KEEPING THE HEART

***Written by: Tommy Romans September 4th 2016***

 In this Newsletter I want to deal with the Heart of Man. Remember when the Apostle Paul prayed for the Thessalonians, he said: **I Thess. 5:23** I pray God your whole Spirit and Soul and Body be preserved blameless unto the coming of our Lord Jesus Christ. You are a Spirit Being, you have a soul and you live in a body. Your Heart inside is made up of Spirit and Soul which is the Inner Man.

 Do you know why you are seeing all the sin and ungodliness going on in our world today? Do you wonder why there is such a breakdown in lives and families? **It’s a Heart Issue!!** Do you know why there are such lustful perversions of adultery, fornication and homosexuality, lies, covetousness hate and killing and such a mad desire for this world’s sinful pleasure and entertainments? It is because of man’s unregenerated Heart! These things issue forth from inside a person’s Heart that does not have the Holy Spirit abiding in it. No wonder Jesus said over 2,000 years ago – “Ye must be born again!” The Heart has to be changed and converted.

 Listen, every word, every deed and action proceeds forth from inside the heart of men and women. My key verse for this writing is **Proverbs 4:20** – Keep thy Heart with all Diligence, for out of it are the Issues of Life. Unless the Lord shows us the condition of our Hearts, we will never change. We will never be any better and won’t be able to stand before Him blameless and faultless. I thank God for a born again experience. I’m glad for old time conviction that got a hold of my Heart and it caused deep sorrow over my sins. It brought me to my knees where I cried out to God, “I am sorry Lord, please forgive me for all my sins and wrongs” It was then that Christ Jesus came into my Heart and washed it clean, transformed it and I was genuinely saved! Then the things I once loved, I now hate. The things I use to hate and shun, I now Love!! O what a makeover my Heart had when Jesus’ Blood cleansed it and His Love entered! God’s Holy Divine nature was imparted to the inner man.

 Always remember, the Heart is the place where you really live. It’s the real you. It is who you really are. The inner being is where the Conscience and the Will abides. It’s the part of you

that desires, longs, searches, makes plans, chooses to do or not to do. It’s the center of the entire man –

the very Heart of life’s impulses! You are what’s in your heart. **Proverbs 23:7** – For as he (a man) thinketh in his heart, so is he. A sobering thought – you are what you constantly think about and dwell on inside. Listen to the Psalmist David: **Psalms 64**: (Speaking about the workers of iniquity) Both the inward thought of every one of them and the **Heart is Deep**.

 Remember, we are dealing with the Heart! How deep do you think the Heart of man is? The Heart of man is so big and deep that it can contain a vast number of sins. One scholar said, “there are over 300 sins mentioned in the Bible – 300 different ones and if a man sold himself to do evil, he could be guilty of harboring and doing them all!!” **Jeremiah 17:9** – The Heart is deceitful above all things and desperately wicked: who can know it? Inside of your inner man, your heart, there is a (deep well). It can be filled with good wholesome things or bad. It can be filled with pure clean water or contaminated with sinful and lustful things of the world. How wonderful when Jesus said to the lonely sinful woman at Jacobs well that day, “Woman, all the men you’ve been with and the one you’re living with now has not made you happy! You’ve come here to draw the natural water for your physical thirst, but it will never satisfy the thirst of your soul and the longing deep in your Heart. You will only thirst again. O woman, you are searching and I’ve got water to give you to drink that will be in you a Well of Water springing up into Everlasting Life. This water is full of life. It’ll forever satisfy your inward thirst and make you whole! It will give to you the Peace, Joy and Hope you’re looking for! It is far better than the dirty wells and cisterns of this world.”

