



# The Heart ऐ मेरे दिल...

Our hearts are made for you,  
O Lord, and they are  
restless until they rest in you.

Augustine  
Devotion book

# THE HEART

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**The pure in heart**

**Day 1**

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## **Matthew 5:8**

*Blessed are the pure in heart, for they will see God.*

How do we know something is pure? Sometimes in our understanding water is pure if it is transparent. We can say milk is pure, may be after tasting it. So we have different measures to say something is pure.

Can we say we have a pure heart, when we are able to see God in every thing, God in every situation, God in every relationships, .....? (*Titus 1:15*) *To the pure, all things are pure, but to those who are corrupted and do not believe, nothing is pure. In fact, both their minds and consciences are corrupted.*

(Ecclesiastes 7:14) When times are good, be happy; but when times are bad, consider: God has made the one as well as the other.

## **Application**

Take time to think about the difficult situations you face and find out why God has allowed it in your life. Ask God to help you see Him in everything you face.

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**A noble and good heart**

**Day 2**

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## **Luke 8:15**

*But the seed on good soil stands for those with a noble and good heart, who hear the word, retain it, and by persevering produce a crop.*

A noble and good heart is the one which produces a crop. A crop is produced after much perseverance. The soil should retain those seeds in all circumstances.

(James 5:7) Be patient, then, brothers, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop and how patient he is for the autumn and spring rains.

God's word is the seed. Are we willing to hear it, retain it ...?

## Application

Write down atleast five scriptures that you remember which has impacted your life and has produced great crops in your life because you retained it. Thank God for speaking to you through those scriptures.

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## **The wellspring of life**

**Day 3**

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### **Proverbs 4:23**

*Above all else, guard your heart, for it is the wellspring of life.*

The definition of wellspring is the place something comes from or starts at, a source of continual supply. If we wanted to live a great life, heart is the key. The heart needs to coninously supply.

Imagine if our physical heart stops beating suddenly. Whether it is our heart or our family members' heart or anybody's it is dangerous. So much of awareness we can see and hear to guard that physical heart.

In the same way, there is a chance of our spiritual heart stopping suddenly. It is going to be more dangerous if that stops. How much efforts are we making to guard our spiritual heart? The scripture says above all else, guard your heart.

## Application

Thank God for making our physical heart to work 24\*7. Pray that God helps us to guard the spiritual heart according to His will.

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## **Joy to the heart**

**Day 4**

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### **Proverbs 27:9**

*Perfume and incense bring joy to the heart...*

### **Proverbs 15:30**

*A cheerful look brings joy to the heart....*

### **Psalms 19:8**

*The precepts of the LORD are right, giving joy to the heart*

Perfumes we hardly forget on a daily basis. We even apply it many times a day. We don't mind asking someone's perfume and using it.

Cheerful look, we try our best to look that way. We don't want others to see us struggling. We feel good, if we are able to hide our sorrows and show our cheerful look.

Precepts of the LORD, we neglect most of the time. But this is the most important of all three which brings joy to the heart. Sometimes we even reject it if somebody offers it to us.

### **Application**

Have a good time listening from God's word. Memorize a scripture from your Bible study.

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### **Overflow of your heart**

**Day 5**

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#### **Luke 6:45**

*The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks.*

Someone once said, if you press an apple you get apple juice, if you press the grapes you get grape juice. You can't get grape juice if you press apples. What is stored is what will come out.

What is stored in our heart only will come out. If we store good things, good things will come out. If we store evil things, evil things will come out. (Matthew 7:17-18) Likewise every good tree bears good fruit, but a bad tree bears bad fruit. A good tree cannot bear bad fruit, and a bad tree cannot bear good fruit.

To know what is stored in your heart, think about those words that came out of your mouth last one week. Let us store good things.

## **Application**

Is there any unwholesome words from your mouth last week. Please confess to God and apologize to the person who you would have probably hurt with such words.

