

True disciples cultivate and maintain a tender heart.

Proverbs 4:23 Keep your heart with all diligence, For out of it spring the issues of life.

A tender heart is positioned for the blessing.

But a hardened heart leads to destruction.

Every destroyed relationship begins with a hardened heart.

HERE ARE 3 CONTRIBUTORS TO A HARDENED HEART

1. Ignored Conviction

Hebrews 3:7-10 Therefore, as the Holy Spirit says: “Today, if you will hear His voice, 8 Do not harden your hearts as in the

rebellion, In the day of trial in the wilderness, 9 Where your fathers tested Me, tried Me, And saw My works forty years. 10 Therefore I was angry with that generation, And said, ‘They always go astray in their heart, And they have not known My ways.’

When we reject his voice it leads to a hardened heart.

Conviction is the voice of the Holy Spirit bringing correction and leading us to a place of repentance.

John 16:7 “Nevertheless I tell you the truth. It is to your advantage that I go away; for if I do not go away, the Helper will not come to you; but if I depart, I will send Him to you. 8 “And when He has come, He will convict the world of sin, and of righteousness, and of judgment:

The voice of the father is a voice of love.

John 10:27 “My sheep hear My voice, and I know them, and they follow Me.

28 “And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand.

We need to welcome conviction and the voice of God in our lives.

Psalms 139:23-24 Search me, O God, and know my heart; Try me, and know my anxieties; 24 And see if there is any wicked way in me, And lead me in the way everlasting.

2. Unresolved Offense

An offended heart will eventually become a hardened heart.

The only thing the ever gets offended is your flesh.

Ephesians 4:26 “Be angry, and do not sin”:
do not let the sun go down on your wrath,
27 nor give place to the devil.

Don't let the enemy have your real estate in your mind.

Where ever the enemy resides hardness takes place towards God.

Hebrews 12:15 looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled;

TPT 15 Watch over each other to make sure that no one misses the revelation of God's grace. And make sure no one lives with a root of bitterness sprouting within

them which will only cause trouble and poison the hearts of many.

3. Isolation

I'm talking about a lack of accountability and a lack of community.

Proverbs 18:1 A man who isolates himself seeks his own desire; He rages against all wise judgment.

People in isolation stand against wisdom.

Isolated disciples develop twisted theology.

Ephesians 4:11 And He Himself gave some to be apostles, some prophets, some evangelists, and some pastors and teachers, 12 for the equipping of the saints for the work of ministry, for the edifying of the body of Christ,

TOP 3 KEYS TO A CULTIVATING A TENDER HEART

1. Be quick to forgive.

Forgiveness is an act of faith!

Forgive even before the emotions catch up to the act of faith.

As you declare forgiveness out of your mouth eventually the feelings of forgiveness will catch up.

Ephesians 4:31-32 Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice.

32 And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

2. Check-in for frequent heart examinations with the Lord. (and with each other)

How is your heart?

Is there disappointment, anger, rage?

Do you have a negative attitude?

Check in with God.

Psalm 139:23-24, TPT

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. 24 See if there is any path of pain I'm walking on, and lead me back to your glorious, everlasting ways— the path that brings me back to you.

Search me oh God.

That simple invitation is such a key to a tender heart.

We also need a disciple who has the permission to speak into our lives.

Give permission to other disciples to speak into your life.

Don't get callused.

God doesn't come with a condemning voice.

God is love!

3. Continually tenderize your heart in His Presence.

Acts 3:19, AMP So repent [change your inner self—your old way of thinking] and

return to God [seek His purpose for your life], so that your sins may be wiped away [blotted out, completely erased], so that times of refreshing may come from the presence of the Lord.

Ezekiel 36:25-26 “Then I will sprinkle clean water on you, and you shall be clean; I will cleanse you from all your filthiness and from all your idols. 26 “I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh.

Psalms 51:10 Create in me a clean heart, O God, And renew a steadfast spirit within me.