

The Elevator Model of the Heart

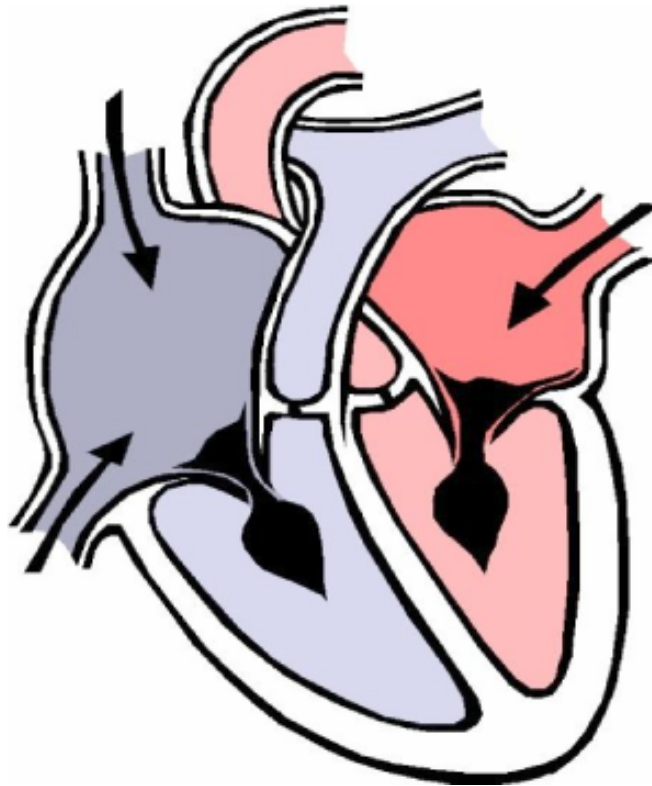


BATTLE FOR THE HEART

LIVE TRANSFORMED

The heart is the wellspring of your whole life,
the source of your thoughts, feelings, desires and choices.

The Four Chambers of Your Heart



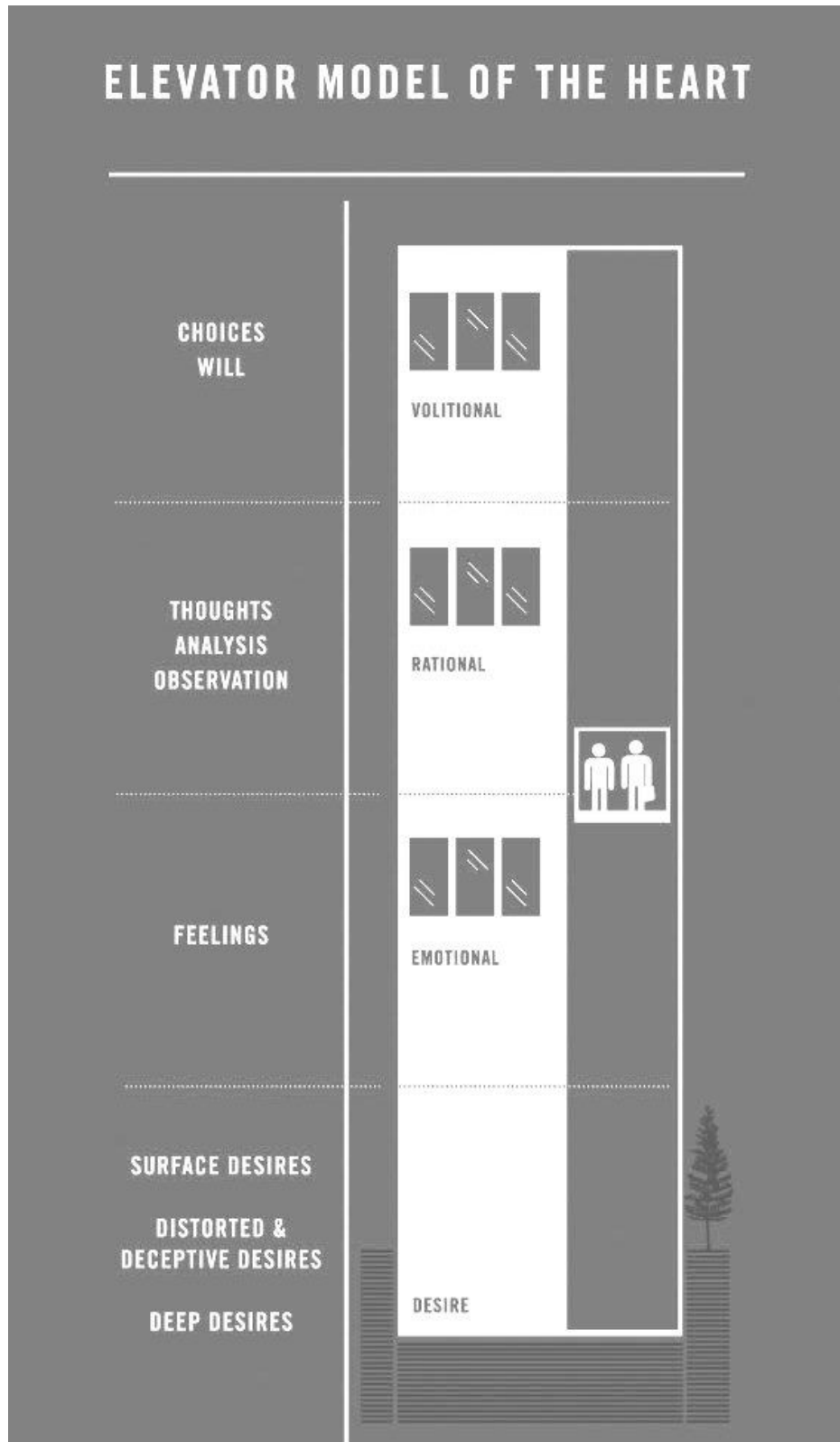
Proverbs 4:23: *“Above all else, guard your heart, for it is the wellspring of life.”*

Your physical heart is essential for life. Thus, it became a metaphor for the very center of mankind’s being. The NIV Study Bible in a note on Psalm 4:7 states that “in Biblical language your heart is the center of the human spirit, from which spring emotions, thought, motivations, courage, and action; thus it is the ‘wellspring of life.’”