**DAVID’S SINCERE PRAYER**

**(EXAMINE ME O LORD)**

As we near the end in these last days and realize that Jesus is coming so very soon, let’s search our Hearts and be ready to stand before Him blameless and without fault! **Psalms 139:23** – Search me O God and know my Heart; try me and know my Thoughts: **V24** – And see if there be any wicked way in me, and lead me in the way everlasting. **Ps. 119:168** – All my ways are before thee. **Proverbs 19:21** – There are many Devices in a man’s Heart. **Prov. 16:9** – A man’s Heart deviseth his way. (Remember, before you ever go astray, your Heart will go astray first. If not checked, the Heart will be enticed and the feet will follow). Peter said: **I Pet. 1:13** – Wherefore, gird up the loins of your mind, be sober. Peoples’ thought life, their wrong thinking is Spiritually killing them and putting them in bondage. Remember, the Blood of Jesus cleanses the Heart, but it doesn’t the mind. You must take control and renew the mind by the Word of God and prayer. The Mind is the gateway to the Heart. Things enter into the Heart through the mind, through the portals of the eyes and ears. Be very careful that you are not influenced by what you are around, by what you see and hear!

**HAVING CONTROL**

Listen, your Mind and your Heart are Connected. If you are constantly thinking on wrong and bad things, the Heart cannot be right. But if the Heart is right with God, then it reaches out and brings the Mind under subjection to the Lord and good and Holy things! A prayerful mind will not allow things to enter the Heart and defile it. It will think upon that which is True, Honest, Just, Holy, Lovely and Pure! Through your prayer life and meditating in God’s Word, it will bring every thought into captivity and obedience to Christ and Spiritual things which will then bring peace to the Heart!

David said in **Psalms 77:6** – I commune with mine own Heart, and my spirit made diligent search. (I look deep within my Heart, I check my inward thoughts. I examine myself in the eyes of the Lord). Have you ever really been honest with yourself in the light of God’s Word as you read it and hear it Preached? Remember our key verse above: “Keep thy Heart with all **Diligence**, for out of it are the Issues of life.” (Diligence means – an earnest and hard continual effort). You must work on your Spiritual life. You have to cultivate it. Train your mind by praying and filling it with Good things. Listen, I have to have the Lord to deal with me and show me my condition inside so I can change and make it better.

**A FAULTY HEART**

**Hos. 10:1** – God said of His people in the prophet Hosea’s day: “Israel is an empty vine, he bringeth fruit unto himself **Vs 2** – their heart is divided, and now shall they be found Faulty.”

 So many now days have a Heart problem – a Faulty Heart - they’re not wholly (completely) consecrated to God, they are holding back part of it for themselves. In today’s medical field, doctors will tell you – “you are what you eat!” They have to do by-pass surgery on people because the veins in their heart have clogged up over time from eating and taking in the wrong foods. They are having Heart attacks and now part of their Heart is scarred and dead. Some are damaged so bad that only 15 – 30 percent is working properly. People are dying from Heart failure, the Heart is no longer able to pump the life giving blood – not strong enough – it gives out – the arteries are blocked – blockages in the Heart because a collection of plaque and fat in the wall of the Heart’s arteries. Some people are not aware that they’re on the verge of a massive Heart attack until it’s too late. Over time a build-up has occurred while they ate and slept. Is it possible Spiritually speaking that you have a build-up of things going on in your Heart that is stopping or blocking the Spirit of God from flowing freely through all the areas of your Heart and life?

As I write this Newsletter, I am burdened for people that I know and love and there are millions more who are struggling in their Spiritual life. They don’t realize their constant diet of taking things in through their eyes and ears are damaging their Heart and Soul! You become what you continually look at and listen to. Feasting on the entertainments of this world will surely fill up your Heart and block God from moving for you. He cannot Bless you. Your life will be misery because a part of your Heart is for the Lord and the other part you want for yourself and the world. The longer you go like this, the more the old carnal plaque will build up inside of you and you will develop a hardening of the arteries. Scar tissues will form until you will never be able to feel God like you use to. The Spirit will no longer be able to touch you and flow through you and you will be beyond remedy. Spiritual death will come!

**AN INWARD LOOK**

 Let’s ask ourselves a question: Could there be something in our Heart that we are not fully aware of that is stealing our victory? Could there be something that we think about and hold onto in our Heart and don’t see the seriousness of and it is holding us back from victory and a closer walk with the Lord? David went to the Lord in prayer and said: **Psalms 19:14** – Let the words of my mouth and the meditation of my Heart be acceptable in thy sight O Lord. **119:80** – Let my Heart be **SOUND** in thy statutes. Jeremiah said to the Lord, **Jer. 12:3** - But thou knowest me; thou hast tried my heart toward thee.

