

new YEAR new HEART

**Conference Theme:
Living From Your Whole Heart**

Saturday, January 20th

9:00 AM – 4:00 PM

Keep your heart with all vigilance, for from it flow the springs of life. (Proverbs 4:23)

1

Today's Goal

- Define the opportunity
- Make an honest assessment
- Discover and apply prayer tools designed to overcome in Christ
- Leave with a renewed heart and tools to assist perpetual heart renewal

2

GOD'S ELECTROCARDIOGRAM

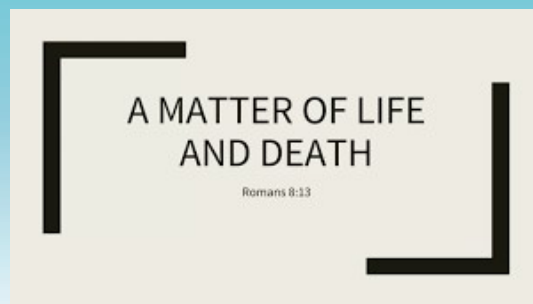
Dr. Marcia Wilbur, College of Athens



3

Why does your heart matter?

Proverbs 4:23 Keep your heart with all vigilance,
for from it flow the springs of **life**.



4

Learning to Keep Your Heart With All Vigilance

Keep = to guard, tend, or watch over

Vigilance = the action or state of keeping careful watch for possible danger or difficulties.



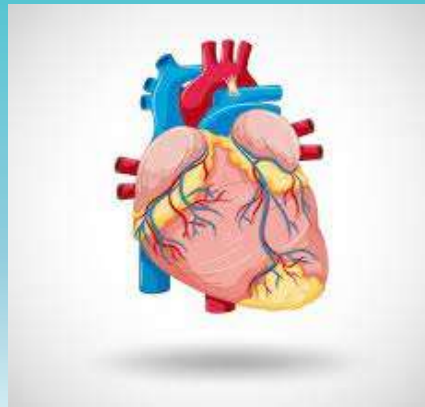
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5

What is a Whole Heart?

A heart that:

- is rightly aligned with and connected to the LORD;
- lives from God's love and God's eternal perspective;
- flows from "springs of life."



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6

Springs of Life?

John 11:25 Jesus said to her, "I am the resurrection and the life."

Are you living, *really*? Is your heart whole?

Zōē Life - **Zōē** is a Greek word that means "life" or "living." In the Bible, it is used to refer to the fullness of life that comes from a relationship with God. It represents the idea that true life and fulfillment are only found in Christ.

- Real and genuine
- Active and vigorous
- Devoted to God and blessed



7

God's Eternal Perspective

Walking in the flesh

Romans 8:5-6 Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

Walking in the Spirit

John 16:13 But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come.



8

God's Echocardiogram



John 2:24 (CEV)
But Jesus knew what was in their hearts, and he would not let them have power over him.



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Broken Heart?

- Pain
- Trauma
- Disappointments
- Betrayals



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Judgmental Heart?



- Negative expectations
- Bitter roots
- Ungodly, unloving decrees
- Judging self negatively



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Divided heart?

Deuteronomy 6:5

Love the LORD your God with **all your heart** and with all your soul and with all your strength.

- Your time?
- Your thoughts?
- Your activities?
- Your loyalties?



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Do you love your sin habits more than God?

Colossians 3:4-5 When Christ, who is your life, appears, then you also will appear with him in glory. Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry. Because of these, the wrath of God is coming.



13

Fearful Heart?

- Perpetual worry
- Need to control
- Self-protection



14

Being Transparent with God

1 Samuel 16:7 The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart.

Romans 2:16 God judges the secret places in peoples' hearts.

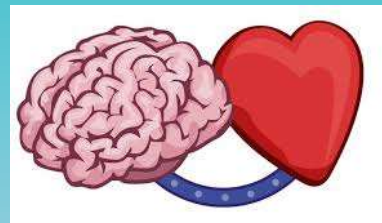



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Changing Your Mind About Your Heart

- Trauma
- Unforgiveness
- Sin
- Fear
- Other?



Revelation 21:5 Behold, I am making *all* things new!

Thoughts > Feelings > Actions


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Is your heart willing today?



Psalm 119:32 (AMPC)

I will [not merely walk but] run the way of your commandments, when you give me a heart that is willing.



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Restoring a Broken Heart



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John 4:4 (NIV) Now he had to go through Samaria.



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John 4:5 (NIV)
So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph.



