



## WHAT ARE YOU FEEDING ON? *THE ESTABLISHED HEART (pt 2)*

In the first part of this article, we saw that our hearts can be established when we understand God's love for us personally. Here are more points on this subject:

### 2. A heart of praise, full of thanks toward God

David was a man of praise and gratitude. Psalm 56: 3,4: *Whenever I am afraid, I will trust in You... In God I have put my trust; I will not fear. What can flesh do to me?*

A heart that is established in gratitude is not going to be shaken easily. Give thanks to God though your circumstances may be adverse. Anyway, they certainly won't get better if you complain.

We cannot keep on living from our emotions, from our 5 senses. We must develop our spiritual capacities, walk with God, seek Him, and be a person of praise and thanksgiving. This attitude will keep your heart from failing for fear.

### 3. A heart that is fully persuaded of His goodness

Do you really believe God is good? As parents, we want to be as good as possible for our children and we fail many times, but God is perfect and He does not fail, and He wants to do good things for us.

Psalm 27:13: *I would have lost heart, unless I had believed that I would see the goodness of the LORD In the land of the living.*

What do you believe? Are you losing heart because of circumstances around you? You can have the joy of the Lord wherever you are, even inside a prison camp, if you decide to walk close to God. It is a choice.

### 4. A heart that is not surprised and scared by the times in which we live

Luke 21: 9: *When you hear of wars and uprisings, do not be frightened. These things must happen first, but the end will not come right away.*

Even though it is in human nature to be frightened and emotional, it is also a choice; but it is hard to be at peace if our heart is not established in the things of God. Fear is an indication of not living in the love of God in some area of our lives.

Isaiah 26:3: *You will keep him in perfect peace whose mind is stayed on You because he trusts in You.*

Psalm 118: 6: *The LORD is on my side; I will not fear.*

David was not a perfect man, but he had a relationship with God which made his heart established and gave him the faith to make these declarations: *The Lord is on my side. Goodness and mercy follow me.*

### 5. A heart that is well fed

Proverbs 4: 20-22: My son, give attention to my words; incline your ear to my sayings. Do not let them depart from your eyes; Keep them in the midst of your heart; For they are life to those who find them, and health to all their flesh.

Too many believers are living on a very superficial level; they are struggling in life, confused, hurting, and desperate. They are constantly feeding on the news, on politics, on series and movies, sports, or the cares of this world, and they are totally unprepared for the bad surprises that life may throw at them. The only difference between them and unbelievers is that they go to a church or a religious building, but they have neglected their walk with God.

What are you feeding on? You will feed on what you truly value. You can tell where your heart is by what you think about the most.

Set your heart to study and meditate upon the Word of God. Start by the promises of God in Psalms, study the subject of faith vs fear, .... It will change your life, give you peace and energize you.

Not only can you be free from fear, doubt, trepidation and all the grief that is going on around you, but you can be a light in the darkness for people who are freaking out, and you can bring peace to them. But you first have to be established.

These are not just tips to improve our natural lives, but counsels on how we can be founded in the supernatural life, how we can be grounded in the potential that is out there that we have not yet tapped into.

Let's not feed ourselves on junk. Instead, let's focus on following God's guidance so we can stand strong and have faith in the midst of fears.