

# Garden of the Heart - Class Handout

By Becky Stayton

## The Garden in the Beginning

We lost the close communion with God that existed in the Garden of Eden, but through Jesus, that relationship can be restored.

God made us in His image. Scripture teaches that we are spirit and body, which together make up the soul of man.

## What Is the Heart?

The heart represents the inner part of a person. It can be:

- **Soft** — humble, meek, loving
- **Hard** — bitter, resentful, or set in sin

Your heart is the meeting place of the **mind, spirit, and soul**.

## Guarding the Heart

Proverbs 4:23 says:

*“Keep your heart with all diligence, for out of it are the issues of life.”*

Everything that flows out of our lives begins in the heart.

## Jesus Restores the Heart

Jesus bought our hearts back with His blood.

*Ephesians 1:7*

He promises to give us a **new heart** if we allow Him.

*II Corinthians 5:17*

He came to **set the captives free**.

*Luke 4:18*

# The Garden of the Heart

The Garden of the Heart is an illustration of the **secret place within us** — the inner life created to be filled with beauty and the love of Jesus.

Jesus desires to be the **Master Gardener** of our hearts.

In this illustration, we will compare the **heart to a garden**, just as Jesus did in the **Parable of the Sower**. (Matthew 13)

The **seed** that is planted is the **Word of God**.

Jesus described different kinds of soil:

## **Hard Packed Ground**

When the seed is sown, the evil one snatches it away because it's not rooted.

## **Stony Ground**

Believes the Word with joy, but when trouble comes, they fall away because they are not rooted and grounded.

## **Thorny Ground**

Hears the Word, but the cares of this world, riches, and lusts choke the Word.

## **Good Ground**

Those who hear the Word, receive it, it is rooted and grounded, and it brings forth fruit.

**What kind of soil is in the garden of your heart?**

# Song: Garden of the Heart

## Chorus

My heart is like a garden,  
The garden of my heart.  
My heart is like a garden,  
The garden of my heart.

We all have a **garden**.  
But what is growing in it? Good seeds or thorns and thistles?

## Verse 1a

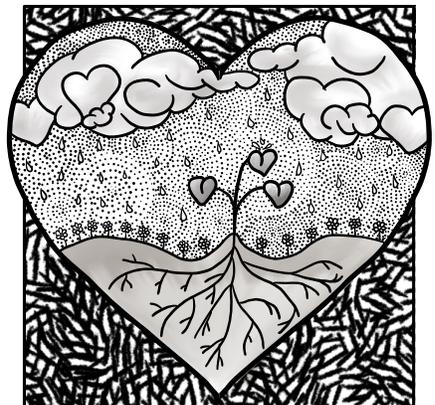
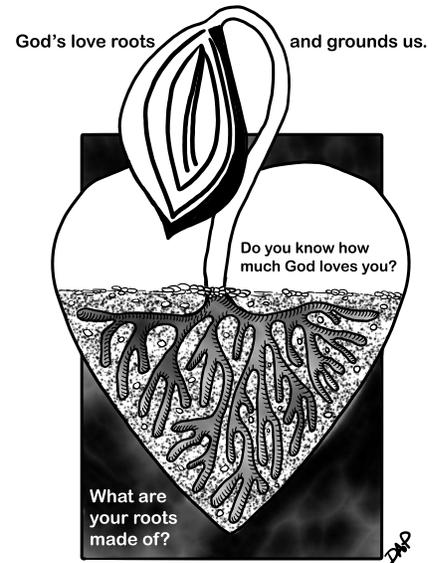
My heart was like a garden  
That was so full of weeds.  
I pulled and pulled but couldn't  
Plant the right kind of seeds.

## Verse 1b

Then I heard about Jesus,  
And I asked Him to come  
And care for my heart garden  
The way it should be done.

## Verse 2

He showed me that He grows  
The fruit of love, joy, and peace,  
When prayers of praise and  
Giving thanks never ever cease.