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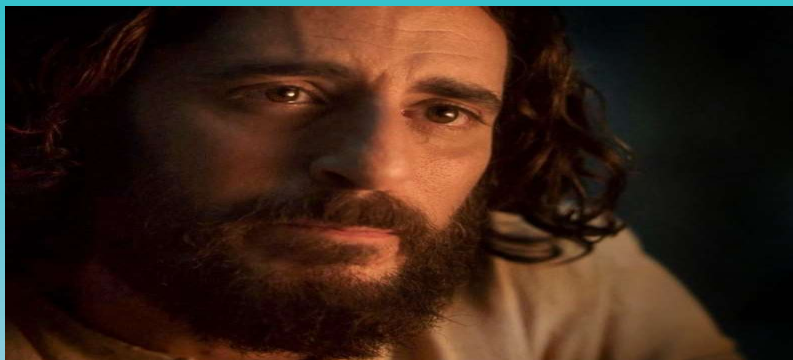
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John 4:6 NIV Jacob's well was there; so Jesus, wearied as he was from his journey, was sitting beside the well. It was about the sixth hour.



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Suffering Well

Continuing to be relational by not letting our heart and mind divide despite difficult circumstances.



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What was the Samaritan Woman's Perspective

- Woman
- Samaritan
- Considered Unclean
- Adulteress
- Felt abandonment by God and others
- Fear
- Worry
- Isolation
- Inadequacy
- Self-protection
- Self-loathing
- Toxic Shame



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John 4:9 NIV The Samaritan woman said to him, “How is it that you, a Jew, ask for a drink from me, a woman of Samaria?” (For Jews have no dealings with Samaritans.)



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Synchronization



- Meeting heart to heart
- On the same page
- Is vital in all relationships
- When synchronized heart to heart we feel valuable, special, and loved.

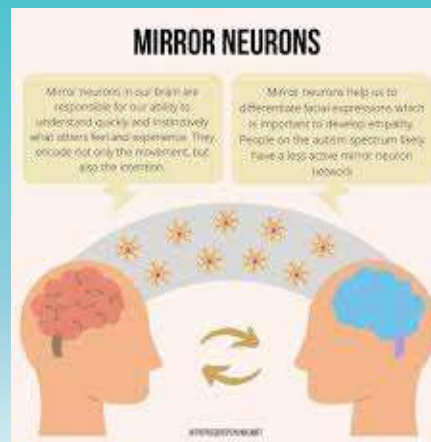


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Mirror Neurons

- **Ezekiel 36:26 NIV** I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.



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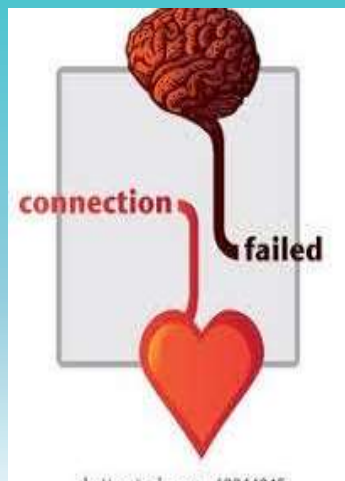
Many Value Mind (Logic) Above Heart

- Believe emotions get out of control, so we learn to suppress our hearts and live out of our minds.
- Believe the heart is morally corrupt. **(Jer. 17:9)**
- Believe that we should harden our hearts to protect ourselves from further pain.



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Heart and Mind Divided

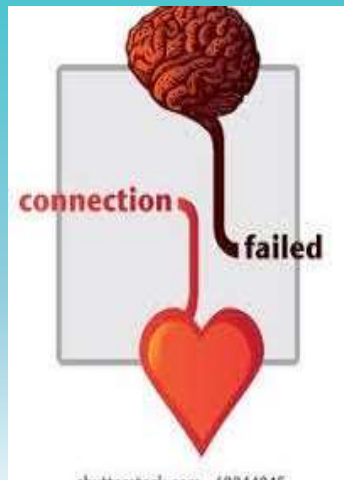


- What can keep us stuck are lies believed about ourselves, others, or God.
 - Ourselves – “I am unworthy.”
 - Others – “Nobody cares.”
 - God – “Won’t be there for me.”



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Heart and Mind Divided



- Inner vows can also keep us stuck--promises we make to ourselves to self-protect our hearts from future hurt. **(Lev. 5:4)**
 - I will not love.
 - I'll never let a man hurt me again.
 - I'll never receive anything from God.



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John 4:10 NIV Jesus said, “If you knew the gift of God, and who it is that is saying to you, ‘Give me a drink,’ you would have asked him, and he would have given you living water.”

- **Conviction** – when someone speaks to correct my behavior.
- **Condemnation** – when someone communicates that I am bad because of my behavior.



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Came to Herself

John 4:25 NIV The woman said to him, "I know that Messiah is coming (he who is called Christ). When he comes, he will tell us all things."



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Vs. 26 Jesus said to her, "I who speak to you am he."



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Romans 12:2 (TPT) Stop imitating the ideals and opinions of the culture around you but be inwardly transformed by the Holy Spirit through a total reformation of how you think. This will empower you to discern God's will as you live a beautiful life, satisfying and perfect in his eyes.



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A Lifestyle of Forgiveness

TINA HESTER
FLAMING HEART MINISTRIES
ON POINT LIFE COACHING

34

Purpose

Our purpose today is to bring awareness to the power of issuing forgiveness to those who bring offense.

35

We Will Identify

- ▶ What the Bible tells us about our forgiveness.
- ▶ How unforgiveness affects our emotions and our bodies.
- ▶ How to cancel the debt and walk free.

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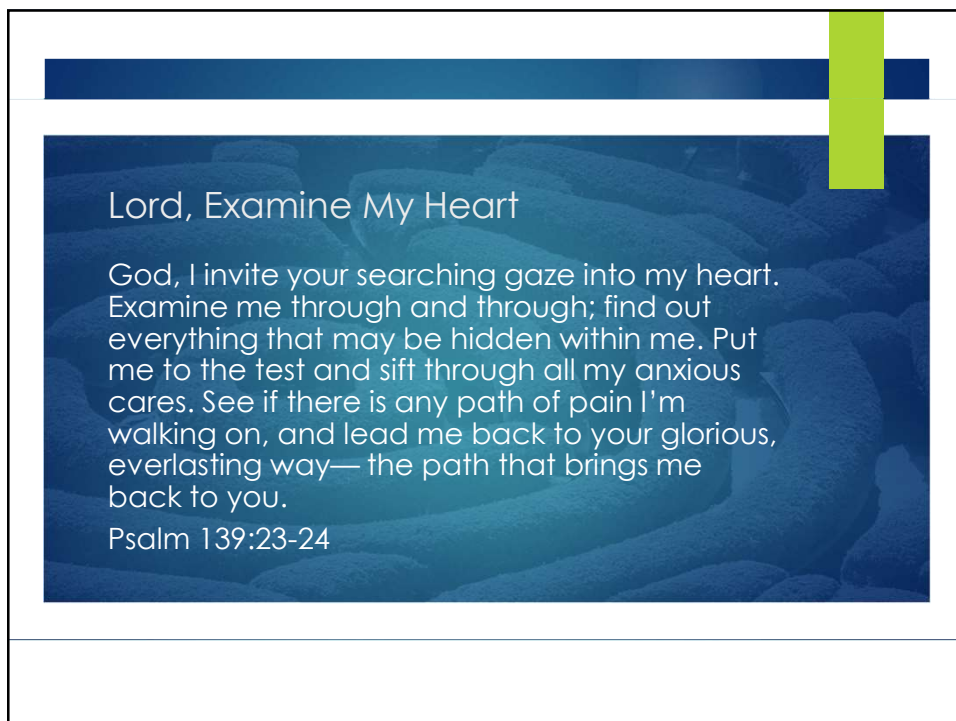


Offense

To become angry or upset by something that another person has said or done : to be offended by something.



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Lord, Examine My Heart

God, I invite your searching gaze into my heart. Examine me through and through; find out everything that may be hidden within me. Put me to the test and sift through all my anxious cares. See if there is any path of pain I'm walking on, and lead me back to your glorious, everlasting way—the path that brings me back to you.

