

## THOUGHTS OF THE HEART

For those that say it does not matter to אַיָּהּ (Yahuah) what day you worship, how you worship or what name you call Him, etc. as long as your heart is sincere for it is your heart he sees and judges.

**Proverbs 21:2** Every way of a man is right in his own eyes, but אַיָּהּ (Yahuah) weighs the heart.

**Jeremiah 17:9-10** The heart (3820, Lev) is deceitful above all things, and desperately sick; who can understand it? "I אַיָּהּ (Yahuah) search the heart (3820, Lev) and test the Mind (3629, Kidney), to give every man according to his ways, according to the fruit of his deeds."

Scripture makes it clear that our thinking and our hearts are inseparably linked. What we think affects our heart. How we think affects our heart. Likewise, the condition of our heart affects our thinking.

וַיָּהּ (Yahusha) confirmed the connection between our hearts and our minds, which in turn affects our actions. In **Matthew 15:19**, he said, "For out of the heart (2588: lit: the heart; mind, character, inner self, will, intention, center) come evil thoughts (1261: a calculation, reasoning, thought, movement of thought, deliberation, plotting), murder, adultery, sexual immorality, theft, false testimony, slander."

In Hebrew, the heart (lev or levav) is the center of human thought and spiritual life. In Hebrew thought, the heart refers to one's mind and thoughts. Both the Hebrew and Greek languages treated the heart as the center of a person's being, the seat of all feelings and thoughts, as does the English. The writers knew that the heart was a physical organ, with its function of circulating the blood as basic to physical life. **Leviticus 17:11**, among other Scriptures, notes that "the life of the flesh is in the blood," but only rarely was the word used thus in Scripture. Nearly always the word is used symbolically in reference to the deep essence of a person's being. It is also used occasionally to refer to the innermost part of physical objects "the heart of the earth," as in **Matthew 12:40**.

In this first (1st) occurrence it refers to the "Thoughts of the heart". Somehow, before one thinks with his mind, he thinks with his heart, and these deep, unspoken thoughts will determine the way he reasons with his brain. וַיָּהּ (Yahusha) confirmed this in **Mark 7:21**: "For from within, out of the heart (2588: lit: the heart; mind, character, inner self, will, intention, center) of men, proceed evil thoughts (1261: a calculation, reasoning, thought, movement of thought, deliberation, plotting)."

Until recently, modern science has perceived the heart as merely a pump to regulate the flow of blood throughout our bodies. But across numerous cultures, the heart has historically been thought to have a much greater function that corresponds with our thoughts and emotions.

When we speak or share feelings from a place of deep meaning or passion, we say we're speaking from the heart or we're trying to convey something that is heartfelt or we describe someone as having an evil heart, because they do evil things. Science is now realizing that the heart and brain have more of a corollary, interactive relationship than previously thought. Science is finally catching up with lots of religious texts and philosophers of old that had the

heart at the center of our being/soul.

Since 1991, the Institute of Heartmath located in Boulder Creek, Colorado, has been studying the power and influence of the human heart upon the brain and body. What they discovered goes against what most of us were taught to believe.

Scientific research reveals that the human heart is more powerful and influential than the brain in sending signals and information to the rest of the human body. The human heart communicates with the brain and body using hormones, the nervous system, and an electromagnetic field generated by the heart. The heart's electromagnetic field envelopes the entire body.

The heart is in a constant two-way dialog with the brain. Our emotions change the signals the brain sends to the heart and the heart responds in complex ways. Research has shown that the heart communicates to the brain in four (4) major ways: neurologically (through the transmission of nerve impulses), biochemically (via hormones and neurotransmitters), biophysically (through pressure waves) and energetically (through electromagnetic field interactions). Communication along all these conduits significantly affects the brain's activity.

The intelligence of the Heart is something that has been intuitively sensed in religious, spiritual, and philosophical societies throughout human history. We are all familiar with the saying, "Listen to your heart".

What does this say about the true nature of the human Heart? Is it really just a pump that moves blood through our veins (a vitally important role!), or is it really more, even much more?

It turns out that the Heart pumps much more than just blood. As mentioned earlier, it also pumps hormones throughout the body that regulate many functions, including thought and perception in the brain.

