

L'Amable Bible Chapel – Sunday, January 18, 2026 – 11:00am

Today's Discussion – The Bible – Our Heart and Heart Medicine

Welcome – Welcome to L'Amable Bible Chapel.

My name is Larry McTaggart and I have lived – here – in L'Amable – all of my life.

I am often – Mis-Identified as an Adult – because of – my Age.

But trust me – I am still – a Child – at heart – living in an Aging Tent.

I am NOT a Teacher – I am NOT a Preacher.

I think that my Spiritual Gifts are Administration and Help and Encouragement.

So I am here Today to share with you – Thoughts – that God has stirred in my mind – no – stirred in My Heart – to – hopefully - HELP – and – ENCOURAGE – you.

Slide # 1 – The Bible – Our Heart and Our Heart Medicine – Ezekial 36 v 26

I know that I do not have much time – Christ could return before I finish.

So I want to make sure that each person that is hearing my voice right now understands that he or she must give an Answer to God at the end of this life.

Did you accept God's plan of Salvation – in Your Heart ? – YES – or – NO

Final Answer – to be given by you – from Your Heart – to God Himself.

There is a HUGE difference between – knowing about God – in your Head –

And – knowing God personally – in your Heart.

The Devil – knows about God – more than any human who has ever lived.

The Devil – refuses to know God – and has chosen – separation from God.

Please make sure – in your Heart – that your Final Answer is – YES.

This current life – is just the Intro – you decide if you want to be with God.

Prayer – Opening

Slide # 2 – Our Thump Thump

To begin - I would like you to do a little exercise with me.

I want you to - **QUIET** - all of the noise around you and try to feel Your Heart.

That beating that you hear – is your physical heart – Your Thump Thump.

But I want you to go deeper than Your Physical Heart – Your Thump Thump.

Everyone here has a very similar physical heart – Your Thump Thump.

Your Thump Thump – is a powerful, fist-sized organ that pumps life-giving blood throughout our entire body – pumping 2,000 gallons or 7,570 liters – of blood – Each Day – through 60,000 miles or 100,000 kilometers of blood vessels.

Your Thump Thump – in and of itself – is a miracle organ – created by God.

And it operates without much help from us.

Humans have learned how to perform some pretty amazing maintenance on this physical heart.

Slide # 3 – Our True Heart

But beyond Your Thump Thump – is Your HEART – that is unique to you alone.

Your HEART – Your True Heart – is Who you truly are.

And God made – only one – of you.

The real You – is Your Heart – which God created in you – but gave you the key.

The real You – is Your Heart – Your Heart is what God desires.

But you decide to whom – you give – Your Heart – because you have the key.

Visual – move TWO chairs – to the Front of the platform.

God is very, very, very, very, very, very, very, very, concerned with “Our Heart”.

And God wrote a book about Our Heart and Our Heart Medicine – The Bible.

A google search of the word “heart” in any English Bible finds over 500 hits.

But as you check the context of each of these “hearts” –

Very rarely does the word “heart” mean “thump thump”.

What does the word “heart” mean in the Bible ?

“Heart” means

- Your Inner man or Your Inner Woman
- Your Mind – Your Processor – Not Your Storage Capacity
- Your Understanding
- Your Soul
- Your Mind – Knowledge – Thinking – Reflection – Memory
- Your Inclination – Resolution – Determination of your will
- Your Conscience
- Your Moral Character
- Your Centre of Appetites and Desires
- Your Centre of Emotions and Passions
- Your Centre of Courage

What kinds of “heart” do we know ? – ask the audience for some answers.

- Cold Heart
- Warm Heart
- Broken Heart
- Lonely Heart
- Kind Hearted
- Half Hearted
- Hardened Heart
- Heart-less

In the beginning – God created us – in His Image.

God created us with a Physical Heart – God doesn't need this Heart.

God also created us with a Spiritual Heart – God has this type of Heart.

The Bible encourages us to have Our Spiritual Heart become like God's Heart.

As we begin in our Bible – it does not take long to reach our first "heart".

Visual – and place a RED heart on each of the TWO chairs.

You are NOT the SAME as any of the other people around you – One of a Kind.

You are Created by God with the SAME power God used to Create the universe.

You are Fearfully and Wonderfully Made – for a Purpose – for God's purpose.

And God has been with each of us – day by day – since the day we were born.

But God did NOT create you and I to worship God – according to God's will.

God created you and I with Our Own will – to choose – or not – to worship.

God placed in your hands – the REMOTE.

Visual – place the REMOTE on one of the chairs beside a heart.

That is your FREE will – to worship the Creator – or to worship the Created.

Each one of us has been on an unique journey that has brought us here today.

None of us are on the SAME journey.

But we all will arrive at SAME destination – requiring a - Yes – or - No - answer?

Did you or Will you choose your Creator's plan of Salvation ? – Yes – or – No

You have the REMOTE.

God identified problems with “Our Heart” very early – within 1,600 years.

