

PART II

The Healthy Heart



A healthy heart has an abundant relationship with Jesus Christ empowered by the abundant revelation and grace studied in Part I of this study. It is surrendered and seeking God from gratitude, awe, and wonder because it knows Who God is, what He has done, and what He is like.

The healthy Christian heart is full of praise for God and the Word of God. It is etched with God's will, filled with His love, and loves Him back by obeying His Word. Faith, hope, and love fill its chambers while repentance and prayer are its pulse. It beats from opportunity not obligation and from a passionate desire to know God not expectation. The healthy heart is strong, exercised, and filled with the Holy Spirit, which enables the entire spiritual person to be transformed into the image of Jesus Christ.