

# Heart Over Hype

What's inside you guides you

**Time:**  
7-10 minutes

**Focus:**  
Heart, Change, Thoughts

## Scriptures

1 Samuel 16:7  
Psalm 51:10  
Psalm 10:4  
Ezekiel 36:26  
Psalm 51:17  
Jeremiah 24:7  
Romans 12:2  
Proverbs 4:23  
2 Corinthians 5:17

## Parking lot

Write down distracting thoughts here:

## Settle in

Take a deep breath. Turn off notifications on your phone if you can. Ask God to keep your heart still so you can hear what he wants to tell you today.

## Thought starter

Our hearts are way more important than our image or appearance—but it's easy to forget that.

Here's what we'll learn in this Quick Quiet Time:

- God cares about who we are on the inside.
- The condition of our hearts determines how our lives will go.
- When we give God our whole hearts, he can do his best work in our lives—shaping us into who we are meant to be.



## People look at the outside, but God looks at the heart.

### 1 Samuel 16:7 NIV

But the LORD said to Samuel, “Do not consider his appearance or his height, for I have rejected him. The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart.”

 **Lightbulb moment:** While people often care about looks, popularity, or talent, God cares about who we really are inside.

- 1 Samuel 16 tells us about a man named Samuel who was choosing the next king.
- Samuel thought the best choice would be someone who looked strong and impressive. **God stopped him and said, “People look at the outside, but I look at the heart.”**
- God values things like kindness, honesty, and humility.
- Instead of trying to impress others, we should focus on having a heart that pleases God.



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## Notes:

**Reflect**

- What does my heart reveal about me when no one's watching?
- Do I care more about the outside stuff (how I look, how popular I am, what other people think of me) or the inside stuff (who I am becoming, and how to have a heart transformation)?

**Pray**

Pray about your response to this verse:

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

“Dear God, strip away my need to impress. Search my heart and reveal what's hidden. Create in me a clean heart, one that reflects your love, truth, and grace. I want to be real before you.”

**Our hearts determine the direction of our lives.****Psalm 10:4 NIV**

In his pride the wicked man does not seek him; **in all his thoughts there is no room for God.**

**Proverbs 4:23 NCV**

Be careful what you **think**, because **your thoughts run your life.**

**Proverbs 4:23 NIV**

Above everything else, **guard your heart. Everything you do comes from it.**

**Truth bomb: Our hearts are the source of our thoughts and actions.**

- When our thoughts are proud, we don't have room for God or other people.
- The condition of our hearts determines the direction of our lives.
- Even if our outsides look good, the inside is what matters. You can fake it for people, but never for God.

**Reflect**

- What parts of my heart have I kept off-limits to God?
- Where have I allowed things like pride, fear, or bitterness to take root in my heart?
- Do I spend more time trying to impress others than working on who I am inside?

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## Notes:

 **God can help us change our hearts, not just our actions.**
**Ezekiel 36:26 NCV**

Also, I will teach you to respect me completely, and **I will put a new way of thinking inside you.** I will take out the stubborn hearts of stone from your bodies, and I will give you obedient hearts of flesh.

**Psalms 51:17 NCV**

The sacrifice God wants is a broken spirit. God, you will not reject a heart that is broken and sorry for sin.

**Jeremiah 24:7 NCV**

I will make them want to know me, that I am the LORD. They will be my people, and I will be their God, **because they will return to me with their whole hearts.**

**Romans 12:2 NCV**

Do not be shaped by this world; instead **be changed within by a new way of thinking.** Then you will be able to decide what God wants for you; you will know what is good and pleasing to him and what is perfect.

**2 Corinthians 5:17 NIV**

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

 **Truth bomb: A changed heart is what leads to changed choices.**

- God doesn't want behavior tweaks. He wants heart transformation.
- Heart change starts with our mindset. It means letting God's Word change the way we think, not just the way we act.
- God loves it when we give him our whole hearts. That's where he does his best work.

 **Reflect**

- If God looked in my heart today, what would he see?
- How would my relationships shift if I let God soften my heart?
- What does a soft heart look like in my daily life?

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Notes:

 **Final thought**

What's in our hearts matters more to God than what we look like on the outside. We need to know and express our thoughts so that God can help us change our hearts to be soft, healed, and connected to him.

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