Genesis Chapter 6 verse 5

“The LORD – YAHWEH – saw how great the wickedness of the human race had become on the earth – and that every inclination of the thoughts of the **human heart** was only evil – all of the time.” – Genesis 6 v 5

Lesson # 1 - Man’s “Heart” was only evil – all of the time.

I encourage you to take a small step towards God’s heart by stop thinking “evil.”

I can do that. You can do that.

“The LORD – YAHWEH – regretted that HE had made human beings on the earth – and **HIS heart** was deeply troubled.” – Genesis 6 v 6

Lesson # 2 – God’s “Heart” gets troubled.

I encourage you to take another small step towards God’s heart by troubling or caring when God’s word is not being obeyed.

But ...

The First Big **But** in the Bible.

“**But** Noah found favor in the eyes of the LORD – YAHWEH.” – Genesis 6 v 8

Without **this Big But** – mankind would have been wiped out.

“The LORD – YAHWEH – smelled the pleasing aroma – from Noah’s sacrifices AFTER the flood – and said in **HIS heart** – Never again will I curse the ground because of humans – even though every inclination of the **Human heart** – is evil from childhood.” – Genesis 8 v 21

Another comparison between the “heart” of God and the “heart” of Man.

But ...

There are many **More Big Buts** in the Bible.

“**But** God – demonstrates – HIS – OWN – LOVE – for us – in this –

While we were still sinners – CHRIST – died – for us.” – Romans 5 v 8

We all associate LOVE with our HEART.

Visual – try to make a HEART with your two hands.

And sometimes we get “called out” – because our “Heart” is not in it.

“This is LOVE – not that we LOVED – God – but that HE – God – LOVED – us – and sent HIS SON – Jesus – as an atoning Sacrifice for – our Sins.”

Oh – that’s LOVE - God’s “Heart” was DEFINITELY “in it”.

I don’t know How much more “in it” you could get.

“For God so LOVED the World – that HE gave – HIS ONLY SON – that Whosoever believes in HIM – shall not perish – but have – EVERLASTING – life.” John 3:16

Lesson # 3 – God’s “Heart” loves First.

I encourage you to take another small step towards God’s heart by loving one another.

“Dear Friends – since God so LOVED – us – we also ought to LOVE one another.” – 1 John 4 v 11

The Next Big Heart Story occurs in Exodus – and involves a HARD heart – Pharaoh.

This is a HARD story – because it suggests that God didn’t give Pharaoh a chance.

But if you read the story carefully – Pharaoh hardens his own “heart”.

Then God “allows” Pharaoh to continue to “harden” his own heart.

“The Fool says in his “heart” – There is no God.” – Psalm 14 v 1

I encourage you to take another small step towards God’s heart by acknowledging that God is there in everything you do – and remove any hardness from your heart.

The next time the word “heart” comes up is in The Building of The Tabernacle.

God says, “Tell the Israelites to bring ME an offering. You are to receive the offering for ME – and here it come – from Everyone whose “heart” – prompts them to give.” – Exodus 25 v 2

So – what happened ? – we were given a choice.

“and Everyone who was willing and whose “heart” moved them – came and brought an offering – to the LORD – YAHWEH – for the work on the Tent of Meeting – The Tabernacle – for its services – and for the sacred garments.” – Exodus 35 v 21

Lesson # 4 – God desires a “willing and grateful” heart – in service and in offering

I encourage you to take another small step towards God’s heart by doing everything with a “willing and grateful” heart.

Speaking of the sacred garments for The Tabernacle –

Aaron, the High Priest, had a robe that contained TWELVE gem stones that represented the TWELVE tribes of Israel – and as High Priest – Aaron was the ONLY human that was allowed to enter the HOLY PLACE of The Tabernacle.

“Whenever Aaron – enters the HOLY PLACE – he will bear the names of the sons of Israel – over his “heart” – on the breastplate of decision – as a continuing memorial – before the LORD – YAHWEH.” – Exodus 28 v 29

Picture Aaron – entering – before GOD – with these names on HIS ROBE.

Now Picture Christ – entering – before GOD – with our names on HIS ROBE.

“For this reason – Christ – is the mediator – of a new covenant – that those who are called – the names on HIS breastplate – may receive the promised – eternal – inheritance – now that HE has died – as a ransom – to set them free – from the sins committed under the first covenant.” – Hebrews 9 v 16

The next exhortation about our “heart” is in Deuteronomy – the Second Telling.

The first Generation that refused to enter the Promised Land had all died.

They had died because 10 out of 12 spies said that they could not defeat the occupiers – the other 2 spies said that God could defeat the occupiers.

40 years later – the second Generation is now at the same point of decision.

Moses is Telling this Second Generation – exactly what was told to the First.

“Only be careful – and watch yourselves closely – so that you do not forget – the things that your eyes have seen – or let them fade from – your heart – as long as you live – Teach them to your children – and to their children – after them.” – Deuteronomy 4 v 9

“But – if you seek the LORD – your God – you will find HIM – if you seek HIM – with all of – your heart – and with all of – your soul.” – Deuteronomy 4 v 29

“And now – Israel – what does the LORD – your God – ask of you – but to fear – respect – the LORD – your God – with all – your heart – and with all – your soul.” – Deuteronomy 10 v 12

Does this sound familiar ??

