

# A TALE OF TWO HEARTS

## Part 2

### How To Grow a Healthy Heart

Psalm 139:23-24

**Above all else, guard your heart,  
for everything you do flows from it.**

Proverbs 4:23 NIV

God speaking through the prophet Samuel to King Saul said,

**“But now your kingdom will not endure; the LORD has sought out a man after his own heart and appointed him ruler of his people, because you have not kept the LORD’s command.”**

1 Samuel 13:14

And the one of whom he spoke of, as being a man after his (God's) own heart, was David.

What does it mean  
to be a person  
after God's own heart?

**Search me, God, and know my heart;  
test me and know my anxious thoughts.  
See if there is any offensive way in me,  
and lead me in the way everlasting.**

Psalm 139:23-24

## THE CRY OF A HEALTHY HEART

### 1. SEARCH ME . . .

**Search me, God, and know my heart;**

Psalm 139:23a

David asks God to

- know my heart,
- know my anxious thoughts,
- and to see if there is any offensive way in me.

Is it possible, when all is said and done, that everyone on planet earth ultimately longs to be like Jesus? Do we not all long to be courageous, patient, joy-filled, worry-free, loving, wise, self-confident, content, merciful, gentle, humble, and so on? That is Jesus.

Or think about it this way. Every one of us was created in the image of God. Jesus is the perfect image of God in a human because Jesus is God. That means that he is who we were created to be.

We may not realize it is Jesus we long to be like. But he fits perfectly the hunger in our hearts.

It may be that some of us do not want to be like Jesus just yet. Perhaps we are in a place where we need to want to want to be like Jesus.

God longs to help us. Being like Jesus is our ultimate and beautiful destiny.

How hungry are you to have your heart searched  
to identify areas that need changing?

### 2. TEST ME . . .

**test me and know my anxious thoughts.  
See if there is any offensive way in me,**

Psalm 139:23b-24a

**For you, O God, tested us; you refined us like silver.**

Psalm 66:10

**because you know that the testing of your faith produces  
perseverance. Let perseverance finish its work so that you may be  
mature and complete, not lacking anything.**

James 1:3-4

### 3. LEAD ME . . .

**and lead me in the way everlasting.**

Psalm 139:24b

What is the condition of your heart?  
If you do not want a heart like Jesus' heart  
then what kind of heart do you want?  
Whatever it is you are deeply hungering for that is the shape into  
which you are molding your heart.