

**Sermon Series**  
**The Superiority of Jesus Christ**  
**October 31, 2022**

**Title: Heart Health**

*Subject: Divine Grace; Regeneration; Assurance; The Trinity; The Immutability of Jesus Christ, And Established Heart; The Work of the Spirit; False Teachings.*

**Theme Text: Hebrews 13:9 (ESV) <sup>9</sup> Do not be led away by diverse and strange teachings, for it is good for the heart to be strengthened by grace, not by foods, which have not benefited those devoted to them.**

**Theme Illustration:** The Apostle Paul warns us of the dangers of the heart is not established in the faith in **Ephesians 4:14 (ESV) <sup>14</sup> so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes.** In today's text, this truth is described as the strengthening of the heart. The word for strength is also the word for established. The faith established in the heart is a great insurance policy against being deceived and drug away by doctrinal error and possibly apostasy. The established heart can discern the difference between being saved by grace and works, or legalism and guarding the heart against antinomianism, or lawlessness. Grace unbinds us from the Law as a means of regeneration and salvation. But grace does not unbind us from the obligation to obey God and the commandments of Scripture. It is grace that empowers us to obey as best we are able in this flesh. Remember that it is God by His grace that enables us to both will and to do His good pleasure. And it is His means of grace in the Holy Scriptures that cements the once for all delivered to the Saints into the heart. We briefly touched upon these great truths last week, **Hebrews 13:8 (ESV) <sup>8</sup> Jesus Christ is the same yesterday and today and forever. We can see how this text from last week fits nicely into the warning in today's text.**

***Read: Hebrews 13.8-9***

**Introduction:** Oh how many people claiming to be a Christian fall into the trap of being sucked into false teachers, theological fads, false spiritualities, and Error. If these persecuted Hebrew Christians only understood that Christ came to usher in redeem, and establish His saints into the kingdom of God that he is ruling and that the gospel of His grace will not change because He will not change.

So we are going to do a heart health check this morning. How well established are we in our hearts in the truth of the gospel of God's grace? How far down in our hearts goes the roots of the gospel of God's grace? Those deep roots are what enable our Mesquite trees to survive our droughts! **Psalm 1:3 (ESV) <sup>3</sup> He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers.**

Remember that under Judaism, the High Priests were constantly changing and thus also the mediator. Israel's prophets were constantly being ushered onto the stage and off. Also, there was a long line of Kings. But the Messiah, God's prophet, high priest, and the king will never change. Christ has no successor. His unchanging nature has reference to those high offices. All of his promises remain valid, valid equally in all generations.

**Transition:** Using the need for an established heart, that heart is established through three elements:

**1. An Unchanging Work: Hebrews 13:8 (ESV) <sup>8</sup> Jesus Christ is the same yesterday and today and forever.**

First, would like to make two subpoints. One, this truth supplies an additional and powerful motive for fidelity. The great head of the church remains alive forevermore. Jesus was the one who supported their deceased leaders who, if they trusted in Him, would sustain them in their trials victoriously because He is the same gracious Shepherd of the Sheep. He is

the same for us as he was for them. He is the same in his loving design and covenant faithfulness. Then, we have every reason to cling to Him in covenant faithfulness with unshakable confidence.

The only way we can stay on the narrow way is that we should persevere in the truth say and hold to the foundation, Christ. Thus, the Lord who is the same is the same teacher. His doctrine does not vary, His will does not fluctuate, nor do His purposes change. Therefore, we should shun all novelties and refuse innovations. It is by holding the Head, submitting to his will, receiving His doctrine, obey His precepts, that we will be established against the false teachers and persevere unto the end.

**Transition:** Thus, based upon His unchanging work, we have:

**2. An Unchanging Faith: Hebrews 13:9 (ESV) <sup>9</sup> Do not be led away by diverse and strange teachings,** for it is good for the heart to be strengthened by grace, not by foods, which have not benefited those devoted to them.