Psalm 139:23-24

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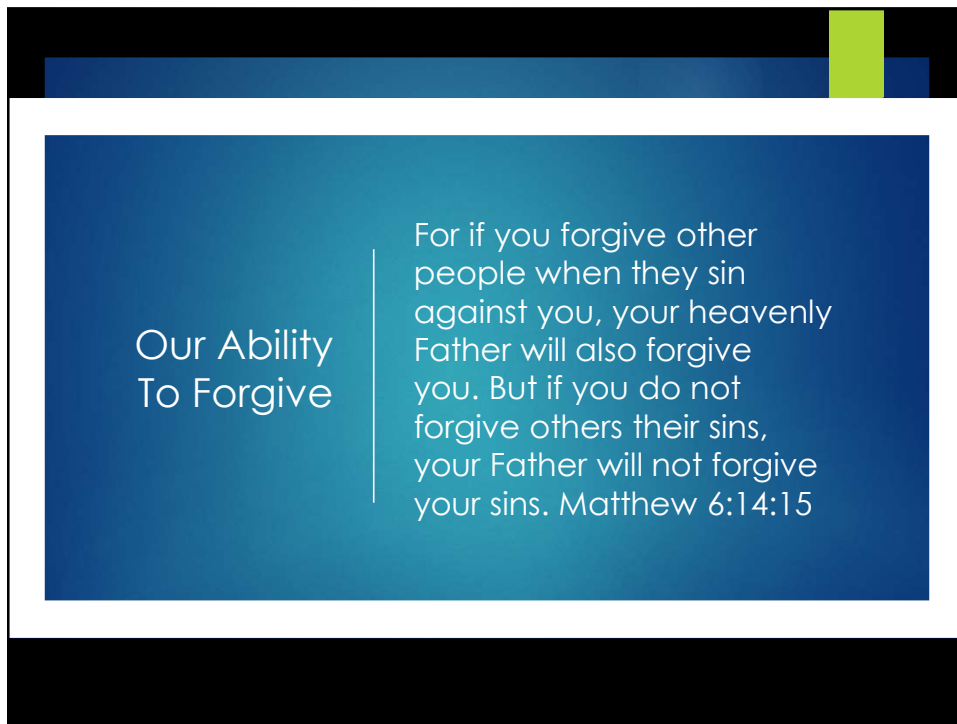
So, as those who have been chosen of God, holy and beloved, put on a heart of compassion, kindness, humility, gentleness, and patience; bearing with one another, and forgiving each other, whoever has a complaint against anyone; just as the Lord forgave you, so *must* you do also. In addition to all these things *put on* love, which is the perfect bond of unity. Let the peace of Christ, to which you were indeed called in one body, rule in your hearts; and be thankful. Colossians 3:12-15 NASB

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Who May I Need To Forgive?

- ▶ Self
- ▶ Others
- ▶ Institutions/Churches
- ▶ God

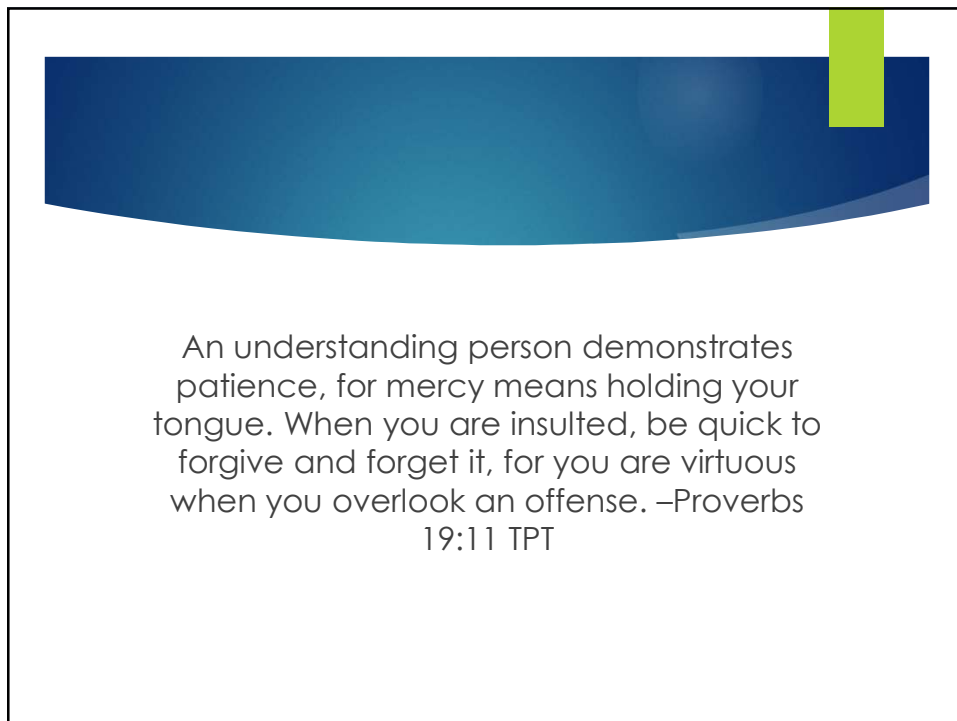
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Our Ability
To Forgive

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. Matthew 6:14:15

41



An understanding person demonstrates patience, for mercy means holding your tongue. When you are insulted, be quick to forgive and forget it, for you are virtuous when you overlook an offense. –Proverbs 19:11 TPT

42

Forgiveness
Is A Key

It's not a feeling, it's a choice.

Others may not even remember their part.

Forgiveness doesn't excuse their behavior.

Forgiveness prevents their behavior from destroying my heart.

