

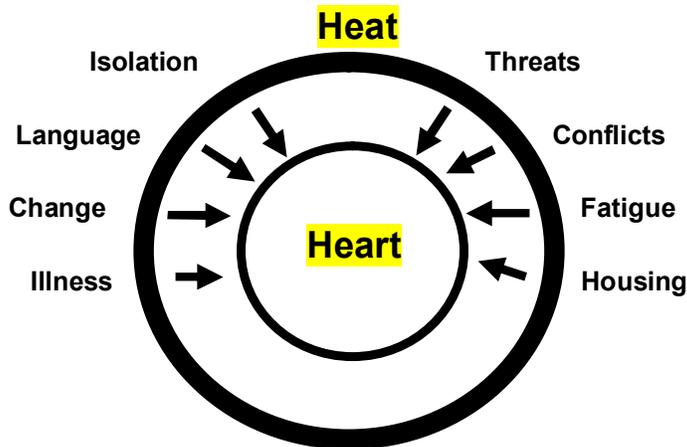
Psalm 39:12 “Hear my prayer, O Lord... for I am a stranger with You...”

**Heat versus Heart**

Every change, every transition causes friction, and friction causes heat. Heat issues are a part of life. You have been under the intense heat of major life changes. There are a number of physical responses to the heat of transition stress: exhaustion, illness, headaches, fatigue, muscle aches, hair loss to name a few. Heart responses include faith, fear, trust, frustration, patience, anger, joy, depression, love, panic, peace, confusion, gentleness, a critical spirit, kindness, fault finding, self control or immorality.

**Heat Issues are external.**

We may or may not be able to cool them off.



**Heart Issues are internal.**

We are responsible for our heart attitudes, perspectives, and responses to the *heat* we are feeling.



God says that *heart issues* are the real issues of life.

Ps 139:23 Jer 17:10 Pro 4:23 Matt 12:33-37 Matt 15:18-19 2 Tim 2:22

***The heat reveals the heart, and is designed for your heart growth. 1 Peter 1:3-7 James 1:1-27***

In the midst of the heat, it is easy to blame circumstances or colleagues for your own shortcomings. But we must remember that we are responsible for our responses. The fruit of the Spirit grows in the heat. Ever considered that the Fruit of the Spirit requires heat to be developed and demonstrated? We cannot demonstrate longsuffering without suffering, or self-control in the absence of temptation. You are clay on the wheel of the Master Potter. Life may seem a bit dizzy at times, but be assured He has the perfect design in mind. Romans 8:28-31.

I am praying for you! Thanks for being faithful. How are you doing? Our trip to Africa was just wonderful. Adios, Ron living with leaving in view.... John 9:4