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## **Man after God's own heart**

**Day 6**

### **Acts 13:22**

*After removing Saul, he made David their king. He testified concerning him: 'I have found David son of Jesse a man after my own heart; he will do everything I want him to do.'*

We all desire to be man and woman of God's own heart. But most of the times, we may struggle in doing everything God wanted us to.

Being a class leader, team leader, captain... we wanted everyone to do what we direct them to do. Being a father / mother we wanted our children to do what we tell them. Being an elder brother / elder sister we wanted our younger siblings to do what we want them to do.

Being a disciple are we willing to do everything what God wanted us to do? He is our ultimate father, leader, master and Lord.

## **Application**

List down the areas you are struggling to obey God. Have a good conversation with God through that list.

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## **Meditation of my heart**

**Day 7**

### **Psalms 19:14**

*May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer.*

To meditate is to focus one's mind for a period of time, for religious or spiritual purpose or as a method of relaxation. Do we meditate? When we mediate how do we meditate? Is it pleasing to God?

We know the short prayers of two people in Luke 18:9-14. The Pharisee said how he was "awesome" and the other one was "moasome" (not good). The tax collector said how he was "moasome" (not good) and God is awesome.

In our meditation of our hearts are we focussing on God being great and awesome ? Or are we looking into how we are great and awesome?

### **Application**

Pray praising God of how great and awesome he is. Pray through one of your favorite Psalm.

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## **An anxious heart**

**Day 8**

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### **Proverbs 12:25**

*An anxious heart weighs a man down, but a kind word cheers him up.*

The meaning of anxious is feeling or showing worry, nervousness or unease about something with an uncertain outcome. This is one of the greatest weapon used to distract us from God.

What are we anxious about today? May be wanting to have a good job, to get married, or having a peaceful marriage, or the future of the children.....

(Philippians 4:6-7) Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

### **Application**

Write down all the anxieties you have in a book and surrender them to God. After a year try to read them and see what God has done when you trust Him (Ecclesiastes 11:10) So then, banish anxiety from your heart.

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## **Calloused Heart**

**Day 9**

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### **Acts 28:27**

*For this people's heart has become calloused; they hardly hear with their ears, and they have closed their eyes. Otherwise they might see with their eyes, hear with their ears, understand with their hearts and turn, and I would heal them.'*

Callus (definition) : a thickened and hardened part of the skin or soft tissue, especially in an area that has been subjected to friction.

A calloused heart means having calluses in the heart, emotionally hardened. This is the dangerous stage to be in. A calloused skin has no feeling. In the same way a calloused heart has no feeling.

How to get healed? The scripture is calling us to make effort to see with our eyes, hear with our ears and understand with our hearts so that God can heal it.

### **Application**

Is your heart calloused? If yes, it's time to treat it. Talk about your heart to someone who can guide you with God's word.

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## **Do not lose heart**

**Day 10**

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### **2 Corinthians 4:1,16**

*1 Therefore, since through God's mercy we have this ministry, we do not lose heart. 16 Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.*

Have you seen someone who is losing heart in a game, job or life? It is easily visible when we lose heart. When we lose heart, we will not give our best.

God is merciful. He still wanted to save as many as possible. He still wanted to use us in this ministry. Let us not lose our heart.

Outwardly we may be wasting away, inwardly we are renewed day by day. So let us not lose heart.

(Hebrews 12:3) Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart.

### **Application**

What are some ideas God has put in your hearts to do His ministry. May be you used to do those in the past. May be you are still doing it. Today make it more special for God.

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### **A perverse heart**

**Day 11**

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### **Proverbs 17:20**

*A man of perverse heart does not prosper; he whose tongue is deceitful falls into trouble.*

Perverse (definition) : Showing a deliberate and obstinate desire to behave in a way that is unreasonable or unacceptable.

A perverse heart is one when we deliberately behave in a way which is displeasing to God. (Hebrews 10:26,17) If we deliberately keep on sinning after we have received the knowledge of the truth, no sacrifice for sins is left, but only a fearful expectation of judgment and of raging fire that will consume the enemies of God.

(Proverbs 28:18) He whose walk is blameless is kept safe, but he whose ways are perverse will suddenly fall.

## **Application**

Pray for our nation and pray for those who we know have a perverse heart.  
(Prov 11:20) The LORD detests men of perverse heart.

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## **Heart envying sinners**

**Day 12**

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### **Proverbs 23:17**

*Do not let your heart envy sinners, but always be zealous for the fear of the LORD.*

Envy (definition) : desire to have a quality, possession, or other desirable thing belonging to (someone else).

Do we envy sinners, wanting to have what they have? It is not advisable.  
(Proverbs 14:30) A heart at peace gives life to the body, but envy rots the bones.

When we are zealous for the fear of the LORD, then we may be free from envying sinners.

## **Application**

Read Psalm 73 and pray through it.

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## **Sinful, unbelieving heart**

**Day 13**

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### **Hebrews 3:12-13**

*See to it, brothers, that none of you has a sinful, unbelieving heart that turns away from the living God. But encourage one another daily, as long as it is called Today, so that none of you may be hardened by sin's deceitfulness.*

When we are not fixing our eyes, our thoughts on Jesus, then we are actually fixing them on something else. There is a great chance of we being hardened by sin's deceitfulness.

(Heb 3:7-10 NIV) So, as the Holy Spirit says: "Today, if you hear his voice, do not harden your hearts as you did in the rebellion, during the time of testing in

the desert, where your fathers tested and tried me and for forty years saw what I did. That is why I was angry with that generation, and I said, 'Their hearts are always going astray, and they have not known my ways.'

As we can notice we can see God being angry with that generation. And using that example He wanted us to encourage one another daily to fix our eyes, our thoughts on Jesus.

### **Application**

Do you need encouragement? Spend time with someone who can listen to you and encourage. Or encourage someone today who needs encouragement. Encourage them to fix their eyes and their thoughts on Jesus.

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## **Make music in your heart**

**Day 14**

### **Ephesians 5:19-20**

*Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.*

God loves singing. (Zephaniah 3:17) The LORD your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing."

Do you love singing? Do you look forward to sing? Do you speak to one another with songs? How great it would be if we speak to one another with psalms, hymns and spiritual songs.

Singing pleases God more than sacrifice. (Psalm 69:30-31) I will praise God's name in song and glorify him with thanksgiving. This will please the LORD more than an ox, more than a bull with its horns and hoofs.

### **Application**

Choose your favorite 10 songs. Sing loudly and praise God. Speak to another brother or sister with a song!

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## **Malicious Heart**

**Day 15**

### **Proverbs 26:24-26**

*A malicious man disguises himself with his lips, but in his heart he harbors deceit. Though his speech is charming, do not believe him, for seven abominations fill his heart. His malice may be concealed by deception, but his wickedness will be exposed in the assembly.*

Malice (definition) : a desire to harm someone / ill will.

Abomination (definition): a thing that cause disgust or loathing.

Is our hearts filled with malice? Do you want to harm anyone in the fellowship or outside the fellowship? Do we harbor deceit in our heart?

(Titus 3:3) At one time we too were foolish, disobedient, deceived and enslaved by all kinds of passions and pleasures. We lived in malice and envy, being hated and hating one another.

What God wanted us to do with such malicious person? (Titus 3:9-10) But avoid foolish controversies and genealogies and arguments and quarrels about the law, because these are unprofitable and useless. Warn a divisive person once, and then warn him a second time. After that, have nothing to do with him.

### **Application**

Do you intend to harm anyone? Please pray to God to remove the malice in our hearts and do what God wanted you to do.