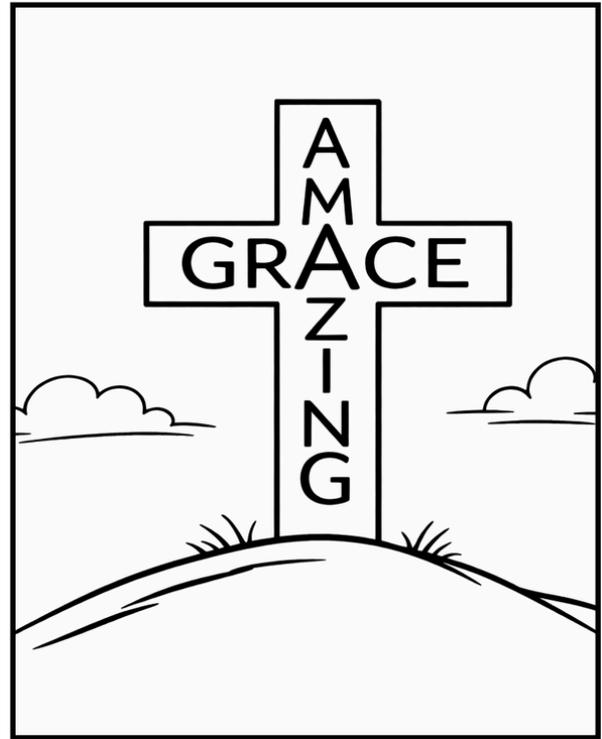


I worship and I praise Him  
When I really want to pout.  
If weeds of doubt and fear come in,  
I say, "In Jesus Name, GET OUT!"

### Verse 3

I know that when I hold the rocks  
of hurt and self and pride,  
The planting of His Spirit  
In me cannot abide.

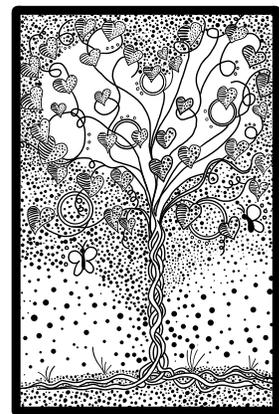
So when I take those rocks out  
And I lay them at the cross,  
His Spirit gives me freedom  
To give those rocks a toss!



So what right do we have to keep holding on to what Jesus has already forgiven?

### Verse 4

He brings the fruit of joy and peace  
And love that I can share.  
He sends His Holy Spirit  
To walk with me everywhere



So when I share His fruit with you  
His Word begins to grow  
In your heart and in your heart  
And now we all can know  
that---

**F**orgiveness

**R**epentance

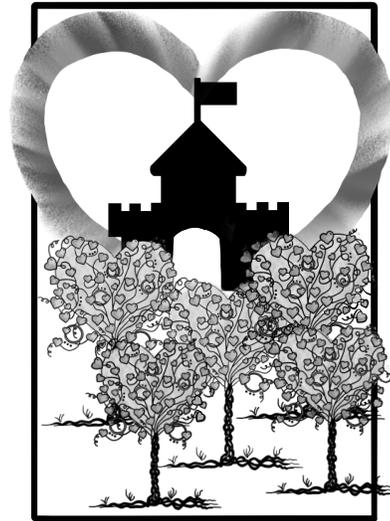
**U**nlock

**I**nherited (Alma 19:13) I would that ye should repent, and forsake your sins...  
ye can in no wise **inherit** the kingdom of God.

**T**reasures (Proverbs 15:6a) In the house of the righteous is much **treasure**.

## Ending Chorus

Our hearts are like His garden,  
The garden of His heart  
Our hearts are like His garden  
His kingdom come on earth.



## Living in His Kingdom

The **Holy Spirit produces fruit**. It begins when we **die to ourselves** and choose to love God more than anything else.

When the garden of your heart is connected to the Holy Spirit, and the garden of my heart is connected to the Holy Spirit, **we become connected to each other**. We become part of the same living garden. This is living in His Kingdom on earth.

## Taking Back the Garden

Remember that this earth has been hijacked by the enemy of our souls. But God has given us a mission:

**To take it back—one heart garden at a time.**

Jesus taught us to pray: "Thy kingdom come, Thy will be done on earth, as it is in heaven."



This is the pattern of the **Kingdom of God**. The Kingdom is made up of those who follow the **King**. And the Kingdom of God is all about **love**.