Nacah occurs 65 times in the Old Testament;
the first time is Genesis 8:4
“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Matthew 11:28-30
QUIETNESS

The Sovereign LORD, the Holy One of Israel, says: “In quietness is your strength …

strength is synonymous with bravery
Quietness: tranquil, at peace, undisturbed

Isaiah 66:13
Zephaniah 3:17
Elizabeth Elliott, Keep a Quiet Heart
TRUST

The Sovereign LORD, the Holy One of Israel, says: “In trust is your strength …

Proverbs 3:5
“… the mystery that has been kept hidden for ages and generations, but is now disclosed to the Lord’s people. To them God has chosen to make known among the Gentiles the glorious riches of this mystery, which is Christ in you, the hope of glory.”

Colossians 1:26-27
God has chosen to make known, to Sherilyn, the glorious riches of a mystery, which is Christ in Sherilyn, her hope of glory.”
again - This is what the Sovereign LORD, the Holy One of Israel, says: “In repentance and rest is your salvation, in quietness and trust is your strength, but you would have none of it.”

In closing -

Isaiah 30:15
Biblical solutions for a hurting heart:

1. Go to God’s PEOPLE – Romans 9:15
2. Go to God’s WORD – Proverbs 4:4
https://www.youtube.com/watch?v=jY_csMVzvgo