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**Heart of the fool**

**Day 16**

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### **Ecclesiastes 10:2**

*The heart of the wise inclines to the right, but the heart of the fool to the left.*

Are we inclined to do what is right? Let us see other scriptures on what a heart of fool does.

(i) They say there is no God.

(Psalm 14:1) The fool says in his heart, "There is no God." They are corrupt, their deeds are vile; there is no one who does good.

(ii) They are slow to believe

(Luke 24:25) He said to them, "How foolish you are, and how slow of heart to believe all that the prophets have spoken!"

(iii) They are in the house of pleasure

(Ecclesiastes 7:4) The heart of the wise is in the house of mourning, but the heart of fools is in the house of pleasure.

(iv) They blurt out folly

(Proverbs 12:13) A prudent man keeps his knowledge to himself, but the heart of fools blurts out folly.

### **Application**

Are there any areas, we have displayed the heart of a fool? Pray through it and be wise.

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## **The heart is deceitful**

**Day 17**

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### **Jeremiah 17:9-10**

*The heart is deceitful above all things and beyond cure. Who can understand it? "I the LORD search the heart and examine the mind, to reward a man according to his conduct, according to what his deeds deserve."*

What will we do if we have some gadget giving trouble and we don't know much about that gadget? We would take help from someone who knows about the gadget. It is better to give it to them rather than trying to find it ourselves and repair it. This will save our money and time.

The word "beyond" in the above scripture can mean that it is impossible. Unless you understand something it is not possible to repair it or make changes to it.

God alone is the technician of all hearts. It is better to surrender our heart to Him. Sometimes trying to mend it ourselves will only end up in more damage.

He is the potter and we are the clay. Are we being an easily moldable clay?

### **Application**

Think about situations in life that you could see how your heart has deceived you. Thank God for helping during those times to rely on him.

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## **Undivided heart**

**Day 18**

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### **Psalm 86:11**

*Teach me your way, O LORD, and I will walk in your truth; give me an undivided heart, that I may fear your name.*

An undivided heart is one which is completely devoted to God. Do we have such a heart? Do we pray for such a heart?

Paul in 1 Corinthians encourages people not to get married so that they can have undivided devotion to the Lord. (1 Cor 7:35 NIV) I am saying this for your own good, not to restrict you, but that you may live in a right way in undivided devotion to the Lord.

A married man is concerned about the affairs of this world – how he can please his wife and his interests are divided. Singles do you have undivided devotion to the Lord?

(2 Chr 16:9 ) For the eyes of the LORD range throughout the earth to strengthen those whose hearts are fully committed to him. You have done a foolish thing, and from now on you will be at war."

### **Application**

What changes you need to make to have an undivided heart? Pray for deliverance from things that you are entangled with.

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## **Heart of Stone Vs Flesh**

**Day 19**

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### **Ezekiel 11:19**

*I will give them an undivided heart and put a new spirit in them; I will remove from them their heart of stone and give them a heart of flesh.*

Are you able to identify what kind of heart we have? Heart of stone or heart of flesh. Stone means hard and flesh means soft.

Imagine a potter taking some clay. What will he do if the clay is hard and not moldable? He may press it hard and do whatever it takes to make it soft. This is because he wanted to shape that clay into a beautiful, useful object.

What if the clay has lots of stones in it? He may throw it aside. God being the potter he doesn't want to throw us aside. He can give a heart of flesh.

### **Application**

What are few stones in our heart which is hard to break, may be our sins, some traditions, some convictions, some relationships? Pray for God to replace them and make our heart moldable.

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**Where is your heart?**

**Day 20**

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### **Matthew 6:19-21**

*"Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also."*

For where your treasure is, there your heart will be also. The question that we need to ask is what do we consider as treasure today? Are we more focused on treasures on earth or treasures in heaven?

Most of the time, we focus on things what is seen. Let us remember what is seen is temporary but what is unseen is eternal.