The NIV Study Bible note on Psalm 7:9 says, “The Israelites used the words ‘minds and hearts’ as virtual synonyms (but heart most often) to refer to man’s innermost center of conscious life.”

Biblically the heart thinks, chooses, feels and desires. Thus, like your physical heart, the heart of your inner life has four levels or components.

Elevator Model of the Heart



Feeling Words: Positive Feelings

Peaceful	Joyful	Empowered	Authentic	Grateful	Loved
Comfortable Secure Calm Relaxed Trusting Safe Protected Content Sure Certain Patient	Refreshed Stimulated Creative Encouraged Pleased Happy Full Free Delighted Thrilled Elated Exhilarated	Strong Capable Energetic Hopeful Inspired Respected Significant Successful Valuable Confident Gifted Strong	Real True Honest Direct Loyal Faithful Aware Seen Heard Known Glorious	Satisfied Sentimental Nostalgic Humbled Thoughtful Blessed Thankful Whole Healed Full Awed	Considered Seen Loved/Loving Intimate Connected Desirable Beautiful Adored Kind Nurturing Trusted Delighted in

Feeling Words: Negative Feelings

Fearful	Sad	Confused	Angry	Ashamed	Lonely
Shy Cautious Hesitant Insecure Anxious Tense Nervous Troubled Distressed Scared Horrified Helpless Agitated Shocked Alarmed Numb	Down Bored Burdened Somber Disappointed Tired Dissatisfied Discouraged Grieved Depressed Defeated Empty Miserable Despairing Devastated Undone	Overwhelmed Bewildered Torn Stunned Curious Uncertain Ambivalent Doubtful Unsettled Hesitant Perplexed Puzzled Distracted Flustered Fragmented Lost	Hurt Resentful Ticked Cynical Skeptical Annoyed Frustrated Fed up Indignant Jealous Disgusted Hostile Furious Critical Contemptuous Enraged	Bashful Embarrassed Awkward Clumsy Uncomfortable Flustered Foolish Weak Inadequate Self-conscious Diminished Chagrined Remorseful Guilty Humiliated Mortified	Left out Invisible Out of place Disconnected Distant Excluded Isolated Unwanted Rejected Despised Abandoned Desolate Forsaken

Types of Desires

SURFACE/TEMPORAL DESIRES

- Material: money, a new car, house, jewelry, clothes, toys.
- Experiential: a vacation, climbing a mountain, a walk in the woods, romance, sports, recreation, achievements.
- Positional: mother, father, husband, wife, a particular job or title in your vocation, avocation, or ministry.
- Relational: friendship, family, spouse, children, work.

DECEITFUL DESIRES

Expecting fulfillment of a surface desire—any material, experiential, positional, or relational desire—to satisfy a deep desire. Only God can truly satisfy a deep desire.

DISTORTED DESIRES

Attempting to satisfy a deep desire by your own means.

- You long for impact and you take control or manipulate to get it.
- You long for intimacy and you look to fantasy or inappropriate relationships.

DEEPEST DESIRES

- Purpose, to be part of something larger, transcendence.
- Relationship: to love and be loved, to pursue and be pursued, community, family.
- Impact, significance.
- Honor, respect.
- Known & valued: understood, heard, seen.
- To protect and provide, to be protected and provided for, security, safety.
- To come through: duty, to hear “well done.”
- Beauty and creativity.
- Justice and freedom.
- Peace, wholeness, completion, home, order.

Deep desires arise out of the image of God in you. They draw you to God and can only be fulfilled through union with God.

Living from a Whole Heart

Jesus makes it clear that living and loving from our entire inner being is absolutely vital in Matthew 22:34-40: (NIV)

³⁴ *Hearing that Jesus had silenced the Sadducees, the Pharisees got together.*

³⁵ *One of them, an expert in the law, tested him with this question: ³⁶ “Teacher, which is the greatest commandment in the Law?”*

³⁷ *Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.’ ³⁸ This is the first and greatest commandment.*

³⁹ *And the second is like it: ‘Love your neighbor as yourself.’ ⁴⁰ All the Law and the Prophets hang on these two commandments.”*

Concerning verse 37, Dr. D.A. Carson in the *Expositor’s Bible Commentary* states:

“From the viewpoint of Biblical anthropology, ‘heart,’ ‘soul,’ and ‘mind’ are not mutually exclusive, but overlapping categories together demanding that our love for God come from our whole person, our every faculty and capacity.”

Tim Keller comments in the The Gospel Coalition’s blog:

“Remember that according to the Bible, the heart is not primarily the emotions but rather the seat of our fundamental commitments and trusts, and therefore it is the control center of the whole life. So to preach to the heart means to go right for the commanding commitments of people’s lives that drive their desires, thinking, feeling, and action.”

A Note on Handling Emotions

As feelings arise, don't shy away from them. Use them as tools, remembering that they:

- Flow from thoughts, beliefs, mental models and desires, fulfilled or unfulfilled. Follow your tears of joy and pain to find your deep desires.
- Are like dashboard lights. They let us know what is going on inside the engine.
- Should never control us nor should they always be shared, but they are a vital part of who we are.