

Aim: To understand what your spiritual heart is

Refer: Ephesians 6:14b

Discuss what a breastplate was and what its purpose was. (Like a modern day bullet-proof vest, the breastplate protected the soldier's heart and lungs.)

Have you ever thought about why police use bullet-proof vests and not bullet proof sleeves and pants? Why it is more important to the police to protect their hearts and lungs than their arms and legs.

We use the word heart to mean more than one thing: Firstly, your heart is the large muscle in your chest that pumps the blood around your body.

What is the other way we use the word heart?

Here are some examples, discuss what they mean and how we use them:

- "He has a good heart"
- "He has a bad heart"
- "Jesus lives in his heart"
- "My heart is filled with fear"
- "My heart is sad"
- "I love you with all my heart"

When we use the word heart in this way, you could say that we are talking about our spiritual heart.

What do we mean by the following and what is the problem with having with having a:

- Bad heart? (We will not be following God's command to love others and treat them as we want to be treated. John 13:34, Matthew 7:12)
- Sad heart? (When something bad happens we will be sad for a while, but if we spend time and talk to God about or feelings we will not stay sad forever. Matthew 5:4 says those who mourn will be comforted)
- Mad heart? (We are not to hold on to anger; anger can make a way for the devil to control us. Ephesians 4:26-27. We are to forgive those who hurt us so that God can forgive us. Matthew 6:9-13.
- Scared heart? (God want's to take away our fear, when we are filled with God's love we will not live in fear. 1 John 4:18)

Choose and read from the following verses about hearts and discuss what they mean:

- Matthew 6:21 (where your treasure is)
- Proverbs 3:5 (trust in the Lord with all your heart)
- Proverbs 4:23 (guard your heart)
- Proverbs 51:10 (Create in me a pure heart)
- John 14:1 (Do not let your hearts be troubled)
- Matthew 5:8 (Blessed are the pure in heart)