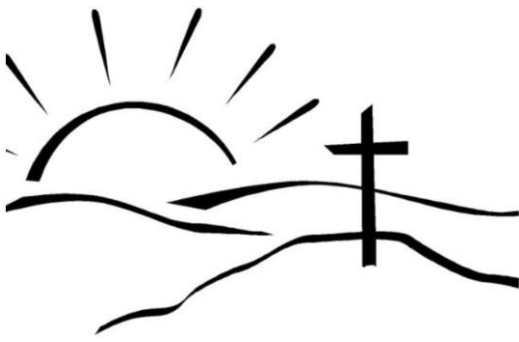




“Dan sal jou lig deurbreek soos die dageraad en jou genesing skielik uitspruit; en jou geregtigheid sal voor jou uit gaan, die heerlikheid van die HERE jou agterhoede wees.”

25 Augustus 2024

‘N GEESTELIKE EKG (ELEKTROKARDIOGRAM)

Openingsvraag:

'n Elektrokardiogram is 'n mediese toets, wat algemeen 'n EKG genoem word, wat 'n masjien gebruik om die elektriese aktiwiteit in die hart te meet en aan te teken.

Indien jy een kleur moet kies wat se kleur sal dit wees?

Skriflesing

Hoe lyk my hart?

Ps 51:12-13

1953

12Skep vir my 'n rein hart, o God, en gee opnuut in die binneste van my 'n vaste gees.

13Verwerp my nie van u aangesig nie en neem u Heilige Gees nie van my weg nie.

AMP

12Restore to me the joy of Your salvation And sustain me with a willing spirit.

13Then I will teach transgressors Your ways, And sinners shall be converted *and* return to You.

MSG

Bring me back from gray exile, put a fresh wind in my sails! Give me a job teaching rebels your ways so the lost can find their way home.

- *God kyk na my hart – nie na my uiterlike nie. My geestelike hart is vir God die belangrikste.*
- *Net die Here kan my geestelike hart verander.*
- *Sodat die Heilige Gees nie van my wyk nie.*

1. Watse toets kan ek doen om te beplaak hoe lyk my hart?

Matt 12:33-35

1953

33 JULLE moet òf die boom goed maak en sy vrugte goed, òf julle moet die boom sleg maak en sy vrugte sleg; want aan die vrugte word die boom geken.

34 Addergeslag, hoe kan julle goeie dinge praat terwyl julle sleg is? Want uit die oorfloed van die hart praat die mond.

35Die goeie mens bring uit die goeie skat van sy hart goeie dinge te voorskyn, en die slegte mens bring uit die slegte skat slegte dinge te voorskyn.

AMP

33 “Either make the tree good and its fruit good, or make the tree bad and its fruit bad; for the tree is recognized *and* judged by its fruit.

34You brood of vipers, how can you speak good things when you are evil? For the mouth speaks out of that which fills the heart.

35The good man, from his *[inner]* good treasure, brings out good things; and the evil man, from his *[inner]* evil treasure, brings out evil things.

MSG

33“If you grow a healthy tree, you’ll pick healthy fruit. If you grow a diseased tree, you’ll pick worm-eaten fruit. The fruit tells you about the tree.

34-35“You have minds like a snake pit! How do you suppose what you say is worth anything when you are so foul-minded? It’s your heart, not the dictionary, that gives meaning to your words. A good person produces good deeds and words season after season. An evil person is a blight on the orchard.

- *Luister na wat ek sê – dit is hoe ek my hart se toestand bepaal.*
- *Wat die hart van vol is loop die mond van oor.*
- *Waar kom woorde vandaan? Woorde is gedagtes in klank.*
- *Net die mens kan woorde spreek – goddelike eienskap. Dit is deel van my goddelike natuur om te kan praat.*
-

2. Waarop gaan ek beoordeel word?

Jak 3:1 – 4:3

1953

Beheersing van die tong.

1 MOENIE baie leermeesters wees nie, my broeders, omdat julle weet dat ons 'n groter oordeel sal ondergaan.

2Want ons almal struikel dikwels. As iemand in woorde nie struikel nie, is hy 'n volmaakte man, in staat om ook die hele liggaam in toom te hou.

3Kyk, ons sit stange in die perde se bekke, sodat hulle ons gehoorsaam kan wees, en ons stuur hulle hele liggaam *daarmee*.

