

For we have become partakers of Christ if we hold the beginning of our confidence steadfast to the end," Hebrews 3:14

How to Prevent Heart Disease

I. First, identify the cause.

- A. An evil heart of _____ (Hebrews 3: 12)
- B. The example of Israel (Hebrews 3:15-19, Psalm 95, Numbers 13:23-14:10, Exodus 17:7, Numbers 20: 13)

II. Understand the consequences

- A. The deceitfulness of sin (Heb. 3: 13, 1 Peter 5:8, Gen. 4:7, Jer. 17:9)
- B. Drifting (Hebrews 2: 1, 3: 12)
- C. Not entering "His rest" (Hebrews 3: 18-19, Deut. 12:8-11, Psalm 95)

III. Daily exhortation (better than aspirin regimen!) .

- A. Do not delegate to Mr. Future (v.13)
- B. You can't go it alone (Hebrews 10:24-25, Gal. 6:1)
- C. Opportunities we may overlook (Titus 2: 1-8)

IV. Know what a healthy heart looks like

- A. Fruit in old age (Psalm 92:12-14, Gal.6:9, Psalm 37:25)
- B. Declaring His wondrous works (Psalm 71:17-18)
- C. Running with endurance (Hebrews 12: 1)

D. Steadfast to the end (Hebrews 3:14)

E. Our "cloud of witnesses"

1. Testimony of those among us who persevered to the end.

2. Value of those who are finishing well (Job 12: 12)

V. But what if my heart is already hardened?

A. If you are even aware of this, it's not too late (John 6:44)

B. In order to hold fast, you must first get a grip (John 3:16)

C. Only God can perform this surgery - replacing your heart of stone with one of flesh (Ezekiel 36:26-29, Romans 6:23, Ephesians 2:8-9)

The Christian and Missionary Alliance Church of Long Beach, May 28, 2006 Scott Slade