(2 Cor 4:18 NIV) So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

### **Application**

Take some time to think about what are our real treasures and where do we store them. Let us plan to store up treasures in heaven.

**1 Samuel 16:7**

*But the LORD said to Samuel, "Do not consider his appearance or his height, for I have rejected him. The LORD does not look at the things man looks at. Man looks at the outward appearance, but the LORD looks at the heart."*

What do we look at – outward appearance or the heart. Most of the time we are tempted to look at things which are visible outside. May be possessions, background, qualification, profession....

God always looks at the heart. If you seek with all your heart you will find him. He is not interested in how much money you have, what qualification.... Our love and respect for one another should be beyond the outward appearance.

(James 2:8) If you really keep the royal law found in Scripture, "Love your neighbor as yourself," you are doing right. But if you show favoritism, you sin and are convicted by the law as lawbreakers.

**Application**

Do we show favoritism? Let us deal with it and love others as yourself.

**2 Samuel 17:10**

*Then even the bravest soldier, whose heart is like the heart of a lion, will melt with fear, for all Israel knows that your father is a fighter and that those with him are brave.*

If we are on God's side, we have a brave heart. This is because we know that He fights for us. If we are not on God's side then fear will be ruling our hearts instead of faith.

The heart of those who are not on God's side, even if they have the heart of a lion, it will melt with fear when they see God fighting for us.

What kind of heart we have, heart of a lion (brave) or the one with fear? (Psa 34:10) The lions may grow weak and hungry, but those who seek the LORD lack no good thing.

### **Application**

Decide to seek the Lord everyday. Be bold to stand up for Jesus.

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## **Discerning heart**

**Day 23**

### **Proverbs 18:15**

*The heart of the discerning acquires knowledge; the ears of the wise seek it out.*

What made Solomon to be wise? He requested God to give him a discerning heart. (1 Ki 3:9 NIV) So give your servant a discerning heart to govern your people and to distinguish between right and wrong. For who is able to govern this great people of yours?"

There are hundreds of choices we have to make everyday. The choices we make decides our consequences and our destination. Do we pray for a discerning heart?

(Prov 14:15 ) A simple man believes anything, but a prudent man gives thought to his steps. (Prov 22:3) A prudent man sees danger and takes refuge, but the simple keep going and suffer for it.

### **Application**

Are you at any crossroads, standing and thinking which side to take? Pray for God to give you a discerning heart.

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## **A sincere heart**

**Day 24**

### **Hebrews 10:22**

*Let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.*

When we go to God, do we have a sincere heart? How sincere are we, in whatever we do? Sincerity makes the very least person to be of more value than the most talented hypocrite.

God is the best listener, you don't need to shout nor cry out loud because he hears even the very silent prayer of a sincere heart.

(Acts 2:46-47 ) Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

Do we go to ministry with a sincere heart?

### **Application**

Do something today to express your sincere heart.

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**Set your heart on seeking God**

**Day 25**

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### **2 Chronicles 19:1-3**

*When Jehoshaphat king of Judah returned safely to his palace in Jerusalem, Jehu the seer, the son of Hanani, went out to meet him and said to the king, "Should you help the wicked and love those who hate the LORD? Because of this, the wrath of the LORD is upon you. There is, however, some good in you, for you have rid the land of the Asherah poles and have set your heart on seeking God."*

Even though few things are not right in the life of King Jehoshaphat, he was known to be one who set his heart on seeking God. What are we known for? There may be some limitations in us but ultimately are we known for one who is setting our hearts on seeking God.

What happens if we don't set our hearts on seeking God? (Mal 2:2 NIV) If you do not listen, and if you do not set your heart to honor my name," says the LORD Almighty, "I will send a curse upon you, and I will curse your blessings.

### **Application**

Continue to have more plans to set our hearts on seeking God and honor His name.

