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"Just as your personal habits affect the condition of your heart, so the habits of your heart affect the condition of your life."

Heart Disease Rates as
Reported on Death Certificates
Predicted By Twitter

Less Deaths
More Deaths

(Courtesy of University of Pennsylvania)

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#### Proverbs 4:23

Keep your heart with all vigilance, for from it flow the springs of life. (ESV)

Above all else, guard your heart, for everything you do flows from it. (NIV)

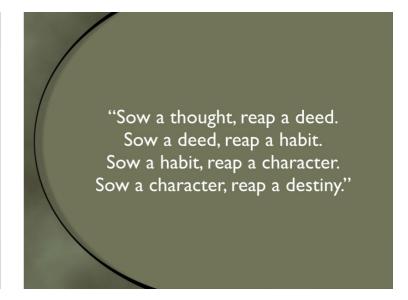
#### Hebrews 4:12

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart. (ESV)

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. (NIV)

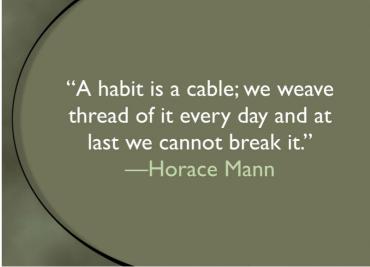
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"Biblically, the heart is the control center of the entire self. It is the primary repository of one's core commitments, deepest loves and most foundational hopes that control our feeling, thinking and behavior." —Timothy Keller



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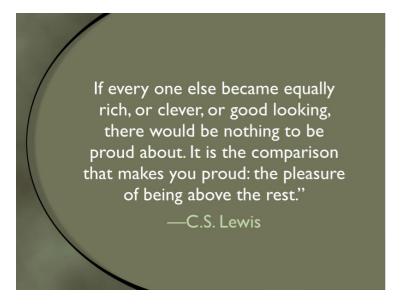


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The Four Habits of a Man's Heart I. Pride 2. Greed 3. Lust 4. Anger

"The point is that each person's pride is in competition with everyone else's pride... Pride gets no pleasure out of having something, only out of having more of it than the next man. We say that people are proud of being richer, or cleverer, or better looking than others.

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What is Pride and How Can I Assess It?

By pride comes nothing but strife, but with the well-advised is wisdom.

—Proverbs 13:10 NKJV

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Pride goes before destruction, and a haughty spirit before a fall.

—Proverbs 16:18 ESV

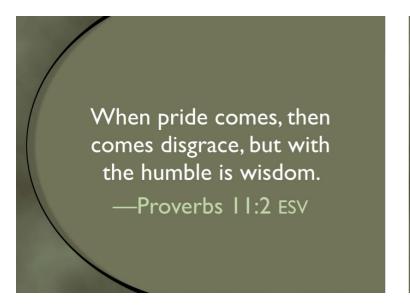
Leading Indicators of a
Proud Spirit
Preoccupation with Self
R
I
D
E

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Leading Indicators of a
Proud Spirit
Preoccupation with Self
Resistance to Assistance
I
D
E

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Leading Indicators of a
Proud Spirit
Preoccupation with Self
Resistance to Assistance
Indulgence of Ingratitude
D
E

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"A proud man is seldom a grateful man, for he never thinks he gets as much as he deserves."

—Henry Ward Beecher

Leading Indicators of a
Proud Spirit
Preoccupation with Self
Resistance to Assistance
Indulgence of Ingratitude
Demanding in Relationships
E

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### Leading Indicators of a Proud Spirit

Preoccupation with Self
Resistance to Assistance
Indulgence of Ingratitude
Demanding in Relationships
Exempt From Consequence

Do you see a man who is wise in his own eyes?
There is more hope for a fool than for him.

—Proverbs 26:12 ESV

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## What Does Pride Do and How Can I Address It?

Note to self: When pride is present...

• Perception is distorted by immaturity.

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# What Does Pride Do and How Can I Address It? Note to self: When pride is present... • Perception is distorted by immaturity. • Ambition gets in the way of success.

#### What Does Pride Do and How Can I Address It?

Note to self: When pride is present...

- Perception is distorted by immaturity.
- Ambition gets in the way of success.
  - Tension is increased by insecurity

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"A sure cure for conceit and pride is to visit a cemetery where eggheads and boneheads get equal billing."

## What Does Pride Do and How Can I Address It? Note to self: When pride is present...

- Perception is distorted by immaturity.
- Ambition gets in the way of success.
  - Tension is increased by insecurity
    - Frustration is magnified by limitations.

Confront it.

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"If anyone would like to acquire humility, I can, I think, tell him the first step. The first step is to realize that one is proud. And a biggish step, too. At least, nothing whatever can be done before it. If you think you are not conceited, you are very conceited indeed." —C.S. Lewis

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If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

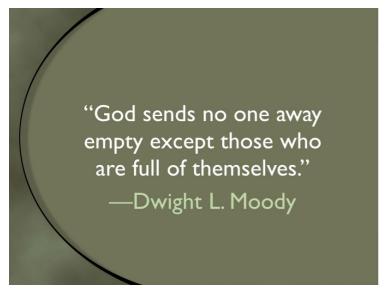
— I John 1:9 ESV

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10Two men went up into the temple to pray, one a Pharisee and the other a tax collector. <sup>11</sup>The Pharisee, standing by himself, prayed thus: "God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. <sup>12</sup>I fast twice a week; I give tithes of all that I get."

13But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, "God, be merciful to me, a sinner!"
14I tell you, this man went down to his house justified, rather than the other. For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted."
—Luke 18:10-14 ESV

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12When He had washed their feet and put on His outer garments and resumed His place, He said to them, "Do you understand what I have done to you? 13You call Me Teacher and Lord, and you are right, for so I am. 14If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet.

15For I have given you an example, that you also should do just as I have done to you. <sup>16</sup>Truly, truly, I say to you, a servant is not greater than his master, nor is a messenger greater than the one who sent him. <sup>17</sup>If you know these things, blessed are you if you do them." —John 13:12-17 ESV

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