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What are the causes and solutions for hardened hearts?

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1. To better understand the causes and solutions for a hardened heart, it's important to understand the biblical meaning of the word "**heart**."

2. This topic is not about the heart as a vital organ, a muscle that pumps blood throughout the body.

3. Instead, we'll focus on what the Bible has to say about the heart. The Bible mentions the heart almost 1,000 times. This is what it says: *the heart is that spiritual part of us where our emotions and desires dwell*.

4. The human heart, in its natural condition, is evil, treacherous, and deceitful. (**Jeremiah 17:9)** says, "The heart is deceitful above all things and beyond cure. Who can understand it?" In other words, the Fall has affected us at the deepest level; our mind, emotions and desires have been tainted by sin—and we are blind to just how pervasive the problem is.

5. What are some products of the heart?

Scripture informs us that grief **(John 14:1**); desires **(Matthew 5:28)**; joy **(Ephesians 5:19)**; understanding **(Isaiah 6:10; Matthew 13:15)**; thoughts and reasoning **(Genesis 6:5; Hebrews 4:12; Mark 2:8)**; and, most importantly, faith and belief **(Hebrews 3:12; Romans 10:10; Mark 11:23)** are all products of the heart.

6. The Bible calls the heart the hub for several things:

reasoning- **(Gen 6:5)** Faith and Belief- **(Hebrew 3:12, Romans 10:10)** These are all conditions of the heart.

7. How does your heart effect what you say? What comes out of our mouth, good or bad, begins in the heart. **(Luke 6:43-45)**

8. Jesus tells us that the heart is a repository for good and evil and that what comes out of our mouth – good or bad – begins in the heart

9. How does a hard heart affect a person? Dull a person's ability to perceive and understand.

10. Who are the people with harden hearts? Anyone's heart can harden, even faithful Christians.

11. Example**:(Mark 8:17-19)** Jesus disciples suffered from this. They were not able to see, understand, hear, and remember.

12. What causes our hearts to grow hard?

- Sin causes hearts to grow hard. (Especially continual and unrepentant sinning.

13. We know that if we confess our sins, Jesus is faithful and just and will forgive us our sins **(1 John 1:9)**

14. What happen if we don't confess our sins? They have a desensitizing effect on our conscience, making it difficult to even distinguish right from wrong.

15. What else happen to people who continue in sin? **(1 Tim 4:1-2)** If we continue to engage in sin, there will come a time when God will give us over to our "Debased mind" and let us have it our way.

16. Pride will also cause our hearts to harden. **(I want to live and do it my way)**

(Proverbs 14:12) There is a way that seems right to a man, but in the end, it leads to death.

17. What is the antidote for a hard heart? First, we have to recognize the effect that this spiritual disease has on us.

18. God will help us to see our heart's condition when we ask him: (Search me O God, and know my heart, see if there is any offensive way in me, and lead me in the way everlasting. **(Psalm 139:2-24)**

19. God can heal any heart once we recognize our disobedience and repent of our sins. True repentance is more than feeling sad and determine. True repentance manifests itself in a changed life.

20. After repenting of our sins, hard hearts begin to be cured when we study God's word.

21. How can a man keep his way pure? By living according to your word, I seek you with all my heart, I have hidden your word in my heart that I might not sin against you. **(Psalm 119:9-11)**

22. The Bible is our manual for living as it is God-breathed and is useful for teaching, rebuking, correcting, and training in righteousness. **(2 Tim 3:16)** If we are to live life to the fullest as God intended, we need to study and obey God's written word which not only keeps a heart soft and pure but allows us to be blessed in whatever we do. **(Joshua 1:8, James 1:25)**

Conclusion:

Hearts can also become hardened when we suffer setbacks and disappointments in life. No one is immune to trials here on earth. Yet, just as steel is forged by a blacksmith's hammer, so, too, can our faith be strengthened by the trials we encounter in the valleys of life. As Paul encouraged the Romans: "But we also rejoice in our sufferings because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out His love into our hearts by the Holy Spirit, whom He has given us" **(Romans 5:3–5)**.