Most unusual of all, however, is the ability of the Heart to convey actual ideas, information, and images to the brain, where these signals are converted into words, pictures, sounds, and even Memories that we can use to communicate, create, and relate to each other.

Heart (leb)   Strong's Hebrew: 3820: 593 Occurrences: inner man, mind, will, heart.   
(Learn, Teach, Yoke, To Bind),  (In/Inside, Tent).

To the ancient Hebrews the heart was connected to the mind and the thoughts. When we are told to love Aluhym with all our heart (**Deuteronomy 6:5**) it is not speaking of an emotional love, but to keep our minds and our thoughts working for him. The first (1st) picture in this Hebrew word is a shepherd staff  and represents authority, as the shepherd has authority over his flock. The second (2nd) letter is the picture of the  floor plan of the Hebrew nomadic tent and represents the idea of being inside, as the family resides within the tent. When combined they mean "the authority within".

In our Western worldview, we look at it this way: thoughts occur in the mind, and the mind is in the brain (head). But Hebraically, that simply is not the case. Rather, the thoughts occur in the Heart. To the Hebrew worldview, the heart is the seat of the mind, not the brain. So according to Hebraic thought the heart is the seat of the mind, it deals with thoughts and intentions. Just as it is used the very first (1<sup>st</sup>) time in **Genesis 6**, describing the "intent of the heart" of man.

**Psalm 51:10** Create in me a clean heart, O Aluhym, and renew a right Ruch (spirit) within me.

**Ezekiel 11:17** Therefore say, ‘Thus says **אֲיָהוָה** (Yahuah) Aluhym: I will gather you from the peoples and assemble you out of the countries where you have been scattered, and I will give you the land of Yasharal (Israel).’

**Ezekiel 11:19** And I will give them one (echad) heart, and a new ruch (spirit) - I will put within them. I will remove the heart of stone from their flesh and give them a heart of flesh,

The result of their receiving a new heart will be obedience to **אֲיָהוָה** (Yahuah)’s commands: “Then they will follow my decrees and be careful to keep my laws. They will be my people, and I will be their Aluhym” (verse 20).

**Ezekiel 36:26** And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh.

A stony heart reminds us of the parable of the sower in **Matthew 13:20-21**, “The one on whom seed was sown on the rocky places, this is the man who hears the word and immediately receives it with joy; yet he has no firm root in himself, but is only temporary, and when affliction or persecution arises because of the word, immediately he falls away”. In contrast, a good, tender heart reminds us of **Matthew 13:23**, “And the one on whom seed was sown on the good soil, this is the man who hears the word and understands it; who indeed bears fruit and brings forth, some a hundredfold (100), some sixty (60), and some thirty (30)”.

**Proverbs 4:23** Keep your heart with all vigilance, for from it flow the springs of life.

**Matthew 5:8** “Baruk (Blessed) are the pure in heart, for they shall see Aluhym.

**Hebrews 4:12** For the word of **אֲיָהוָה** (Yahuah) is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and moral understanding of the heart.

**Proverbs 3:5-6** Trust in **אֲיָהוָה** (Yahuah) with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

**1 Samuel 16:7** But **אֲיָהוָה** (Yahuah) said to Samuel, “Do not look on his appearance or on the height of his stature, because I have rejected him. For **אֲיָהוָה** (Yahuah) sees not as man sees: man looks on the outward appearance, but **אֲיָהוָה** (Yahuah) looks on the heart.”

**James 4:8** Draw near to Aluhym, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded (1374: lit: of two souls, of two selves), double-minded, wavering.

**Luke 12:33-34** Sell your possessions, and give to the needy. Provide yourselves with moneybags that do not grow old, with a treasure in the Shamym (heavens) that does not fail, where no thief approaches and no moth destroys. For where your treasure is, there will your heart be also.

**1 Timothy 1:5** The aim of our charge is love that issues from a pure heart and a good conscience and a sincere Amunah (faith).

**Psalm 26:2** Prove me, O **אֲיָהוָה** (Yahuah), and try me; test my heart (2588: lit: the heart; mind, character, inner self, will, intention, center) and my mind (3629, Kidney).

**Romans 2:5** But because of your hard and unrepentant heart you are storing up wrath for yourself on the day of wrath when Aluhym's righteous judgment will be revealed.