 Listen to the Lord as He spoke to His people in **Jeremiah 16:17** – For mine eyes are upon all thy ways: they are not hid from my face. **17:10** – I the Lord search the Heart, I try the Reins to give every man according to his ways. (The Reins is the innermost mind where all the secrets are. It’s the hidden part of the Heart – the repository where secret affections and desires are stored. It is the inner thought life that only you know about). But God says, I try the Reins. **I Chron. 28:9** - Know thou, for the Lord searcheth all Hearts, and understandeth all imaginations of the thoughts.

 There is no doubt that many are held back from the Blessing of God because of their thought life and having things in their Heart.

**A LOOK AT TODAYS GENERATION**

**Prov. 18:2** – A fool hath no delight in understanding but that his Heart may **discover** itself. (What’s the Holy Ghost saying? Unless this man or woman can look deep inside themselves and see the condition of their Heart, see how sinful and corrupt they are in the eyes of God, they will never change! So why am I writing this Newsletter? Because God wants us to discover what’s in our Heart – to see what motivates us. Why we act and say the things we do. For you see, deep inside your thought life, your inner self, conversations are going on, imaginations take place, impressions and desires are being formed – things you’ve done, places you’ve been, people you’ve had contact and dealings with will cause feelings to arise and if not checked and remedied, will hinder us, bind and even kill us Spiritually.

**Prov. 6:18** – An Heart that deviseth wicked imaginations. Because of the modern day technology, high definition TV, movies and games in the entertainment industry we have people living in a fantasy world – acting things out in their mind. Satan has done his job well and what is so sad about it, the prayerless Church world is drawn right into his web of deceit and control. The devil well knows that he can form thoughts and desires in you if you don’t pray and shun all the appearances of evil. O child of God, ye must come out of this world’s unholy influence. Don’t you realize that technology is molding people, getting them ready for the man of sin – the spirit of the antichrist. Satan wants to own you, wants you held back when Jesus comes for His Church. The very spirit of Noah’s generation has now come over America. Nothing is wholesome or clean anymore. About everything is corrupt and defiled. Right before the great flood of God’s Judgment that destroyed the whole world in Noah’s day, the Bible said that every imagination of the peoples’ Hearts were evil continually. Can I ask the question, what’s going on inside of you? Where are your thoughts taking you? Again, remember our key verse: Keep thy Heart with all Diligence, for out of it are the Issues of Life! In your Heart is where you really live. Regardless of how you look or appear outwardly, in your Heart is who you really are! Remember, as a man thinketh in his heart so is he! It’s where your real life is. It’s in the Heart that you like or dislike, you love or hate. The reason people act bad is because they have a bad Heart. They do wrong because their Heart is wrong. Sin that causes all the troubles in this world starts and originates in the Heart. Peoples actions are directly linked to what’s in their Heart. If your Heart and thought life is clean, you’ll live clean, if it’s pure you will live Holy. If you have an honest Heart, you will deal justly with others. If you have a good Heart, you will have a good conscience toward God and man. A sincere tender Heart will be open for God to speak to it. A pure Heart has nothing to hide, for it’s always open before the eyes of God.

**Job 31:6** – This old Patriarch and man of God who said he was going to maintain his integrity and hold fast his righteousness said: “Let me be weighed in an even balance that God may know my integrity. **V 7** – If my step hath turned out of the way, and mine Heart walked after my eyes, **V 27** – and if my Heart hath been Secretly Enticed; then let me be punished.

