

# **Topics**

**Heart of Stone/Inner Vows**

**Performance Orientation**

**Bitter Root Judgement and Expectancies**

**Accomplishing Forgiveness**

**Honoring Father and Mother**

**Basic Trust**

**Identifications of Love**

**Parental Inversion**

## **Matthew 13:15 (NLT)**

**For the hearts of these people are hardened, and their ears cannot hear, and they have closed their eyes— so their eyes cannot see, and their ears cannot hear, and their hearts cannot understand, and they cannot turn to me and let me heal them.**

**Ezekiel 36:26–27 — this is a beautiful statement of the new covenant that Jesus fulfills when he sheds his blood for sinners:**

**I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you**

**a heart of flesh [that is, a tender heart that can feel, can be touched]. And I will put my Spirit within you, and cause you to walk in my statutes and be careful to obey my rules.**

**Hebrew culture, heart of stone means that the core of ones being is lifeless.**

**Spiritual Symptoms of a hard heart:**

**Unable to perceive**

**Unable to understand**

**Unable to see**

**Unable to Hear**

**Unable to remember**

**Mark 8:17-18 And Jesus, aware of this, said to them, “Why are you discussing the fact that you have no bread. Do you not ye perceive or understand? Are your hearts hardened? Having eyes do you not see, and having ears do you not hear? And do you not remember?”**

**Psalm 51:10**

**Create in me “clean heart”. O God,  
and “renew a right” spirit withing me.**

**A person with a harden heart does not recognize the spiritual realities around him/her. A hard- hearted person cannot see the way God is working in their situation, even through close families and friends.**

**Characteristics of a Hard Heart:**

**Rebellion**

**Disobedience**

- **Ezekiel 11:19** And I will give them one heart, and a new spirit I will put within them, I will remove the heart of stone from their flesh and give them a heart of flesh.
- **Ezekiel 36:26** And I will give you a new heart and a new spirit I will put within you . And I will remove the heart of stone from your flesh and give you a heart of flesh
- **What is the condition of your heart? Do you need a heart transplant? Psalm 139: 23-24 Search me O God and know my heart! Try me and know my thoughts! And see if there be any grievous way in me and lead me in the way of everlasting!**

In Greek, the word for "thought" is noema. This is not just any passing thought. Noema means "a purpose" or "device of the mind."

An inner vow is a type of noema, a permanent "device of the mind." It is a promise one makes to themselves, usually with the words never or always, to do something permanently to stop or prevent pain. Examples of this would be: "I will never hurt people before they can hurt me," "I will always be perfect," "I will never trust anyone."

These are some of the building blocks of the self-protective fortresses in our hearts. Unfortunately, such fortresses fail to keep away pain. But they do keep away the blessings they "guard" until we agree to let Him tear them down. For the Lord will have us rely on no defense but the spiritual armor He supplies.  
(Eph. 6:13-17).





## a prayer for a heart of flesh . . .

Lord, I have developed a defense to keep myself from being seen. I have built a hiding place to protect myself from hurt. I know that this "protection" blocks out the love, warmth and nurture I long for. I come to You because I am helpless to change. Come into my life to take down the wall. I want You to be my defense. Lord, help me to become vulnerable, to risk love.

Lord, I forgive those people who have wounded me, and I forgive You, Lord, for allowing these wounds in my life. I also forgive myself, for my sinful reactions to hurt, and for building this heart of stone.

Father, please forgive me for my sinful responses, and for the way in which I have hurt loved ones by keeping them out of my life. I repent for the destruction in my own life, and for wounding You with my sin, Lord.

Lord, as an act of will I choose to be connected to others within my family and the Body. I want to be intimate. Forgive me, Jesus, for not trusting the love offered me by my spouse, children, and fellow Christians. Help me to see and appreciate the gifts of others. Put a watch on my lips that I may build up instead of tear down. Help me hear the warnings or rebukes as love and not as rejection. Help me to hold myself in the vulnerable position of receiving ministry, not just offering it. I ask You to bring people into my life who know how to love unconditionally and still have the courage to hold me accountable. Bring to death my heart of stone, and give me a heart of flesh.

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## PRAYER TO BREAK INNER VOWS

*I break this inner vow of \_\_\_\_\_. I speak directly to the inner child and I say in Jesus name I release you from this habit of \_\_\_\_\_. I restore you to the original delight of your soul to share you with your brothers and sisters in Christ. I release you to open your heart and be with others. Thank you, Jesus, I see (name of person) talking and laughing, no longer afraid to make a mistake, giggling in freedom rather than embarrassment. I praise you Lord, that you will continue until (the person's name) realizes one day with an exclamation of joy. Hey, it's true, I'm free, even as we prayed that day. In Jesus name Amen..*