43

Matthew 18:23-24

“Therefore, the kingdom of heaven is like a king who wanted to settle accounts with his servants.**24** As he began the settlement, a man who owed him ten thousand bags of gold[h] was brought to him.

44

Matthew 18:25-26

25 Since he was not able to pay, the master ordered that he and his wife and his children and all that he had be sold to repay the debt. **26** "At this the servant fell on his knees before him. 'Be patient with me,' he begged, 'and I will pay back everything.'

45

Matthew 18:27-28

27 The servant's master took pity on him, canceled the debt and let him go. **28** "But when that servant went out, he found one of his fellow servants who owed him a hundred silver coins.^[i] He grabbed him and began to choke him. 'Pay back what you owe me!' he demanded.

46

Matthew 18:29-30

29 "His fellow servant fell to his knees and begged him, 'Be patient with me, and I will pay it back.' 30 "But he refused. Instead, he went off and had the man thrown into prison until he could pay the debt.

47

Matthew 18:31-32

31 When the other servants saw what had happened, they were outraged and went and told their master everything that had happened. 32 "Then the master called the servant in. 'You wicked servant,' he said, 'I canceled all that debt of yours because you begged me to.

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Matthew 18:33-35

33 Shouldn't you have had mercy on your fellow servant just as I had on **you?**'
34 In anger his master handed him over to the jailers to be tortured, until he should pay back all he owed. 35 **"This is how my heavenly Father will treat each of you unless you forgive your brother or sister from your heart."**

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TRUST AND FORGIVENESS ARE NOT THE
SAME THING. TRUST IS EARNED THROUGH
RELATIONSHIP.

50

Our Judgment Of Others

"Judge not, and you shall not be judged.
Condemn not, and you shall not be
condemned. Forgive, and you will be
forgiven. Luke 6:37

51

Peace to you. Just as the Father sent me, I
send you." Then he took a deep breath and
breathed into them. "Receive the Holy
Spirit," he said. "If you forgive someone's sins,
they're gone for good. If you don't forgive
sins, what are you going to do with them?
John 20:21-23 MSG

52

You Have A Responsibility

- ▶ Forgive them
- ▶ Release them
- ▶ Let go of your judgements of them
- ▶ Pray for them
- ▶ Bless them

53

Activation

**Jesus, is
there
anyone I
need to
forgive?**



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You Have A Responsibility

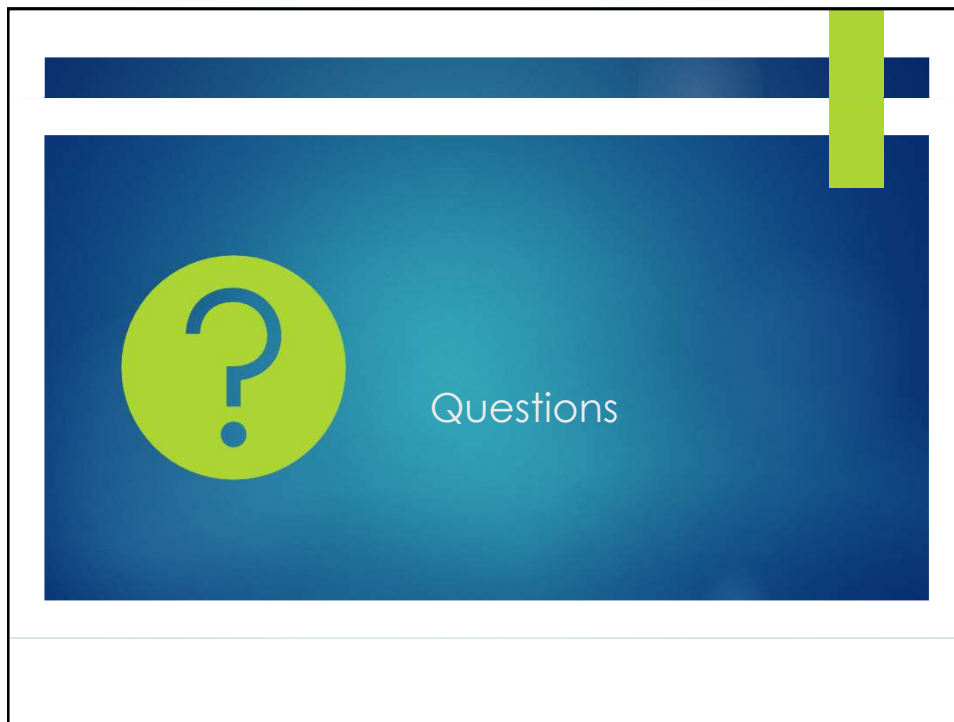
- ▶ Forgive them
- ▶ Release them
- ▶ Let go of your judgements of them
- ▶ Pray for them
- ▶ Bless them

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Making Forgiveness A Lifestyle

- Are you aware of some of the tell-tell signs that you are harboring unforgiveness?
- Take a moment to reflect on ways that you can regularly check your heart.
- Imagine what your life could look like if you learned how to live a life of peace?
- Finally, ask God to teach you how to love... Aim for Corinthians 13:4-8 AMP

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Coaching
C4C
Christlikeness

Empower Identity in Christ

- Teaching
- Counseling
- Mentoring
- Coaching

New Cohort begins in May!

