

The Heart Reset

How God takes us from stubborn to soft-hearted

Time:

7-10 minutes

Focus:

Change, Stubbornness,
God's Power

Scriptures

Psalm 51:16-17
Deuteronomy 10:16
Ezekiel 18:31
Matthew 3:8
Deuteronomy 30:6
Ezekiel 36:26
Romans 2:4
2 Chronicles 34:27
Jeremiah 15:19
Revelation 3:19
Hebrews 12:7
James 4:7
Acts 3:19
Ezekiel 18:32
Matthew 3:2
Ezekiel 14:6
Jeremiah 4:3
Proverbs 18:1

Parking lot

Write down distracting thoughts here:

Settle in

Take a deep breath. Turn off notifications on your phone. Ask God to soften your heart in any areas where you've been stuck or resistant to him.

Thought starter

Psalm 51:16–17 NIV

You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings. The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.

God doesn't want our performance—he wants our hearts. And he's not afraid to do spiritual heart surgery, bringing us back to life when our hearts have grown hard. He has the power to soften our hearts when we get stuck in our own ways, and the life he gives is better than anything we are clinging to.

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

- God tears down any walls around our hearts, rebuilding and repairing us from the inside out.
- God doesn't just demand change; he delivers it for us.
- God's waiting to welcome us, not punish us.



From stone to surrender: God wants our real selves.

Deuteronomy 10:16 NLT

... Change your hearts and stop being stubborn.

Ezekiel 18:31 ERV

“Change your heart and spirit... why should you do things that will cost you your life?”

Matthew 3:8 AMPC

“Bring forth fruit that is consistent with repentance [let your lives prove your change of heart] ...”



View on web ↗

Notes:

 **Truth bomb:** We can't fake fruit. Real change starts underground—in the soil of our hearts.

- The Bible talks about “fruit” as the spiritual results of a changed heart—like changed relationships, love, peace, and joy, just to name a few.
- God isn't into fake makeovers. He doesn't want us to just pretend like we have changed.
- He wants to tear down the walls around our hearts, fix the foundation, and rebuild our hearts for real.
- He will change us from the inside out—if we surrender and let him get to work.

**Reflect**

- Where have I been spiritually “stuck in my ways”?
- What would it look like to hand God the keys to that room in my heart I've kept locked?

God is the ultimate heart surgeon.

Deuteronomy 30:6 NLT

“The LORD your God will change your heart... so you may live!”

Ezekiel 36:26 ERV

“I will also put a new spirit in you to change your way of thinking. I will take out the heart of stone from your body and give you a tender, human heart.”

Romans 2:4 NCV

... God is kind to you so you will change your hearts and lives.

**Mic drop moment: God doesn't just demand change; he delivers it.**

- All we do is bring our stony hearts to him. He brings the scalpel.
- God transforms our hearts with his kindness.

**Reflect**

- Where have you seen God's kindness melt your resistance? What part of your heart still needs his help?

When we bow before God, we won't break in hard times.

2 Chronicles 34:27 GW

“You humbled yourself... and cried in front of me. So I will listen to you.”

Notes:

Jeremiah 15:19 NCV

“If you change your heart and return to me, I will take you back...”

Revelation 3:19 GW

“I correct and discipline everyone I love. Take this seriously, and change the way you think and act.”

Hebrews 12:7 NIV

Endure hardship as discipline; God is treating you as his children. For what children are not disciplined by their father?

**Lightbulb moment:**

When life squeezes us, we can choose to bow in humility or build walls of pride.

- Humility isn't weakness. It's the doorway to healing.
- Hardships in life train us to trust and rely on God—if we let them.
- Pride builds walls around our hearts in hard times; it tells us to handle things ourselves without asking for help. It makes our hearts more stubborn and stony.
- Humility builds an altar to God, bowing down and asking for help.

**Resistance is required to keep our hearts soft.****James 4:7 NIV**

Resist the devil, and he will flee from you.

**Truth bomb:**

Resisting the devil is like turning on the lights in a dark room—darkness doesn't argue, it just disappears.

- Satan schemes against us, tempting us to turn away from God and take our lives into our own hands (He did this to Jesus too in Luke 4:1-13).
- We need to actively resist him to keep a soft heart.
- When we resist, he will flee.

**Reflect**

- How much do I quit in difficulty? How much do I actively resist the devil?
- Where am I feeling tempted to compromise or give in?
- What would it look like to resist today—not with my own strength, but by standing firm in God's truth?

Notes:

 **Repentance is the doorway to real life.****Acts 3:19 ERV**

“... Come back to God, and he will forgive your sins.”

Ezekiel 18:32 NCV

“I do not want anyone to die,” says the Lord GOD, “so change your hearts and lives so you may live.”

Matthew 3:2 ERV

John said, "Change your hearts and lives, because God's kingdom is now very near."

 **Truth bomb:** God's waiting to welcome us, not punish us.

- Repentance isn't a guilt trip. It's a U-turn towards God.

**Reflect**

- What's one step I can take today to turn around and walk toward life?

 **We need to clear the clutter and ditch our idols.****Ezekiel 14:6 NCV**

“This is what the Lord GOD says: Change your hearts and lives, and stop worshiping idols. Stop doing all the things I hate.

Jeremiah 4:3 NLT

This is what the LORD says to the people of Judah and Jerusalem: "Plow up the hard ground of your hearts! Do not waste your good seed among thorns.

Proverbs 18:1 ERV

Some people like to do things their own way, and they get upset when people give them advice.

 **Truth bomb:** We can't cling to idols and worship God at the same time.

- Idols are like clutter, taking up space in our hearts that only God should take.
- We can't grow a garden in a junkyard. We need to clear the clutter to develop a tender, responsive, and loving heart for God.

Notes:

**Reflect**

- What's taking up space in my heart that belongs to God? What "thorns" are choking my growth?

**Action steps:**

- Pray specifically for God to soften your heart.
- Ask a spiritual friend for honest feedback about what thorns are choking your spiritual growth.
- Journal what's really going on inside.

**Prayer Prompt**

"God, I want to return to you with all my heart. Remove anything in me that is stubborn, hard, or resistant to your will. Soften my heart, renew my spirit, and help me walk in your ways. Thank you for your kindness, patience, and love that always calls me back to you. Amen."

**Humor break!**

Why are cardiac surgeons the best public speakers?
Nobody else can touch as many hearts.