



## ***IronWorks: “Pure Cardio: Exercises for a Healthy Heart”***

**April 26, 2019**

**Teacher: Roger Thompson**

### **“THE LOVING HEART”**

The experience of the summit= being loved

*We love because He first loved us. I John 4:19*

The journey to the summit= loving others

*Greater love has no one than this: that a man lay down his life for his friends. John 15:13*

### **HEALTHY CARDIO exercises for a loving heart**

I Corinthians 13:4-7

#### **1. Practice saying “NO!” *Love is patient***

A loving heart restrains itself from its first, automatic reaction.

“Love says NO to a host of impatient, reflexive emotions, bad habits, self-serving actions, and devious motives.”

*(Do the Next Right Thing, p. 191)*

**NO!** to envy, boasting, rudeness, demandingness, anger, resentment, rejoicing at wrong

Daily CARDIO habits:

- ◆ Am I listening better, and longer?
- ◆ Am I considering where this person is coming from?
- ◆ Am I choosing to understand?
- ◆ Am I aware of my deeper motive?
- ◆ Am I responding out of a deficit motivation? (anger/ fear/ guilt)



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## 2. Practice saying “YES!” *Love is kind*

A loving heart is proactive about the best things in life.

“To love is to do what you want.” (*Do the Next Right Thing*, p. 196)

**YES!** to rejoicing with truth, resilience, trust, hope, perseverance, eternal investments

Daily CARDIO habits:

- ◆ Am I drinking enough?
- ◆ Am I eating a healthy diet?
- ◆ Am I stressed over things I cannot control?
- ◆ Am I pursuing what I really want?
- ◆ Am I keeping an eternal perspective?

Questions for discussion:

1. How am I learning to say “no” to habitual responses that are unloving?
2. “To love is to do what you want.” How does this motivate me to say “yes” to love even when loving that person is hard?
3. Pray for each man around your circle: “Lord, strengthen this man to love with his whole heart.”

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