

Instrument in the Reformer's Hands

Understanding Your Heart Struggle

Based on the book by
Paul David Tripp

March-May
2005

UNDERSTANDING YOUR HEART STRUGGLE



- Any conflict in your life?
- Irritation toward a loved one?
- People push your buttons?
- Certain things drive you crazy?
- Have a lot of conflict?

Conflict is all around us!
A result of the Fall -- no one is immune.

LOOKING FOR CONFLICT IN ALL THE WRONG PLACES

- Anger? Examine your own heart .
- Mostly blame something or someone else.
- It's not people and situations.
- It's the heart overflowing .

The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks. (Luke 6:45)

LOOKING FOR CONFLICT IN ALL THE WRONG PLACES

What causes fights and quarrels among you? Don't they come from your desires that battle within you? You want something but don't get it. You kill and covet, but you cannot have what you want. You quarrel and fight. You do not have, because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures. James 4:1-3

**Strong connection between
our desires and our conflicts**

AN ARMY OF DESIRES IN A WORLD AT WAR

- Desires determine everything we do.
- Desires shape every relationship in life.
- Examine desires to understand anger.

Desire -- base of every angry feeling, word, and action.

Heart is a fount of competing desires.

**Yet there is a deeper battle!!
Our desire for anything in the creation vs.
Our desire for God.**

DUELING KINGDOMS AND RELATIONAL CHAOS

- Not wrong to have legitimate desires.
- To stop desiring is impossible.
- When you quit desiring, you are dead!
- Wrong to be *ruled* by legitimate desires.

**When completely legitimate desires rule us,
our anger is not caused by the people and
situations we encounter. Beneath our war
with people, the war for our heart rages.**

How Desires Capture the Heart

DESIRE..."I want"



DEMAND..."I must"

NEED..."I will"

EXPECTATION..."You should"

DISAPPOINTMENT..."You didn't"

PUNISHMENT..."Because you didn't, I will"

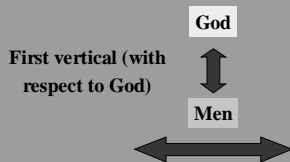
A JEALOUS GRACE



- God knows what is best.
- We are not left captive to other gods.
- God battles for us!
- God fights for our hearts.
- God's grace forgives.
- God's grace constrains, draws, wins.

HUMBLE CLEANSING OF THE HEART

Turnaround in Human Conflict Situations



Reconciliation and restoration in our relationships with others begin with the purification of the heart.

POWERFUL PASSIONS AND POWERFUL DESIRES

- Two lifestyles
 - Indulge our sinful nature or
 - Engage in self-sacrificing love.
- God's will -- Love your neighbor as yourself.
- We influence others, for good or for evil.

Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. (Galatians 5:24)

In the face of difficulty, I can do and say what is right.

TWO REALITIES

First Reality

- War for the heart rages every moment.
- It rages in suffering and blessing.
- What rules my heart shapes how I deal with life's saddest and sweetest moments.

TWO REALITIES

Second Reality

- War going on beneath the surface
- A jealous God versus a devious enemy
- God will not rest until hearts are completely His.
- Enemy knows we are prone to wander and replace God.

We understand who we are and live as we were meant to live as we place our personal story within the great story of the compassion and love of Christ.

- READING NOTES FOR CHAPTER 5

Instruments in the Redeemer's Hands

Understanding Your Heart Struggle

Based on the book by
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**March - May
2005**

Chapter 5

UNDERSTANDING YOUR HEART STRUGGLE

- Do you have any conflict in your life?
- Moments of irritation toward someone you love?
- Are there people who push your buttons?
- Do certain things drive you crazy on a daily basis?
- Did you have a lot of conflict last year? So far today?
- Conflict is one of the principal effects of the Fall.
- None of us is immune from conflict.

LOOKING FOR CONFLICT IN ALL THE WRONG PLACES

- Most people explain anger by blaming something or someone outside themselves.
- Examine your own heart to understand your anger.
- People and situations do not force us to be angry.
- Angry words and actions are the heart overflowing .

The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks. (Luke 6:45)

LOOKING FOR CONFLICT IN ALL THE WRONG PLACES

What causes fights and quarrels among you? Don't they come from your desires that battle within you? You want something but don't get it. You kill and covet, but you cannot have what you want. You quarrel and fight. You do not have, because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures. James 4:1-3

Strong connection between our desires and our conflict

AN ARMY OF DESIRES IN A WORLD AT WAR

- Desires precede, determine, and characterize everything you do.
- Desires shape every relationship in life.
- Must examine desires to understand our anger.
- Desire -- base of every angry feeling, word, and action.
- Heart of every person is a fount of competing desires.

Yet there is a deeper battle!!
Our desire for anything in the creation vs.
Our desire for God.

DUELING KINGDOMS AND RELATIONAL CHAOS

- Not wrong to have legitimate desires.
- To stop desiring is impossible.
- When you quit desiring, you are dead!
- It is wrong to be *ruled* by legitimate desires so that I am angry with anyone or anything that gets in the way.

When completely legitimate desires rule us, our anger is not caused by the people and situations we encounter. Beneath our war with people, the war for our heart rages.

SPIRITUAL ADULTERY AND ANGER WITH PEOPLE

- Human conflict is rooted in spiritual adultery
- Problem is not sinful people and difficult situations.
- Problem is giving love that belongs to God to someone or something else.

- God knows what is best.
- God will not rest when we are captive to other gods.
- God fights for us, and thoughts and desires of our hearts.

A JEALOUS GRACE

- Does this constant inner war discourage you?
- We are not battling by ourselves - God battles for us!
- Should be encouraged by God's jealousy for our hearts.
- God's grace gives us power to say no to powerful desires.
- Enables us to turn from the creation toward the Creator.
- Makes us willing to forsake our kingdoms for his.
- God's grace forgives; it also constrains, draws and wins.

THE CAPTURE OF THE HEART

- Desires are a part of human existence.
- Desires must be held with an open hand.
- Human desire must be in submission to greater purpose.

DESIRES



DEMANDS



NEEDS



EXPECTATIONS



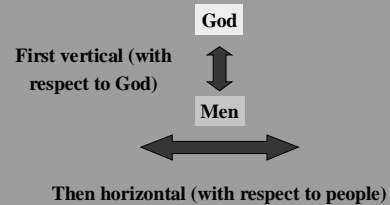
DISAPPOINTMENT



PUNISHMENT

HUMBLE CLEANSING OF THE HEART

Turnaround in Human Conflict Situations



- Reconciliation and restoration in our relationships begin with the purification of the heart.

POWERFUL PASSIONS AND POWERFUL DESIRES

- Two different foundational lifestyles -- Lives are either shaped by indulging the sinful nature or by self-sacrificing love.
- Loving your neighbor as yourself summarizes God's will.
- If God intends us to be instruments of change, then we are people of influence, for good or for evil.

Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. (Galatians 5:24)

In the face of difficulty, I can do and say what is right.

TWO REALITIES

First Reality

- A war for the heart rages between God's "within you" kingdom and the kingdom of creation.
- It rages in every moment of suffering and blessing.
- What rules my heart shapes how I deal with life's saddest and sweetest moments.

TWO REALITIES

Second Reality

- War going on beneath the surface human skirmishes of everyday life.
- On one side is a jealous God, the giver of a jealous grace.
- God will not rest until our hearts are completely his.
- On the other side is a devious enemy, luring us with the attractions of the creation.
- Enemy knows we are prone to wander and replace God.

Only those who believe God's Word will ever embrace.
It is the heart of biblical personal ministry.