4Kyk, ook die skepe, alhoewel hulle so groot is en deur hewige winde voortgedryf word, word gestuur deur 'n baie klein roer net waarheen die stuurman wil.

5Net so is die tong ook 'n klein lid en beroem hom op groot dinge — kyk hoe 'n groot hoop hout steek 'n klein vuurtjie aan die brand.

6Die tong is ook 'n vuur, die wêreld van ongeregtigheid. Net so 'n plek neem die tong onder ons lede in; dit besmet die hele liggaam en steek die hele lewensloop aan die brand en word uit die hel aangesteek.

7Want elke soort natuur van wilde diere en voëls en kruipende sowel as seediere word getem en is getem deur die menslike natuur.

8Maar die tong kan geen mens tem nie; dit is 'n onbedwingbare kwaad, vol dodelike gif.

9Daarmee loof ons God en die Vader, en daarmee vervloek ons die mense wat na die gelykenis van God gemaak is.

10Uit dieselfde mond kom seën en vervloeking. Dit, my broeders, behoort nie so te wees nie.

11'n Fontein laat tog nie uit dieselfde oog vars en bitter *water* opborrel nie?

12'n Vyeboom, my broeders, kan tog nie olywe voortbring, of 'n wingerdstok vye nie? So kan geen fontein brak en vars water voortbring nie.

Die wysheid wat van bo is.

13WIE is wys en verstandig onder julle? Laat hom uit sy goeie lewenswandel sy werke in sagmoedige wysheid toon.

14Maar as julle bittere afguns en selfsug in julle hart het, moenie roem en lieg teen die waarheid nie.

15Dit is nie die wysheid wat van bo kom nie, maar is aards, natuurlik, duiwels;

16want waar afguns en selfsug is, daar is wanorde en allerhande gemene dade.

17Maar die wysheid van bo is ten eerste rein, dan vredeliewend, vriendelik, geseglik, vol barmhartigheid en goeie vrugte, onpartydig en ongeveins.

18En die vrug van die geregtigheid word gesaai in vrede vir die wat vrede maak.

Verset teen oorheersing deur die hartstogte.

1WAARVANDAAN kom oorloë en vegterye onder julle? Kom hulle nie hiervandaan, van julle welluste wat in julle lede stryd voer nie?

2Julle begeer en julle het nie, julle pleeg moord en is naywerig en julle kan niks verkry nie. Julle veg en maak oorlog, en julle het nie, omdat julle nie bid nie.

3Julle bid en julle ontvang nie, omdat julle verkeerd bid, om dit in julle welluste deur te bring.

AMP

The Tongue Is a Fire

1Not many [of you] should become teachers [serving in an official teaching capacity], my brothers and sisters, for you know that we [who are teachers] will be judged by a higher standard [because we have assumed greater accountability and more condemnation if we teach incorrectly]. 2For we all stumble and sin in many ways. If anyone does not stumble in what he says [never saying the wrong thing], he is a perfect man [fully developed in character, without serious flaws], able to bridle his whole body and rein in his entire nature [taming his human faults and weaknesses]. 3Now if we put bits into the horses' mouths to make them obey us, we guide their whole body as well. 4And look at the ships. Even though they are so large and are driven by strong winds, they are still directed by a very small rudder wherever the impulse of the helmsman determines. 5In the same sense, the tongue is a small part of the body, and yet it boasts of great things.

See [by comparison] how great a forest is set on fire by a small spark! 6And the tongue is [in a sense] a fire, the very world of injustice and unrighteousness; the tongue is set among our members as that which contaminates the entire body, and sets on fire the course of our life [the cycle of man's existence], and is itself set on fire by hell (Gehenna). 7For every species of beasts and birds, of reptiles and sea creatures, is tamed and has been tamed by the human race. 8But no one can tame the human tongue; it is a restless evil [undisciplined, unstable], full of deadly poison. 9With it we bless our Lord and Father, and with it we curse men, who have been made in the likeness of God. 10Out of the same mouth come both blessing and cursing. These things, my brothers, should not be this way [for we have a moral obligation to speak in a manner that reflects our fear of God and profound respect for His precepts]. 11Does a spring send out from the same opening both fresh and bitter water? 12Can a fig tree, my brothers, produce olives, or a grapevine produce figs? Nor can salt water produce fresh.

