

FOOD FOR THOUGHT *(continued)*

4. The following verses give us encouragement regarding our hearts! Read these verses, and jot down any encouragement or application you find.

SCRIPTURE:	ENCOURAGEMENT:
Proverbs 27:19	
Proverbs 3:5-6	
Matthew 22:37	
Matthew 6:21	
Psalms 19:14	

5. What would it look like for you to REST in Jesus on a consistent basis? What will your life look like next year if you don't?

6. How can you best apply this message in your life today?

MESSAGE NOTES

VOICES // Week 10

- Many of the things that sidelines us emotionally come from _____ out of our _____.

*Above all else, guard your heart, for everything you do flows from it. **Proverbs 4:23***

*Keep thy heart with all diligence; for out of are the issues of life. **Proverbs 4:23***

- While I cannot control all that happens to me, the one thing I can control is the _____ of my _____.

- The Hebrew word for heart is 'LEV', which means your _____, passions and _____.

- Guarding our emotions will take constant and diligent _____.

- The enemy disguises things in our life to intentionally _____ our heart, causing us to go into a _____ emotionally.

- The heart is the _____ of _____ for all of the issues in your life.

- Find _____ in Jesus through prayer and the word.

*"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***

*Do't worry about anything; instead, pray about everything; tell God your needs, and don't forget to thank Him for His answers. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as your trust in Christ Jesus. **Philippians 4:6-7***

REST = R _____ E _____ S _____ T _____

