



“Guard your heart, for everything you do flows from it.” (Proverbs 4:23)

“From the abundance of your heart, the mouth speaks.” (Luke 6:45)

“People look at the outward appearance, but the Lord looks at the heart. (1 Samuel 16:7)

The Bible tells us so much about the heart. Life flows from it. What comes out of your mouth comes from the abundance of your heart. The Lord sees right through our outward appearances and focuses on all matters pertaining to where our hearts truly lie. From a biological standpoint, the heart is the most significant organ in our bodies. Our hearts are the epicenter for where blood flows throughout our bodies. Our hearts pump blood so the other organs in our bodies can function to the best of their capacities. Our hearts, in addition to what it does for us biblically and biologically, our hearts are where we feel our strongest emotions. On one hand, our hearts can experience joy, hope, and love. On the other hand, our hearts can also feel sadness, heartbreak, and hatred.

Our hearts, while one of many organs in our bodies, have the power to control just about every aspect of our physical, mental, and spiritual lives.

Beginning on Wednesday, February 12th, we will spend three weeks having real, raw, authentic, and honest conversations. Heart to hearts are amongst some of the most uncomfortable conversations people can have with each other, but they are also the most liberating and clarifying conversations that can enable us to experience true and genuine transformation.

Let's open up our human hearts together so we can learn more about God's heart.

See you there!