Wisdom from Above

13Who among you is wise and intelligent? Let him by his good conduct show his [good] deeds with the gentleness and humility of true wisdom. 14But if you have bitter jealousy and selfish ambition in your hearts, do not be arrogant, and [as a result] be in defiance of the truth. 15This [superficial] wisdom is not that which comes down from above, but is earthly (secular), natural (unspiritual), even demonic. 16For where jealousy and selfish ambition exist, there is disorder [unrest, rebellion] and every evil thing and morally degrading practice. 17But the wisdom from above is first pure [morally and spiritually undefiled], then peace-loving [courteous, considerate], gentle, reasonable [and willing to listen], full of compassion and good fruits. It is unwavering, without [self-righteous] hypocrisy [and self-serving guile]. 18And the seed whose fruit is righteousness (spiritual maturity) is sown in peace by those who make peace [by actively encouraging goodwill between individuals].

Things to Avoid

1What leads to [the unending] quarrels and conflicts among you? Do they not come from your [hedonistic] desires that wage war in your [bodily] members [fighting for control over you]? 2You are jealous and covet [what others have] and your lust goes unfulfilled; so you murder. You are envious and cannot obtain [the object of your envy]; so you fight and battle. You do not have because you do not ask [it of God]. [1 John 3:15] 3You ask [God for something] and do not receive it, because you ask with wrong motives [out of selfishness or with an unrighteous agenda], so that [when you get what you want] you may spend it on your [hedonistic] desires.

When You Open Your Mouth

1-2 Don't be in any rush to become a teacher, my friends. Teaching is highly responsible work. Teachers are held to the strictest standards. And none of us is perfectly qualified. We get it wrong nearly every time we open our mouths. If you could find someone whose speech was perfectly true, you'd have a perfect person, in perfect control of life.

3-5a A bit in the mouth of a horse controls the whole horse. A small rudder on a huge ship in the hands of a skilled captain sets a course in the face of the strongest winds. A word out of your mouth may seem of no account, but it can accomplish nearly anything—or destroy it!

5b-6 It only takes a spark, remember, to set off a forest fire. A careless or wrongly placed word out of your mouth can do that. By our speech we can ruin the world, turn harmony to chaos, throw mud on a reputation, send the whole world up in smoke and go up in smoke with it, smoke right from the pit of hell.

7-10a This is scary: You can tame a tiger, but you can't tame a tongue—it's never been done. The tongue runs wild, a wanton killer. With our tongues we bless God our Father; with the same tongues we curse the very men and women he made in his image. Curses and blessings out of the same mouth!

10b-12 My friends, this can't go on. A spring doesn't gush fresh water one day and brackish the next, does it? Apple trees don't bear strawberries, do they? Raspberry bushes don't bear apples, do they? You're not going to dip into a polluted mud hole and get a cup of clear, cool water, are you?

Live Well, Live Wisely

13-16 Do you want to be counted wise, to build a reputation for wisdom? Here's what you do: Live well, live wisely, live humbly. It's the way you live, not the way you talk, that counts. Mean-spirited ambition isn't wisdom. Boasting that you are wise isn't wisdom. Twisting the truth to make yourselves sound wise isn't wisdom. It's the furthest thing from wisdom—it's animal cunning, devilish plotting. Whenever you're trying to look better than others or get the better of others, things fall apart and everyone ends up at the others' throats.

17-18 Real wisdom, God's wisdom, begins with a holy life and is characterized by getting along with others. It is gentle and reasonable, overflowing with mercy and blessings, not hot one day and cold the next, not two-faced. You can develop a healthy, robust community that lives right with God and enjoy its results *only* if you do the hard work of getting along with each other, treating each other with dignity and honor.

Get Serious

1-2a Where do you think all these appalling wars and quarrels come from? Do you think they just happen? Think again. They come about because you want your own way, and fight for it deep inside yourselves. You lust for what you don't have and are willing to kill to get it. You want what isn't yours and will risk violence to get your hands on it.

2b-3 You wouldn't think of just asking God for it, would you? And why not? Because you know you'd be asking for what you have no right to. You're spoiled children, each wanting your own way.

