



**IronWorks: “Pure Cardio: Exercises for a Healthy Heart”**  
 April 5, 2019                      Teacher: Roger Thompson

**The Vulnerable Heart**

*Keep your heart with all vigilance, for from it flow the springs of life.*  
 Proverbs 4:23

*You shall love the Lord your God with all your heart and with all your soul and with all your might.*  
 Deuteronomy 6:5

*Do the will of God from your heart.*  
 Ephesians 6:6

*The heart is deceitful above all things, and desperately sick; who can understand it?*  
 Jeremiah 17:9

1. My heart is made to FOLLOW, not lead:

Do not follow your heart!

*Where your treasure is, there your heart will be also.*  
 Matthew 6:21

2. Giving my heart makes me VULNERABLE:

The heart cannot be neutral: It’s all or nothing!

*No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other.*  
 Matthew 6:24

**“You cannot hide your heart: whatever fills, spills.”**  
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### SPIRITUAL CARDIOLOGY:

- No one has a perfect heart: Jeremiah 17:9  
Gravity is against godliness
- Arrhythmia is regulated by ingesting truth: Psalm 119:11
- The anarchic heart denies reality:  
The fool says in his heart, there is no God. Ps. 14:1
- The heart can be strengthened: Heb. 13:9
- Examine your heart only under supervision:  
Jeremiah 17:9 / Psalm 139:23-24

### Questions for discussion:

1. Describe a time when your heart followed after something that proved empty or false.
2. What happens to good intentions when your “heart is not in it?”
3. How have you experienced a renewal of your heart in some aspect of your life?

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