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Calling Students of All Ages

Enroll, Audit, & Grow!

- Biblical Studies
- Prayer Ministry
- Leadership
- International Studies & Trips
- Worship Arts
- Personal Spiritual Formation
- Christian Education



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College of Athens Prayer Ministry Center

- Seasonal depression?
 - Trauma?
 - Addiction?
 - Relational issues?
- Jesus has the answers!



collegeofathens.edu/why-prayer-ministry



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A place to pray, serve, worship & teach!



The Goal: \$45k per month for 25 months // Gifts & Pledges

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Our Goal: \$45k Monthly Recurring Gifts



Please consider establishing a monthly gift!
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Your gift not only helps supply the needs of the saints, but also results in many expressions of thanksgiving to God.
--2 Corinthians 9:12



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Volunteers Needed!

Would you like to help 3 or 4 hours per week or per month?
Contact: Doug Schneider
@706-705-1702

Support CoA Student Scholarships!



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Be sure to visit the Book Table!

The image displays three book covers side-by-side. The first cover, 'forgiveness' by Nick Honerkamp, features a landscape with mountains and a sunset. The second cover, 'Healed By LOVE' by Tina Hester, has a dark background with the word 'LOVE' in large red letters and a quote from 1 Corinthians 13:13. The third cover, 'The Power & The Purpose' by Dr. Marcia Wilbur, has an abstract, colorful design with circular patterns. Below the books is the College of Athens logo and name.

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PLEASE JOIN US FOR OUR ANNUAL

2024 President's Gala

SATURDAY, FEBRUARY 24, 2024


WELCOME & COCKTAILS 5:30 – 6:30 PM
 DINNER, SPECIAL KEYNOTE SPEAKER, & DANCING 6:30 – 9:30 PM
at
 Trump's Catering
 2026 S. Millidge Ave B, Athens, Georgia 30605

Semi-formal Attire



COLLEGE of ATHENS For tickets or event sponsorship,
 visit: collegeofathens.edu/gala

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**2024 Athens National
Day of Prayer Breakfast
Thursday, May 2nd
Theme:
Light up the Word!
Light up the World!**

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Transformed 2024!

Mark your calendars:
“Transformed by Trials!”
Theme: James 1:2-5
Saturday, June 22, 2023
9:00 AM - 4:00 PM



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Thank you, CoA Business Sponsors!



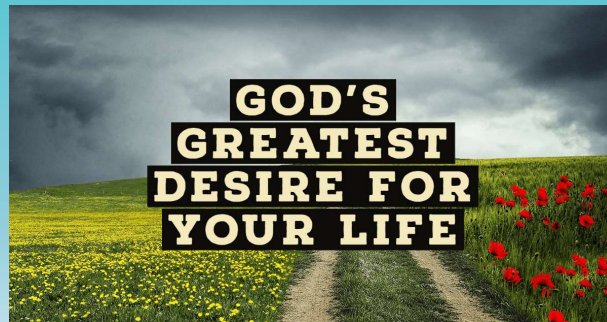
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How To Heal A Divided Heart

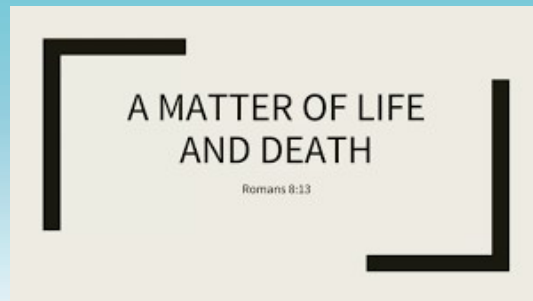


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Why does your heart matter?

Proverbs 4:23 Keep your heart with all vigilance, for from it flow the springs of life.



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What is a Divided Heart?

Deuteronomy 6:5

Love the LORD your God with **all your heart** and with all your soul and with all your strength.

- Your time?
- Your thoughts?
- Your activities?
- Your loyalties?

