## Game Changer Aaron Bardon 12/26/2021

## Guard your heart above all else, for it determines the course of your life. Proverbs 4:23

## If you have a weak spiritual heart, it will also show symptoms.

- Not a shortness of breath.... but you'll have a shortness of \_\_\_\_\_\_.
- You won't lack energy.... you'll lack \_\_\_\_\_.
- There won't be a tightness in your chest... there will be a tightness of your \_\_\_\_\_.
- You won't feel physical numbness.... you'll be numb to God's \_\_\_\_\_.

And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a **tender**, **responsive heart**. Ezekiel 36:26

## A few exercises to improve the heart: