

# Module 1 Lesson 3

## Heart Dis-Connection

### KEY IDEA

Disconnection happens not only because we struggle to identify or share our emotions, but because the heart itself is damaged, deceptive, and self-focused — and what fills the heart always overflows into our marriage.

### KEY SCRIPTURES

- Luke 6:43–45 “For the mouth speaks what the heart is full of.”
- Mark 7:21–23 “All these evils come from inside and defile a person.”
- Proverbs 27:20 “...human desire is never satisfied.”

### LESSON & NOTES

The struggles of the heart

- The heart is \_\_\_\_\_
- The heart is never \_\_\_\_\_
- The heart is tainted by \_\_\_\_\_

Our Sin/Self-Nature

- We P\_\_\_\_\_ ourselves.
  - *“What I want or ‘need’ is more important than what others want.”*
- We P\_\_\_\_\_ ourselves.
  - *“We refuse to let people in — out of fear of being hurt.”*
- We P\_\_\_\_\_ ourselves.
  - *“To spend... our time on our own pleasures or vices.”*

*“When the love of self is winning, emotional and physical intimacy loses.”*

### KEY POINTS

- The heart is the springboard for all words and actions
- Heart disconnection happens because of sin inside the heart
- The heart is deceptive, never satisfied, and tainted by sin
- Our sin/self-nature prioritizes ourselves
- When self-love wins, intimacy loses

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## HeartWork Pg 1

Please review the chart below on the role of the Sin Nature (Self-Nature) and circle the “Self” part in the far left column you can identify with most. Discuss with your spouse (let them name their own area of struggle).

*From “Relationships: A Mess Worth Making” by Paul David Tripp & Timothy Lane*

|                           | <b>Seeks / Wants</b>              | <b>Acceptable Cost</b>                                 | <b>Fear / Nightmare</b>                   | <b>Others’ Experience</b>                       | <b>Telltale Emotion / Action</b>     |
|---------------------------|-----------------------------------|--------------------------------------------------------|-------------------------------------------|-------------------------------------------------|--------------------------------------|
| <b>Self-Centeredness</b>  | Attention Approval                | Will sacrifice control / independence                  | Rejection, not affirmed or recognized     | Others feel minimized, used, smothered          | Anxious, Needy                       |
| <b>Self-Rule</b>          | To be right / In control          | Will sacrifice unity & intimacy                        | Being seen as wrong, dependent            | Others feel coerced, manipulated                | Angry                                |
| <b>Self-Sufficiency</b>   | Independence Time Alone           | Will sacrifice intimacy, mutually helpful community    | Dependence & neediness of others          | Others feel ignored, unappreciated              | Cold, Distant                        |
| <b>Self-Righteousness</b> | Being right in the eyes of others | Will sacrifice relationships that challenge / confront | Being wrong, guilty, or condemned         | Others feel challenged, condemned, or dismissed | Aggressive, Argumentative            |
| <b>Self-Satisfaction</b>  | Pleasure (Self-defined)           | Will sacrifice community if inconvenient               | Others interfering with personal pleasure | Others feel like objects, not companions        | Controlling, Demanding, Dissatisfied |
| <b>Self-Taught</b>        | Platform for one’s own opinion    | Will sacrifice growing together if one disagrees       | Being told what to think, say, or do      | Others feel patronized, disrespected            | Opinionated, Domineering             |

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Chances are, you’ve circled several in the left column. Truth is, we’ve all struggled with a number of these, which is the obvious effect of the Sin Nature in us.

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## HeartWork Pg 2

**I mentioned 3 things about the heart that can cause disconnection in marriage: 1) The heart is deceptive; 2) The heart is never satisfied, and 3) the heart is tainted by our sin nature. Name a few items in each that affect your marriage:**

**1. The Heart is Deceptive** (How has your heart deceived you in your marriage?  
*Hint: Turned evil into good? Justified your own actions? Considered yourself better?)*

**2. The Heart is Never Satisfied** (How has your heart been unquenchable in your marriage? What idols have you set up in your heart that have affected your marriage? *Hint - "I would be happy if I could have \_\_\_\_\_" or "I get really mad when I don't get/can't have \_\_\_\_\_" might give you an idea.*)

**3. The Heart is Tainted** (How have you prioritized, protected, or pleased yourself in your marriage?)

**"Out of the Heart, the Mouth Speaks." Consider these verses in James about what comes out of the heart. Reflect on your words and actions this past week or so. What comes to mind as you read these verses? Describe the actions and the heart behind them?**

### **James 3:13-16**

*"13 Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom. 14 But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. 15 Such "wisdom" does not come down from heaven but is earthly, unspiritual, demonic. 16 For where you have envy and selfish ambition, there you find disorder and every evil practice."*

### **James 4:1-3**

*What causes fights and quarrels among you? Don't they come from your desires that battle within you? 2 You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God. 3 When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.*