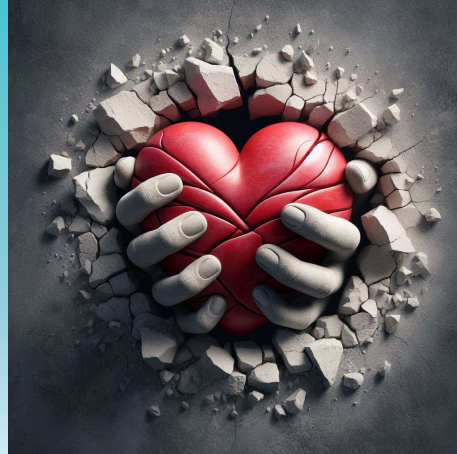


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We Have A New Heart

Ezekiel 36:26 NIV

I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.

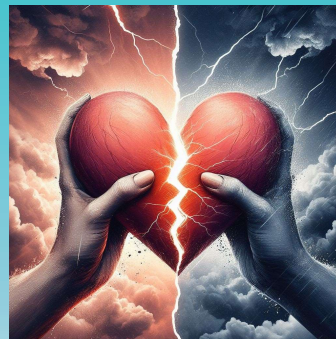


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What is a Divided Heart?

A divided heart is a term used to describe a person who is torn between two loyalties or forces.



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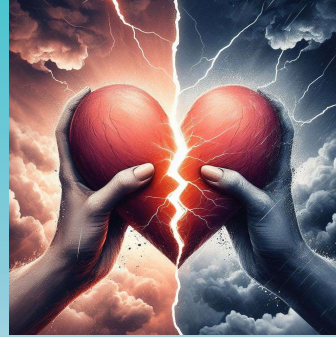
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What is a Divided Heart?

Matthew 6:24-26 (AMP)

“No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other.

You cannot serve God and mammon [money, possessions, fame, status, or whatever is valued more than the Lord].



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How To Heal A Divided Heart

Psalm 37:4

Delight yourself in the Lord,
and he will give you the *desires* of your heart.

Said another way....

Take delight in Father's love for you,
and he will fulfill the *desires* of your heart.



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What Do We Mean by “DESIRE”?



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What Do We Mean by “DESIRE”?

Desire: Psychological needs that drive our behavior and offer emotional satisfaction.

Examples: love, belonging, stability, competence, achievement, etc.




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How To Heal A Divided Heart

Proverbs 13:12
 Hope deferred makes the heart sick, but a **desire fulfilled** is a tree of life.




Physical needs are the things our body can't live without. Desires are the things our heart can't live without. – Tony Stoltzfus




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What Are Our Deep Desires?



Source: "The Invitation: Transforming the Heart through Desire Fulfilled" by Tony Stoltzfus



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The Desire for Connection

Worth: I desire to be valuable. To have something to give others.

Be Known: I desire to be fully known and loved just as I am. Understood.

Joy: I desire to be content regardless of circumstances.

Love: I desire to be loved, wanted, pursued. I love beauty in all it's forms.



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The Desire for Stability

Belonging: I desire to be accepted, belong, and be part of a family or tribe.

Comfort: I desire pleasure, rest, and ease. To have what I need & not strive.

Security: I desire to be secure, protected, fought for, provided for.

Peace: I desire rest, completeness, order, and feel I am "home."



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The Desire for Competence

Come Through: I desire to deliver, concur, protect, and finish well.

Goodness: I desire to do what's right and choose what's best.

Recognition: I desire to be seen, honored, chosen, picked, and be unique.

Approval: I desire to be accepted and hear "well done."



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The Desire for Achievement

Justice: I desire what's right and just in every situation.

Challenge: I desire to be an overcomer, take risks, push myself harder and achieve.

Significance: I desire to have purpose, meaning, and direction for my life.

Freedom: I desire to be creative, real, vulnerable, honest, and authentic.



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Our Deep Desires Come From God



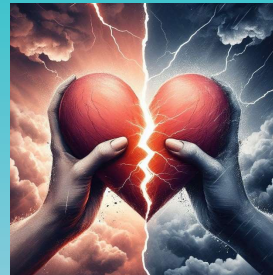
Source: "The Invitation: Transforming the Heart through Desire Fulfilled" by Tony Stoltzfus



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Divided Heart = Misplaced Desires

A heart becomes divided when we attach a godly desire to a created object.



- **Godly Desire:** peace, stability, and achievement.
- **False Belief:** Money will give me peace, stability, and a sense of achievement.
- **Misplaced Desire:** My desire is now for money because I think it can meet my deep desires.

I Tim. 6:10: "The **love** of money is the root of evil."



