

Title : Heart to heart

Pastor: Heinrich Titus

Date : 11 August 2019

Time : 9:00am



Spreuke 13:12(NLV) Verwagtings wat nie realiseer nie, lei tot mismoedigheid. 'n Begeerte wat vervul word, is soos 'n boom wat lewe gee. 'n Uitgestelde hoop maak die hart siek; maar 'n wens wat uitkom, is 'n lewensboom.

Proverbs 13:12(NKJV) Hope deferred makes the heart sick, but when the desire comes, it is a tree of life.

Proverbs 13:12(HCSB) Delayed hope makes the heart sick, but fulfilled desire is a tree of life.

According to the National Institute of Mental Health, the leading cause of absenteeism in the United States is depression.

<https://www.forbes.com/sites/investopedia/2013/07/10/the-causes-and-costs-of-absenteeism-in-the-workplace/#644ecdb23eb6>

“According to a 2016 study conducted by the South African Depression and Anxiety Group (SADAG), 1 in 4 employees has been diagnosed with depression. If you, as an employee, were diagnosed with a mental illness, would you feel comfortable disclosing your mental health status to your employer? You would be only 1 in 6 employees who would be willing to do so according to a 2017 survey by SADG.”

[1] Old Mutual Corporate – biggest health risk for employees in the next three years

Fin24 – 24 November 2017

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Matthew 10:42 "And if anyone gives even a cup of cold water to one of these little ones because he is my disciple, I tell you the truth, he will certainly not lose his reward" (NIV)

An injection of *peace* / 'n inspuiting van *vrede*

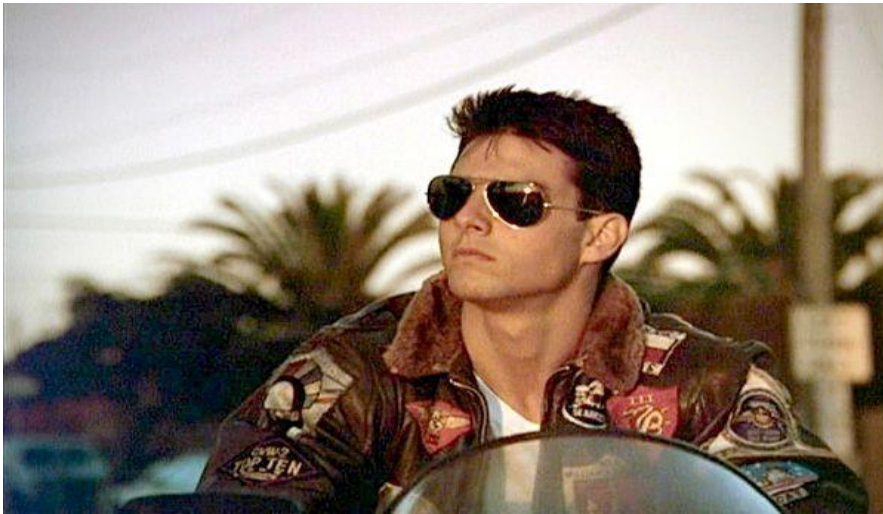
1 As mense wat deur God vrygespreek is, omdat ons glo, het ons nou vrede met God op grond van wat Jesus Christus ons Here gedoen het.

1 Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us.

A safe place of *grace* / 'n veilige plek van *genade*

2 Deur Jesus Christus het ons, deurdat ons glo, toegang verkry tot hierdie *heerlike posisie van genade* waarin ons ons nou bevind, en ons jubel vol verwagting oor die heerlijkheid wat God aan ons gaan gee.

2 Because of our faith, Christ has brought us into this place of *undeserved privilege* where we now stand, and we confidently and joyfully look forward to sharing God's glory.



Romans 5:3 (NLT/NLV) A new set of lenses / 'n nuwe stel lense

3 Dis egter nie al nie – ons jubel selfs in ons swaarkry, want ons besef dat die swaarkry ons leer om te volhard.

3 We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance.



Romans 5:4 (NLT/NLV) A strong tonic of character / versterkdruppels van karakter

4 Op sy beurt kweek volharding betroubaarheid van karakter; en betroubaarheid van karakter versterk ons toekomsverwagting.

4 And endurance develops strength of character, and character strengthens our confident hope of salvation.

Anchored in love / geanker in liefde

Romans 5:5 (NLT/NLV) 5 En hierdie toekomsverwagting sal ons nie teleurstel nie, want ons weet hoe lief God ons het. Hy het sy liefde mos in ons harte uitgestort deur sy Heilige Gees wat Hy aan ons gegee het.

5 And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love.

Hope that does not disappoint / Onbeskaamde hoop

1. Peace with God through faith / Vrede met God deur geloof.
2. A safe place of Grace / 'n Veilige plek van Genade.
3. A fresh perspective on endurance / 'n vars perspektief van volharding.
4. Strong character / sterk karakter.
5. An anchor of Agapé Love / 'n anker van Agapé Liefde

The sound of hopelessness replaced by the sound of hope

1. Nomzamo community and violence along the N2.
2. Dutch Reformed church and gender orientation.
3. Business community and struggling businesses.
4. Children of God who lost hope.
5. Inspirational leaders in government.
6. Next gen in poor communities.
7. Single moms in the basin.

Psalm 27:7-8 (NKJV) *Hear, O Lord, when I cry with my voice! Have mercy also upon me, and answer me.⁸ When You said, "Seek My face," My heart said to You, "Your face, Lord, I will seek."*

Psalm 27:13-14 (NKJV)

¹³*I would have lost heart, unless I had believed That I would see the goodness of the Lord In the land of the living.¹⁴ Wait on the Lord; Be of good courage, And He shall strengthen your heart; Wait, I say, on the Lord!*