

What's on the Scale of Your Heart?

Scripture is full of meaningful encouragements—“do not be afraid,” “do not be anxious,” “be strong and courageous.” Are those just empty platitudes?

Sometimes, maybe they are, *if* we look at the human heart as a cup that needs to be completely emptied of fear, anxiety, uncertainty, and doubt so that it can be filled with alternative emotions. But your heart isn't like a cup.

Those Emotions Aren't Always Out-of-Bounds

- Jesus' soul was “_____” as he faced the cross (John 12:27)
- Paul carried “daily pressure” of “_____” for “all the churches” (2 Cor 11:28)
- “Even in laughter the heart may _____...” (Prov 14:13)
- “So also you have _____ now,” Jesus said to his apostles (John 16:22)
- “At my first defense no one came to stand by me, but all _____ me” (2 Tim 4:16)
- “...for a little while...you have been _____ by various trials” (1 Pet 1:6)

Your God-Given Heart is More Like a Scale

...specifically, a “balance scale”—the kind often used as a symbol for justice as its two sides “weigh” different arguments or positions. Your heart is your “internal court” where meaning and value are “weighed,” where you consider differing courses of action, and seek to make wise decisions (Rom 12:2; Phil 1:9-11).

In Scripture, “do not be afraid,” “do not be anxious,” “be strong and courageous” aren't always rebukes to pour out the contents of your heart and fill it with something else. They are offered as counterweights.

Counterweights of Grace to Help Us Faithfully Bear

- “Looking to Jesus...who for the _____ that was set before him...” (Heb 12:2)
- “So that the life of Jesus may also be manifested in our _____” (2 Cor 4:8-10)
- “God is greater than our _____” (1 John 3:19-22)
- “I will _____ you again” (John 16:22)
- “But the _____ stood by me and strengthened me” (2 Tim 4:17)
- “Obtaining the outcome of your faith, the _____ of your souls” (1 Pet 1:6-9)
- “Take _____; it is _____. Do not be afraid” (Mark 6:50)
- “That you may not grieve as others do who have no _____” (1 Thes 4:13)

“In return, widen your _____ also” (2 Cor 6:4-13) that they might be prepared for “an eternal _____ of _____ beyond all comparison” (2 Cor 4:17).

What will that look like this week? Let Psalm 46 give you fuel for the journey...