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How To Heal A Divided Heart

Psalm 37:4

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Delight in Father's Love For You

Matthew 6:19-30

- Wherever your treasure is, there the *desires of your heart* will also be.
- Look at the birds. They don't plant or harvest or store food in barns, *for your heavenly Father feeds them*. Aren't you far more valuable to him than they are?
- Look at the lilies of the field and how they grow. They don't work or make their clothing...and if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, **he will certainly care for you.**



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Activation Handout

Step 1: Score each desire. Which deep desire truly motivates you?

1 = Does not motivate you

10 = Really motivates you

Step 2: Pick your top 3 deep desires based on the highest score.



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Activation Handout

Step 3: Ask Yourself

How has my heart become divided by attaching my godly desires to created things? What have I sought to meet my desires besides you?

Step 4: A Time of Repentance

(See handout for our prayer.)



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Activation Handout

Step 5: Ask Father

How do you wish to meet these deep desires in me?

How have you already been meeting these desires
but I failed to see it?

What else do you want to say to me about
my deep desires?



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Leading from the HEART



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Proverbs 4:23 (NKJV) Keep your heart with all diligence, for out of it spring the issues of life.



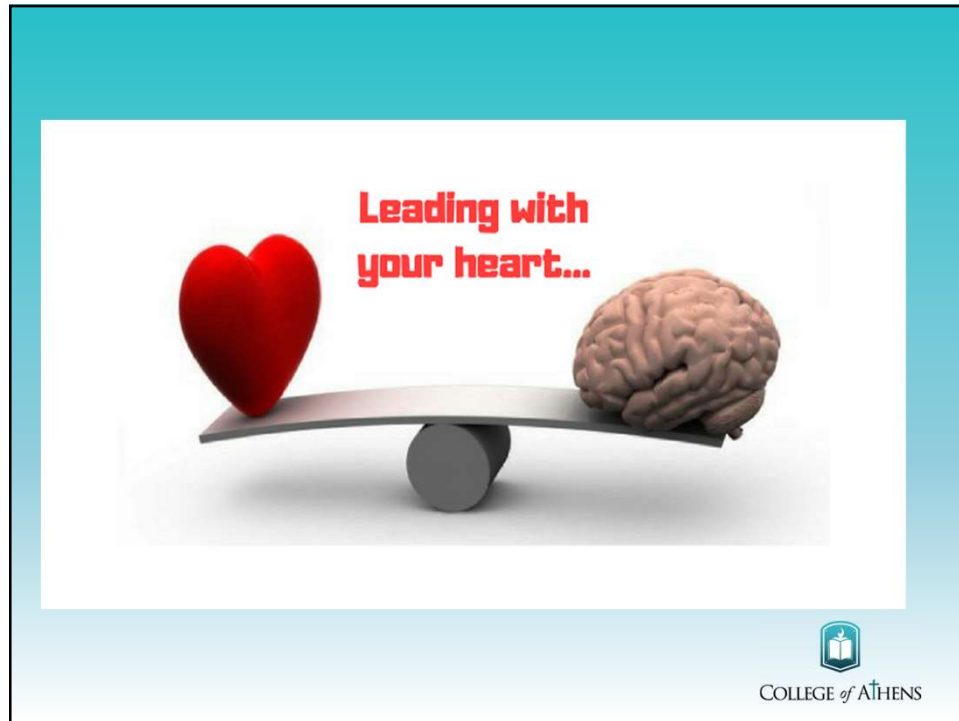
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Three kinds of leaders:

1. Leaders of Self
2. Leaders of Followers
3. Leaders of Leaders




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WHAT IS THE DIFFERENCE BETWEEN LEADING WITH OUR HEAD OR LEADING WITH OUR HEART?

1. The heart prioritizes relationship over being right.
2. The heart speaks softly, the head speaks loudly.
3. The heart tends to act gently, the head tends to be harsh.



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HOW DO WE PREPARE OUR HEARTS TO LEAD?

Ezekiel 36:26 (NIV) I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.



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HOW DO WE PREPARE OUR HEARTS TO LEAD?

1. Heal hurts and wounds



98

HOW DO WE PREPARE OUR HEARTS TO LEAD?

1. Heal hurts and wounds
2. Irradicate irritants



99

HOW DO WE PREPARE OUR HEARTS TO LEAD?

1. Heal hurts and wounds
2. Irradicate irritants
3. Practice purity



100

HOW DO WE PREPARE OUR HEARTS TO LEAD?

1. Heal hurts and wounds
2. Irradicate irritants
3. Practice purity
4. Develop your desires
5. Eliminate fear



101

Psalm 37: 4 (NKJV) Delight yourself also in the Lord, And He shall give you the desires of your heart.



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