Greatest Commandment – Matthew 22 v 36 and 37

“Teacher – Which is the Greatest Commandment in the Law ?”

Jesus replied, “Love the Lord – your God – with all your – Heart – and with all your – Soul – and with all your – Mind.”

“This is the First and Greatest Commandment.”

“And the Second is like it – Love your – Neighbour – as – Yourself.”

Then there is David – a man with many faults – but – a man after God’s own heart.

Samuel said to King Saul – after King Saul’s failure to obey God’s commands –

“But now your Kingdom will – not – endure – the LORD – YAHWEH – has sought out a man – after – HIS – own – heart – and appointed him – David – ruler of – HIS – God’s – people – because you have – not – kept the LORD’S – YAHWEY – command. – 1 Samuel 13 v 14

And later – God tells Samuel – as Samuel is reviewing Jesse’s sons.

But – the LORD – YAHWEH – said to Samuel – “Do – not – consider – his – David’s brothers – appearance – or his – David’s brothers – height – for I have rejected him – David’s brothers – The LORD – YAHWEH – does – not – look at the things – that people look at – People look at – the Outward Appearance – but the LORD – YAHWEH – looks at – what ? – the heart.” – 1 Samuel 16 v 7

And then David’s son, Solomon, and his request of God –

“So give your – Servant – a – discerning heart – to govern – Your – God’s – people – and to distinguish between – right and wrong – For who is able – to govern – this great people – of Yours – God’s.” – 1 King 3 v 9

And God’s response –

“I will do – what you have asked – I will give you – a wise – and – discerning – heart – so that there will – never – have been anyone – like you – nor – will there – ever be.” – 1 King 3 v 12

Now – I know that neither David nor Solomon – wear always near God’s heart – in everything that they did – just like we do today.

But - I believe that David – taught his son, Solomon, to seek God’s heart –

“Start children off – on the way – they should go – and even when they are old – they will – not – turn away from it.” – Proverbs 22 v 6

But God inspired them to write down their experiences for Our Heart Medicine.

Which brings us to some Books for Our Heart Medicine –

Psalms – Proverbs – Ecclesiastes – all – give insights – into God’s Heart.

I have developed a Habit of reading One Chapter of Proverbs – every day.

Because – there are 31 chapters – and there are – up to – 31 days in a month.

It works for me.

I guess that I could have divided 150 chapters of Psalms by 30 – but I didn’t.

It will surprise you – How many times “heart” appears in Proverbs.

For me – Proverbs – is a – Daily Dose – of Heart Medicine.

Even so – I fail – I get – Heart Disease – but I take my daily Heart Medicine.

The Chapters of Psalms follow David on his journey through Heart Disease.

“For YOU created – my inmost being – my heart – YOU knit me together in my mother’s womb.” – Psalm 139 v 13

“Knit me together” – remember the 60,000 miles of blood vessels.

God did not create you – just to watch you die – God created you with purpose.

“From birth, I have relied on YOU – YOU brought me forth from my mother’s womb – I will ever praise you.” – Psalm 71 v 6

“I praise YOU – because I am fearfully and wonderfully made – YOUR works are wonderful – I know that full well.” – Psalm 139 v 14

And yet “I have hidden YOUR word in my heart – that I might not sin against YOU.” – Psalm 119 v 11

Why hide YOUR word – in my heart – Why not hide YOUR word – in my mind – in my memory ? – don’t we memorize Scripture ?

Our minds have and do and will – fail – But our “heart” will go on – Celine Dion.

Our Heart Medicine

So what about the Our Heart Medicine.

Medicine # 1 – Read your Bible – that is the tangible medicine God created for you

Slide # 4 - Prayer

Medicine # 2 – Pray – prayer allows God through His Holy Spirit to minister to you

Medicine # 3 – Music – your heart wants to sing – God sang over you

Medicine # 4 – Friends and Family – your heart needs other people to minister

Slide # 5 - Forgiveness

Medicine # 5 – Forgive yourself – God forgave you – why continue to carry guilt ?

Slide # 6 - Trust

Medicine # 6 – Trust and Obey – for there is no other way – to be happy in Jesus

Slide # 7 – Final Decision

Medicine # 7 – Your heart needs to make a Final Decision

Two of the most famous characters in the Bible have no name – have no history – appear only once – but everybody remembers – The Thieves on the Crosses – on the Right side of Jesus – and on the Left side of Jesus – their few words reveal each of their “hearts” – and remind us that God will wait for your Decision – right up until your final breath. - One was Left. One was Right.

FINAL visual – Move the far chair CLOSER to the near chair – leave the Remote.

“Let us draw – near to God – with a sincere heart – and with the full assurance – that faith brings – having our hearts – sprinkled to cleanse us from a Guilty Conscience – and having our bodies washed with pure water.” – Hebrews 10 v 22

You still have the REMOTE – your Free Will.

Prayer – Closing