**Matthew 22:37** And he said to him, “You shall love אַיָּאָל (Yahuah) your Aluhym with all your heart (2588: lit: the heart; mind, character, inner self, will, intention, center) and with all your soul and with all your mind (1271: the mind, disposition, thought).

**Psalms 112:7** He is not afraid of bad news; his heart is firm, trusting in אַיָּאָל (Yahuah).

**Hebrews 10:22** Let us draw near with a true heart in full assurance of Amunah (faith), with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water.

**Romans 10:10** For with the heart one believes and is justified, and with the mouth one confesses and is saved.

**Romans 1:21** For although they knew אַיָּאָל (Yahuah), they did not honor him as Aluhym or give thanks to him, but they became futile in their thinking, and their foolish hearts were darkened.

**Psalms 119:10** With my whole heart I seek you; let me not wander from your commandments!

**Psalms 51:17** The sacrifices of Aluhym are a broken ruch (spirit); a broken and contrite heart, O Aluhym, you will not despise.

**2 Timothy 2:22** So flee youthful passions and pursue righteousness, Amunah (faith), Aahbah (love), and Shalum (peace), along with those who call on אַיָּאָל (Yahuah) from a pure heart.

**Acts 8:22** Repent, therefore, of this wickedness of yours, and pray to אַיָּאָל (Yahuah) that, if possible, the intent of your heart may be forgiven you.

**John 14:27** Shalum (Peace) I leave with you; my Shalum (Peace) I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

**Romans 6:17** But thanks be to אַיָּאָל (Yahuah), that you who were once slaves of sin have become obedient from the heart to the standard of teaching to which you were committed,

**Psalms 97:11** Light is sown for the righteous, and joy for the upright in heart.

**Proverbs 28:14** Baruk (Blessed) is the one who fears אַיָּאָל (Yahuah) always, but whoever hardens his heart will fall into calamity.

**Psalms 24:4** He who has clean hands and a pure heart, who does not lift up his soul to what is false and does not swear deceitfully.

**Ephesians 6:6** Not by the way of eye-service (service rendered only while the master watches), as man pleasers, but as servants of Mashiach, doing the will of אַיָּאָל (Yahuah) from the heart,

**Romans 10:9-10** Because, if you confess with your mouth that OWYָּאָל (Yahusha) is Adon (Lord/Master) and believe in your heart (lit: the heart; mind, character, inner self, will, intention) that אַיָּאָל (Yahuah) raised him from the dead, you will be saved. For with the heart one believes and is justified, and with the mouth one confesses and is saved.

**Acts 28:27** For this people's heart (2588: lit: the heart; mind, character, inner self, will, intention, center). has grown dull, and with their ears they can barely hear, and their eyes they have closed; lest they should see with their eyes and hear with their ears and understand with

their heart and turn, and I would heal them.’

**Psalms 119:11** I have stored up your word in my heart, that I might not sin against you.

**Hebrews 3:8** Do not harden (meaning: to stop having kind or friendly feelings for אֱלֹהִים (Yahuah), someone or caring about something) your hearts as in the rebellion, on the day of testing in the wilderness,

**Ephesians 4:18** They are darkened in their understanding, alienated from the life of אֱלֹהִים (Yahuah) because of the ignorance that is in them, due to their hardness of heart.

**Matthew 11:29** 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.

**1 Thessalonians 2:4** But just as we have been approved by אֱלֹהִים (Yahuah) to be entrusted with the gospel, so we speak, not to please man, but to please אֱלֹהִים (Yahuah) who tests our hearts.

**Psalms 139:23** Search me, O אֱלֹהִים (Yahuah), and know my heart! Try me and know my thoughts!

**John 14:1** “Let not your hearts be troubled. Believe in אֱלֹהִים (Yahuah); believe also in me.

**Psalms 27:14** Wait for אֱלֹהִים (Yahuah); be strong, and let your heart take courage; wait for אֱלֹהִים (Yahuah)!

**Psalms 9:1** I will give thanks to אֱלֹהִים (Yahuah) with my whole heart; I will recount all of your wonderful deeds.

**Ephesians 4:32** Be kind to one another, tenderhearted (compassionate), forgiving one another, as אֱלֹהִים (Yahuah) in Mashiach forgave you.