Strange doctrines are those that differ from the Christian faith. For instance, a new movement that is old has resurfaced, the new apostolic Reformation. It is not new, it is not apostolic, and it is not Reformation. It is stated by law all over again. Its music is very popular. Grace must immunize our hearts.

The phrase “not with meats” references the Judaizer's attempt to graft the ceremonial law onto the gospel just like they tried with circumcision. The word Christian doctrine is singular not plural. The truth of God is one uniform chain of Dr. which begins with God and ends with Him. The people of God will always have to contend against error unto the Lord's coming. Remember our Lord's words, **Matthew 24:4-5 (ESV) <sup>4</sup> And Jesus answered them, “See that no one leads you astray. <sup>5</sup> For many will come in my name, saying, ‘I am the Christ,’ and they will lead many astray.** And also the words of the apostle John, **1 John 4:1 (ESV) <sup>1</sup> Beloved, do not believe every spirit, but test the spirits to see whether they are from God, for many false prophets have gone out into the world.**

These exhortations have equal application to us in our day. How? It is one of the marks of the fall that man is fonder of material things in religion than he is of those things that are spiritual. He is more prone to concentrate on trivialities rather than essentials.

**Transition:** Thus, we moved to our third essential, our need for:

**3. An Abiding Strength: Hebrews 13:9 (ESV) <sup>9</sup>** Do not be led away by diverse and strange teachings, **for it is good for the heart to be strengthened by grace, not by foods, which have not benefited those devoted to them.**

The established heart he described this way, **Ephesians 4:14 (ESV) <sup>14</sup>** so that we may no longer be children, tossed to and fro by the waves and carried about by every wind of doctrine, by human cunning, by craftiness in deceitful schemes. It takes some thorough grounding to stay grounded against our modernist winds.

We must deal more with the word grace. The word grace is comprehensive in its meaning. Grace expresses the free, eternal approach of God to His people. And from that grace is the wellspring source of all of His gifts, benefits, and blessings. From this infinite fountain of uncaused favor and special love of God, proceeds all of the action of great which was given us in Christ Jesus before the world began, **2 Timothy 1:9 (ESV) <sup>9</sup>** who saved us and called us to a holy calling, not because of our works but because of his own purpose and grace, which he gave us in Christ Jesus before the ages began,

From that ocean of grace, proceeds are personal unconditional election in Christ, our union with Him, our interest in Him, and our relation to Him, together with all the spiritual blessing, Ephesians 1:3 – 6.

We read of the great of God and the gift of grace, **Romans 5:15 (ESV) <sup>15</sup>** But the free gift is not like the trespass. For if many died through one

**man's trespass, much more have the grace of God and the free gift by the grace of that one man Jesus Christ abounded for many.**

The former refers to the favor of God in His own heart for us. The latter expression signifies the righteousness of Christ imputed to us which is the free gift. Grace also refers to describing the supernatural work that is worked in the Christian at regeneration. In that work, we are made alive and given a desire for spiritual things, **2 Peter 3:18 (ESV) <sup>18</sup> But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be the glory both now and to the day of eternity. Amen.**

### **Conclusion:**

Grace, therefore, is God is divinely appointed me of turning the elect from darkness to light, from the power of Satan into the kingdom of Christ, **Acts 26:18 (ESV) <sup>18</sup> to open their eyes, so that they may turn from darkness to light and from the power of Satan to God, that they may receive forgiveness of sins and a place among those who are sanctified by faith in me.'**

To be established in grace also points to the fact that Stan is felt in the soul of the regenerated, in its guilt, and power while all the effects of the fall or experienced.

We are then emptied of all self-sufficiency. Our hearts are broken and humbled in repentance. This grace is the new nature implanted in us by the caps. At the new birth. It consists of spiritual perceptions and inward apprehensions. Spiritual aft sections in the soul born of God. These are whereby we are fitted for God, **Titus 3:5 (ESV) <sup>5</sup> he saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit...**

It is good for the heart to be established in grace, it promotes our spiritual growth, secures our well-being, and preserves the Saint from error.