Again, David said in **Ps. 44:18** - For He (God) knoweth the secrets of the Heart. (In the very center of your being is where behaviors, expressions and words have their origin. It’s that very central agency within man whereby he imagines, intends, purposes, thinks, plans, desires and chooses. Every action done in the body is linked to the Heart!) Our prayer ought to be – “Lord, examine me. I’m coming before you now in prayer. Turn the big search light on and shine it in every crook and corner of my Heart and see if there be any tiny root or speck of sin, any worldliness, any wrong desire, any evil imaginations or any lusts. Check me out for covetousness or for anything that my Heart may be set on that might be standing between me and you. Lord, I don’t want any wrong desires or attitudes, any bad feelings against others. O Lord, give me your Love, your Divine Love and let me be led forth by Peace. I truly know that you said in **Psalms 66:18** – If I regard iniquity in my Heart, the Lord will not hear me. O God, if there’s a part of me that I’m holding back from you and that’s not right, if there’s a speck of rebellion, stubbornness, ill-will, strife, resentment, unforgiveness, pride, malice, self-conceit, worldliness, deceitfulness or guile, I know you won’t hear me when I pray. My prayers won’t get through. I’ll never experience total victory and happiness! So Please Help Me!

**THE FINAL BATTLE IS BEING FOUGHT**

 I know this Newsletter is lengthy. There are many of God’s Children struggling. The devil is hindering and throwing everything he has against the Church. He has many devices, gadgets and avenues; more so than in any time in history. It’s a mesmerizing age like a drawing pulling magnet of influence from every angle. He’s the prince of the power of the air. We are up against principalities and powers and wicked spirits in high places. The air about us is charged with them. The final war between good and evil is being fought. It’s Satan against God and everything good and we are drawn into the cross-hairs. Satan wants control.

**HOW TO OBTAIN VICTORY**

 You say, how can I get the victory over my mind battles? I want to have the mind of Christ and my Heart right when Jesus comes!! With great confidence, David said:  **Ps. 17:3** – Thou hast Proved mine Heart: thou hast visited me in the night; thou hast tried me and shalt find nothing. Listen children, your thought life can defile and destroy you. We cannot go any farther in God, we’ll never please Him and be able to do what He’s called us to do, never experience true joy and victory until our Heart and Mind is fixed!

**THE WORD OF GOD AND PRAYER**

So, take the Word of God, meditate in it day and night, read it, hide it and store it up in your Heart by Prayer!! It is quick (alive) and powerful and sharper than any two-edged sword. It is so powerful that it can see, detect and examine you inside out. It is more powerful than an X-Ray machine or Cats Scan. Your Bible is a Mirror you hold in your hand and behold your own face and life in. As you sincerely and prayerfully read from its Sacred Holy Ghost inspired pages, it cuts away layer by layer of your whole being, looking deep inside you, discerning your very thoughts. It lays you open before the eyes of God, piercing to the very core of your being. It sees the intents of your Heart before you even act on it. Listen, before the act or deed ever occurs or is put into action, God sees the purpose and intent behind it. God knows your Heart! This is the reason we need Holy Ghost filled preachers that will preach God’s Holy Word in Truth and Power! Unless we see our real condition and acknowledge our desperate inward need, we’ll never be any better and may never be able to stand before the Presence of the Lord blameless and without fault. O Jesus, this is my Prayer: Please let me have a Perfect Heart, clean and upright when you come back to take your Children Home!!!

**I Kings 8:61** – Let your Heart therefore be Perfect with the Lord our God, to walk in His statutes and Keep His commandments.

 In ending this Newsletter, remember the Key verse: **Prov. 4:20** – Keep thy Heart with all Diligence, for out of it are the issues of life.

I have wept and cried over this writing and trust that it helps you as it did me when I studied and wrote it!!

**Philippians 4:4** -Rejoice in the Lord alway: and again I say, Rejoice.

 5 Let your moderation be known unto all men. The Lord is at hand.

 6 Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.

 7 And the Peace of God, which passeth all understanding, shall Keep your Hearts and Minds through Christ Jesus.

 8 Finally, brethren, whatsoever things are True, whatsoever things are Honest, whatsoever things are Just, whatsoever things are Pure, whatsoever things are Lovely, whatsoever things are of Good Report; if there be any Virtue, and if there be any Praise, THINK on these things. GOD BLESS YOU!