**Mark 7:21** For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery,

**1 Peter 1:22** Having purified your souls by your obedience to the truth for a sincere brotherly love, love one another earnestly from a pure heart,

**Philippians 4:7** And the Shalom (Peace) of אֱלֹהִים (Yahuah), which surpasses all understanding, will guard your hearts (2588: lit: the heart; mind, character, inner self, will, intention, center) and your minds (3540: thought, purpose) in אֱלֹהִים (Yahusha) HaMashiach.

**Proverbs 17:22** A joyful heart is good medicine, but a crushed spirit (spirit) dries up the bones.

**Psalms 125:4** Do good, O אֱלֹהִים (Yahuah), to those who are good, and to those who are upright in their hearts!

**Psalms 37:4** Delight yourself in אֱלֹהִים (Yahuah), and he will give you the desires of your heart.

**Proverbs 14:30** A tranquil heart gives life to the flesh, but envy makes the bones rot.

**Psalms 10:17** O אֱלֹהִים (Yahuah), you hear the desire of the afflicted; you will strengthen their heart; you will incline your ear

**Luke 16:15** And he said to them, “You are those who justify yourselves before men, but אֱלֹהִים (Yahuah) knows your hearts. For what is exalted among men is an abomination in the sight of

**YAHUAH** (Yahuah).

**Psalm 73:1** Truly **YAHUAH** (Yahuah) is good to Yasharal (Israel), to those who are pure in heart.

**Psalm 19:14** Let the words of my mouth and the meditation of my heart be acceptable in your sight, O **YAHUAH** (Yahuah), my rock and my redeemer.

**1 Peter 3:15** But in your hearts honor **OWYAHUAH** (Yahusha) HaMashiach as Qadosh (holy), always being prepared to make a defense to anyone who asks you for a reason for the hope that is in you; yet do it with gentleness and respect,

**Hebrews 3:10** Therefore I was provoked with that generation, and said, ‘They always go astray in their heart; they have not known my ways.’

**Acts 13:22** And when he had removed him, he raised up David to be their king, of whom he testified and said, ‘I have found in David the son of Jesse a man after my heart, who will do all my will.’

**Acts 2:46** And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts,

**Proverbs 16:1** The plans of the heart belong to man, but the answer of the tongue is from **YAHUAH** (Yahuah).

**Proverbs 17:3** The crucible is for silver, and the furnace is for gold, and **YAHUAH** (Yahuah) tests hearts.

**Psalm 119:145** With my whole heart I cry; answer me, O **YAHUAH** (Yahuah)! I will keep your statutes.

**2 Corinthians 9:7** Each one must give as he has decided in his heart, not reluctantly or under compulsion, for **YAHUAH** (Yahuah) loves a cheerful giver.

**Jeremiah 12:3** But you, O **YAHUAH** (Yahuah), know me; you see me, and test my heart toward you.

**Proverbs 27:19** As in water face reflects face, so the heart of man reflects the man.

**Proverbs 6:14** With perverted heart devises evil, continually sowing discord;

**Psalm 90:12** So teach us to number our days that we may get a heart of wisdom.

**Deuteronomy 6:5** You shall love **YAHUAH** (Yahuah) your Aluhym with all your heart and with all your soul and with all your might.

**Luke 6:45** The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.

**Ecclesiastes 9:3** This is an evil in all that is done under the sun, that the same event happens to all. Also, the hearts of the children of man are full of evil, and madness is in their hearts while they live, and after that they go to the dead.

**Proverbs 22:11** He who loves purity of heart, and whose speech is gracious, will have the king as his friend.

**Mark 12:30** And you shall love אַיָּאָל (Yahuah) your Aluhym with all your heart (2588: lit: the heart; mind, character, inner self, will, intention, center) and with all your soul (5590: breath, the soul) and with all your mind (1271: the mind, disposition, thought) and with all your strength (2479: strength (absolutely), power, might, force, ability).'

**Psalms 27:3** Though an army encamp against me, my heart shall not fear; though war arise against me, yet I will be confident.

**Acts 16:14** One who heard us was a woman named Lydia, from the city of Thyatira, a seller of purple goods, who was a worshiper of אַיָּאָל (Yahuah). אַיָּאָל (Yahuah) opened her heart to pay attention to what was said by Paul.