- *Wat evrander jou tong? Hartverandering!*
- *Net iets wat jy verkeerd sê kan jou verhouding bederf.*
- *Tong spreek goed of sleg – die tong bepaal wat in die hart aangaan. Die mens kan nie die tong verander nie. Net God kan my hart*

Gal 5:19-23

1953

19En die werke van die vlees is openbaar, naamlik owerspel, hoerery, onreinheid, ongebondenheid;

20afgodery, towery, vyandskap, twis, jaloersheid, toornigheid, naywer, tweedrag, partyskap;

21afguns, moord, dronkenskap, brassery en dergelike dinge, waarvan ek julle vooraf sê, soos ek al vroeër gesê het, dat die wat sulke dinge doen, die koninkryk van God nie sal beërwe nie.

22Maar die vrug van die Gees is liefde, blydskap, vrede, lankmoedigheid, vriendelikheid, goedheid, getrouheid, sagmoedigheid, selfbeheersing.

23Teen sulke dinge is die wet nie.

AMP

19Now the practices of the sinful nature are *clearly* evident: they are sexual immorality, impurity, sensuality (total irresponsibility, lack of self-control),

20idolatry, sorcery, hostility, strife, jealousy, fits of anger, disputes, dissensions, factions [that promote heresies],

21envy, drunkenness, riotous behavior, and *other* things like these. I warn you beforehand, just as I did previously, that those who practice such things will not inherit the kingdom of God.

22But the fruit of the Spirit [the result of His presence within us] is love [unselfish concern for others], joy, [inner] peace, patience [not the ability to wait, but how we act while waiting], kindness, goodness, faithfulness,

23gentleness, self-control. Against such things there is no law.

MSG

19-21It is obvious what kind of life develops out of trying to get your own way all the time: repetitive, loveless, cheap sex; a stinking accumulation of mental and emotional garbage; frenzied and joyless grabs for happiness; trinket gods; magic-show religion; paranoid loneliness; cutthroat competition; all-consuming-yet-never-satisfied wants; a brutal temper; an impotence to love or be loved; divided homes and divided lives; small-minded and lopsided pursuits; the vicious habit of depersonalizing everyone into a rival; uncontrolled and uncontrollable addictions; ugly parodies of community. I could go on.

This isn't the first time I have warned you, you know. If you use your freedom this way, you will not inherit God's kingdom.

22-23a But what happens when we live God's way? He brings gifts into our lives, much the same way that fruit appears in an orchard—things like affection for others, exuberance about life, serenity. We develop a willingness to stick with things, a sense of compassion in the heart, and a conviction that a basic holiness permeates things and people. We find ourselves involved in loyal commitments, not needing to force our way in life, able to marshal and direct our energies wisely.

23b-24 Legalism is helpless in bringing this about; it only gets in the way. Among those who belong to Christ, everything connected with getting our own way and mindlessly responding to what everyone else calls necessities is killed off for good—crucified.

Heb 12:15

1953

en pas op dat niemand in die genade van God veragter nie; dat geen wortel van bitterheid opskiet en onrus verwek en baie hierdeur besoedel word nie.

AMP

See to it that no one falls short of God's grace; that no root of resentment springs up and causes trouble, and by it many be defiled;

MSG

Keep a sharp eye out for weeds of bitter discontent. A thistle or two gone to seed can ruin a whole garden in no time.

Spr 16:24

1953

Vriendelike woorde is soos 'n heuningkoek: soet vir die siel en 'n genesing vir die gebeente.

AMP

Pleasant words are like a honeycomb, Sweet *and* delightful to the soul and healing to the body.

MSG

Gracious speech is like clover honey— good taste to the soul, quick energy for the body.

- *Ons is sout, ons is lig en ons is soet soos heuning!*

Belofte

Eseg 36:26

1953

En Ek sal julle 'n nuwe hart gee en 'n nuwe gees in jul binneste gee; en Ek sal die hart van klip uit julle vlees wegneem en julle 'n hart van vlees gee.

AMP

Moreover, I will give you a new heart and put a new spirit within you, and I will remove the heart of stone from your flesh and give you a heart of flesh.

MSG

I'll give you a new heart, put a new spirit in you. I'll remove the stone heart from your body and replace it with a heart that's God-willed, not self-willed.

- *God kan my hart verander – hy wil en Hy gaan!*

*As ek moet praat maak seker dit is die waarheid, dis
noodsaaklik en opbouend*