

**Series: Lessons from His Life**  
**Message: A Healthy Heart**  
**Text: Mark 4:1-20 (AM 2/10/08)**

Never has there been more attention on the *human heart* than today! We are fixated on having a *healthy heart*. When we consider all the challenges to heart health our concern is warranted. Jesus' Parable of the Sower, however, exposes a greater concern – *the well being of our spiritual hearts*.

**Which heart is yours?**

- I. I. **Is Yours a Calloused Heart – a *hardened life*?**  
*“Satan...takes away the word that was sown in their hearts.”*  
(15)
- II. II. **Is Yours a Compulsive Heart – a *shallow life*?**  
*“They have no root in themselves and endure only for a time.”* (17)
- III. III. **Is Yours a Cluttered Heart – a *distracted life*?**  
*“The cares of the world... entering in choke the word.”* (19)
- IV. IV. **Is Yours a Cultivated Heart – a *surrendered life*?**  
*“The good ground... hear the word, accept it, and bear fruit.”*  
(20)

**How Can You Cultivate Your Heart?**

- 1<sup>st</sup> Be following Jesus – *“Good ground”*
- 2<sup>nd</sup> Be focused on the Kingdom – *“hear the word”*
- 3<sup>rd</sup> Be fashioned by the Word – *“accept the word”*
- 4<sup>th</sup> Be fruitful with your life – *“bear fruit”*

**Application to life:** Jesus is calling us to a deeper, richer, abundant life. The thirty, sixty and hundredfold fruit comes only when we allow the Spirit to plow our heart, plant His seed and produce His fruit.

Remember that we are created for the Father's harvest – *His pleasure, produce and purpose!*