**Proverbs 10:8** The wise of heart will receive commandments, but a babbling fool will come to ruin.

**Ephesians 4:18** They are darkened in their understanding, alienated from the life of אַיָּאָל (Yahuah) because of the ignorance that is in them, due to their hardness of heart.

**Matthew 12:34** You brood of vipers! How can you speak good, when you are evil? For out of the abundance of the heart the mouth speaks.

**Psalms 4:4** Be angry, and do not sin; ponder in your own hearts on your beds, and be silent.  
Selah

**Acts 8:21** You have neither part nor lot in this matter, for your heart is not right before אַיָּאָל (Yahuah).

**Acts 15:8** And אַיָּאָל (Yahuah), who knows the heart, bore witness to them, by giving them the Ruch Ah Qudesh just as he did to us,

**John 12:40** "He has blinded their eyes and hardened their heart (2588: lit: the heart; mind, character, inner self, will, intention, center), lest they see with their eyes, and understand with their heart (2588: lit: the heart; mind, character, inner self, will, intention, center), and turn, and I would heal them."

**Isaiah 6:10** Make the heart (3820: inner man, mind, will, heart) of this people dull, and their ears heavy, and blind their eyes; lest they see with their eyes, and hear with their ears, and understand with their hearts (3824: inner man, mind, will, heart), and turn and be healed."

**Luke 8:15** As for that in the good soil, they are those who, hearing the word, hold it fast in an honest and good heart, and bear fruit with patience.

**Proverbs 11:20** Those of crooked heart are an abomination to אַיָּאָל (Yahuah), but those of blameless ways are his delight.

**Proverbs 6:18** A heart that devises wicked plans, feet that make haste to run to evil,

**1 Thessalonians 3:13** So that he may establish your hearts blameless in holiness before our Aluhym and Father, at the coming of our Adon (Lord/Master) אָוֶיָּאָל (Yahusha) with all his Set apart believers.

**Romans 8:27** And he who searches hearts knows what is the mind of the Ruch (Spirit), because the Ruch (Spirit) intercedes for the Set apart believers according to the will of אַיָּאָל (Yahuah).

**Revelation 2:23** And I will strike her children dead. And all the Assemblies will know that I am he who searches mind and heart, and I will give to each of you according to your works.

**Psalms 101:4** A perverse heart shall be far from me; I will know nothing of evil.

**Jeremiah 32:40** I will make with them an everlasting covenant, that I will not turn away from doing good to them. And I will put the fear of me in their hearts, that they may not turn from me.

**1 Kings 8:39** Then hear in Shamym (heavens) your dwelling place and and forgive and act and render to each according to all his ways, whose heart You know, for You alone know the hearts of all the sons of men,

**Matthew 6:21** For where your treasure is, there your heart will be also.

**Deuteronomy 10:12-17** "And now, Yasharal (Israel), what does אַיָּהוָה (Yahuah) your Aluhym require of you, but to fear אַיָּהוָה (Yahuah) your Aluhym, to walk in all his ways, to love him, to serve אַיָּהוָה (Yahuah) your Aluhym with all your heart and with all your soul, **13** and to keep the commandments and statutes of אַיָּהוָה (Yahuah), which I am commanding you today for your good? **14** Behold, to אַיָּהוָה (Yahuah) your Aluhym belong Shamym (heavens) and the highest of Shamym (heavens), the earth with all that is in it. **15** "Yet on your fathers did אַיָּהוָה (Yahuah) set His affection to love them, and He chose their descendants after them, even you above all peoples, as it is this day. **16** Circumcise therefore the foreskin of your heart, and be no longer stubborn.

Perhaps through this study we have a slightly better understanding of what it truly means to "circumcise" your heart. Circumcision is a symbol of submission, and of dedication. Men are circumcised as a way of saying, "everything that comes forth from my loins has been dedicated to You, O אַיָּהוָה (Yahuah)." Similarly, we need to circumcise our hearts, and cut away the flesh of our own will, our own thoughts, and our own intentions. We need to be conformed more and more into His Will, and His plan. This is what it meant for David to be a "man after אַיָּהוָה (Yahuah)'s own heart." David was willing to conform his heart, his mind, his thoughts, and his desires to those of The Father. That is why he asked for a *lev tahor*, a "clean heart."