



A HEALTHY HEART

Mark 4:3-8 (NKJVS)

- 3** “Listen! Behold, a sower went out to sow.
4 And it happened, as he sowed, that some seed fell by the wayside; and the birds of the air came and devoured it.
5 Some fell on stony ground, where it did not have much earth; and immediately it sprang up because it had no depth of earth.
6 But when the sun was up it was scorched, and because it had no root it withered away.
7 And some seed fell among thorns; and the thorns grew up and choked it, and it yielded no crop.
8 But other seed fell on good ground and yielded a crop that sprang up, increased and produced: some thirtyfold, some sixty, and some a hundred.”

Mark 4:13-20 (NKJVS)

- 13** And He said to them, “Do you not understand this parable? How then will you understand all the parables?
14 The sower sows the word.
15 And these are the ones by the wayside where the word is sown. When they hear, Satan comes immediately and takes away the word that was sown in their hearts.
16 These likewise are the ones sown on stony ground who, when they hear the word, immediately receive it with gladness;
17 and they have no root in themselves, and so endure only for a time. Afterward, when tribulation or persecution arises for the word’s sake, immediately they stumble.
18 Now these are the ones sown among thorns; they are the ones who hear the word,
19 and the cares of this world, the deceitfulness of riches, and the desires for other things entering in choke the word, and it becomes unfruitful.
20 But these are the ones sown on good ground, those who hear the word, accept it, and bear fruit: some thirtyfold, some sixty, and some a hundred.”

A Healthy Heart

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

We maintain a healthy heart by:

- 1. Delighting ourselves in the word of God. Psalms 1:2**
- 2. Keeping the word of God. James 1:25**
- 3. Daily strengthening our inner man. Ephesians 3:16**
- 4. Laying aside every weight and all sin that tries to ensnare us. Heb 12:1; 1 Cor 6:12, 10:23**