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**Work with all your heart****Day 26**

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**Colossians 3:22-23**

*Slaves, obey your earthly masters in everything; and do it, not only when their eye is on you and to win their favor, but with sincerity of heart and reverence for the Lord. Whatever you do, work at it with all your heart, as working for the Lord, not for men.*

How do people see us in our jobs? At our home? Or in our ministry life? Do they see us as one who works with all our heart?

We need to understand whatever we do, we are doing it for the Lord and not for men. When we do only when people are around us then we are doing it for men.

God has put us in the job, family, city... where we are at. We need to serve people around us as if we are serving the Lord.

**Application**

Make plans to grow in being sincere, punctual and diligent.

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**Heart filled with pain****Day 27**

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**Genesis 6:5-6**

*The LORD saw how great man's wickedness on the earth had become, and that every inclination of the thoughts of his heart was only evil all the time. The LORD was grieved that he had made man on the earth, and his heart was filled with pain.*

God's heart was filled with pain. The LORD was grieved that he had made man on the earth. The LORD saw how great man's wickedness was on the earth.

How does God feel looking at us? How is our heart today? How are our thoughts?

The wickedness of man not only gives pain to God's heart, it gives pain to their closed ones who wanted them to be righteous. If children are wicked, they give pain to their parents heart and likewise.

### **Application**

What areas in your life is causing others to have pain in the heart? Ask God to deliver you from all such things and talk to people who can help.

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## **Heart of wisdom**

**Day 28**

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### **Psalm 90:11-13**

*Who knows the power of your anger? For your wrath is as great as the fear that is due you. Teach us to number our days aright, that we may gain a heart of wisdom. Relent, O LORD! How long will it be? Have compassion on your servants.*

This is the prayer of Moses. There were about 600,000 Israelite men on foot, besides women and children when they started their journey from Rameses. In just around 40 years, imagine Moses seeing almost all of them die except for their children, Joshua and Caleb. There were many instances in Moses' life that he saw mass deaths because of God's discipline.

But he wanted to be different, he wanted to number his days in a righteous way. The more and more we make efforts to live a righteous life the more we gain a heart of wisdom.

### **Application**

Pray through Psalm 90. Thank God for His favor on us.

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## **The heart of the righteous**

**Day 29**

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### **Proverbs 15:28**

*The heart of the righteous weighs its answers, but the mouth of the wicked gushes evil.*

In another version it says, “The heart of the righteous studies how to answer”. The righteous ones think beforehand what they should and will say. Their words are not based only on impulse and reaction.

(James 1:19-20) My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires.

(Prov 10:19 ) When words are many, sin is not absent, but he who holds his tongue is wise.

### **Application**

We will do our best to speak words carefully. (Eph 4:29 NIV) Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

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## **Benefits of a cheerful heart**

**Day 30**

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### **Proverbs 15:15**

*All the days of the oppressed are wretched, but the cheerful heart has a continual feast.*

### **Proverbs 17:22**

*A cheerful heart is good medicine, but a crushed spirit dries up the bones.*

Cheerful (meaning) : noticeably happy and optimistic.

If we believe good things will happen, good things will happen. We get what we believe. What we believe creates the life we are living.

How to have a continual feast in our life? Have a cheerful heart. (Jer 29:11) For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.

How to have a great health? Have a cheerful heart. It is good medicine. Let us not allow worries to stay in our hearts.

### **Application**

List down few things that bothers you. Imagine God has taken care of it. How would you feel? Thank God for taking care of it.

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**Gentle and humble in heart****Day 31**

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**Matthew 11:28-30**

*"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."*

God is gentle and humbe in heart. God wanted us to imitate him. How great it would be if we are gentle and humble in heart?

Everyone needs rest. Only God can give such rest. We can find that rest for our souls when we take God's yoke upon us and learn from Him.

Are we carrying the worries of this life? It will make us get weary and burdened. Let us carry God's yoke which is easy.

**Application**

Let us pray for a gentle and humble heart.