

└ Introduction

└ Wilhelm Wundt

Wilhelm Wundt
The father of modern psychology



09:30

1. Wilhelm Wundt, Institute for Experimental Psychology, University of Leipzig in Germany in 1879.
2. Separated psychology from philosophy by emphasizing experimentation.
3. Wundt argued that conscious mental states could be scientifically studied using introspection.
4. He trained psychology students to make observations.
5. Introspection was an unreliable method of investigation.
6. Introspection could not be used to study children or animals.
7. Complex topics, such as learning, development, mental disorders, and personality, could not be investigated.
8. Yet, to this day, introspection is seen as the key to self-discovery
9. God knows more about our psyche than we do.

2016-05-01

└ Introduction

└ God wants a relationship with people

God wants a relationship with people

Jeremiah 31:31-34

31 Behold, the days are coming, declares the Lord, when I will make a new covenant with the house of Israel and the house of Judah, 32 not like the covenant that I made with their fathers on the day when I took them by the hand to bring them out of the land of Egypt, my covenant that they broke, though I was their husband, declares the Lord. 33 For this is the covenant that I will make with the house of Israel after those days, declares the Lord: I will put my law within them, and I will write it on their hearts. And I will be their God, and they shall be my people. 34 And no longer shall each one teach his neighbor and each his brother, saying, 'Know the Lord,' for they shall all know me, from the least of them to the greatest, declares the Lord. For I will forgive their iniquity, and I will remember their sin no more.

09:32

2016-05-01

└ Introduction

└ Goals

Goals

- Know what your 'heart' is and how the New Covenant is 'written' upon it
- Determine some internal and external ways to evaluate our hearts
- Commit to continual heart transformation as a way to draw closer to God

09:34

└─What is the heart?

└─What is the heart?

What is the heart?

The heart is an organ

'The heart is a muscular organ in humans and other animals, which pumps blood through the blood vessels of the circulatory system. Blood provides the body with oxygen and nutrients, and also assists in the removal of metabolic wastes.'

The heart is a symbol

'[The heart] denotes a person's center for both physical and emotional-intellectual-moral activities; sometimes it is used figuratively for any inaccessible thing.'

09:36

1. Ancients didn't view the association between the heart and thoughts, emotions as a symbol.

└ What is the heart?

└ The New Covenant vs. the Old

The New Covenant vs. the Old
Jer. 31:31-34

I will put my law within them	genuine obedience
I will write it on their hearts	inward commitment
I will be their God	a new focus
they shall be my people	it's no longer physical Israel
...they shall all know me	faith not genealogy
from the least to the greatest	there's no distinctions
I will forgive their iniquities	more than overlooking sins

09:40

1. write it on hearts – not tablets. Israelites should have done this (law 'when you rise up and lay down'). Christians will get it right.
2. God's covenant will become part of who we are
3. Again, a separation existed in the Old Covenant.
4. The separation was partly institutional, but mostly it was that people didn't internalize God's law.

└─What is the heart?

└─Our heart can be strong

- We can (and will) get old, physically.
- But, our heart can rise above our physical limitations.

09:44

1. This also implies that our heart is something more than our mental faculties, which can also dissipate with age.

└ How to evaluate our hearts

└ God judges us by our heart

- Man looks on the outward appearance
- The Lord looks on the heart

09:48

1. How you look has very little to do with who you are.
2. When people say, “God knows my heart”, they are misusing this principle.
3. What they mean is, “I may be behaving in a manner inconsistent with the Bible, but inside I’m very sincere.”
4. It’s not possible to separate your heart from your actions.
5. Your actions certainly speak more about your heart than your physical appearance.
6. For example, Saul

└ How to evaluate our hearts

└ Law outside your heart is useless

Law outside your heart is useless
Hebrews 4:1-10

- The Law didn't benefit the Israelites because they didn't believe it.
- And it kept them out of the promised land.

09:52

1. Belief plays such a central role.
2. It's a shame that the Calvinists have made it a 'bad' word among NT Christians.
3. Don't let their false teachings dissuade you from emphasizing the importance of belief.

└ How to evaluate our hearts

└ Knowing if your heart is good

Knowing if your heart is good

1 John 3:19-24

- God's love and forgiveness is greater than our lingering guilt of sin.
- When we believe in Jesus, love one another, keep His commandments, and have a relationship with the Spirit...
- Then, our hearts will feel clean and we'll have confidence in our relationship with God.
- You can't have a good heart without love. (Deut. 10:12-22)

09:56

1. Your conscience, if it's sensitive, could always be niggling you that there is some imperfection in you.
2. But, you need to have confidence that God has cleansed you.
3. You can bolster that confidence by following the principles outlined in vs.23-24.
4. Remember, we're striving for faithfulness not perfection.
5. Deut. 10:12-22 Talks about how when you set your heart to God's law, then you love god and your neighbor

└ Transforming our hearts

└ You can choose your heart

You can choose your heart
Ezra 7:10

Ezra set his heart to

- study
- teach
- do

10:00

1. You read about David, and you think, “I wish I was a man after God’s own heart.”
2. The simple answer is, “You can be!”
3. Ezra decided to have a righteous, spiritual life, and God helped him get there.
4. You can do the same.

└ Transforming our hearts

└ Decide to be Different

- The world would not choose to be a living sacrifice, because it doesn't see the benefits.
- The Christian is transformed by first rejecting worldliness in his mind.
- That transformation brings about discernment.

10:04

1. You're not going to make the right choices unless you're humble enough to reject your way of doing things in favor of God's way of doing things.

└ Transforming our hearts

└ Law inside your heart is revealing

Law inside your heart is revealing
Hebrews 4:11-13

- Divides the soul and spirit
- Discerns the thoughts and intentions of your heart.

10:08

1. People spend a lot of time trying to figure themselves out.
2. Self-help books are everywhere.
3. But, introspection, by itself, can only take you so far.
4. Introspection guided by God's word, however, will take you to heaven.
5. You can't overemphasize the importance of meditating on God's word.
6. That's one of the reasons why, when we preach or teach a class, we should prepare our scriptures well in advance.
7. You have to have time to think about the passages.
8. A genuine understanding doesn't just happen immediately.

└ Review

└ Written on Their Hearts

10:12

Written on Their Hearts

God wants a relationship with people from their hearts.

The heart

- Your heart is you.
- Your heart was built to be the home for God's law.
- Your heart grows as you grow close to God.

Evaluate your heart

- God judges us by our heart.
- Belief is a test of the heart. Israel failed that test.
- Other tests: "love one another", "keep my commandments"

Transform your heart

- You can choose your heart.
- Reject worldliness in favor of being a living sacrifice.
- Meditate on God's word to refine your heart.