“Jesus, because His will was one with His Father’s, could be free from care.” - Elizabeth Elliott, Keep a Quiet Heart

Isaiah 30:9-14 (MSG)

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.
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.
   Quit hounding us with The Holy of Israel.”

12-14 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
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..
Beth Moore, *Get Out of That Pit*

**Isaiah 30:15 (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.”

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
Heart-to-Heart
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REPENTANCE

Repentance: turn and go other way

REST

Hebrew word for rest: nacah, “to remain, to be quiet”

Matthew 11:28-30  “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.”

QUIETNESS

Isaiah 66:13
Zephaniah 3:17

Elizabeth Elliott, Keep a Quiet Heart

TRUST

Colossians 1:26-27  “… 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.”

God has chosen to make known to me, ________________, the glorious riches of His mystery, which is Christ in __________, my hope of glory.”
Two simple, Biblical solutions for a hurting heart:

1. Go to God’s people.
   Romans 9:15

2. Go to God’s Word.
   Proverbs 4:4

For Further Study

- Psalm 19:7-11
- Psalm 27:1-3; 51:10; 73:10
- Ecclesiastes 3:11
- Ezekiel 36:26
- John 10:10
- John 14:1-21
- 1 John 3:5-8 (Amplified)
- Romans 8:28-39
- 2 Corinthians 4
- Philippians 3:7-10
- Colossians 3:1-2