



It is so important that we find
the truth of God in His Word
and not only understand it,
but believe it and allow it to settle in our hearts.

Discover how you can get the truth
from your head to your heart
to give you a firm foundation
on which to build your life
and to step into true freedom.



Katherine Hilditch has been teaching in local churches for many years. In 2013 she wrote her first booklet and since then has written many more. She created her website to make all the booklets freely available to everyone. They can be read online or printed out. Katherine's threefold purpose is to help people understand more about Jesus and all He has done and won for them, to encourage them to go deeper in their relationship with God and to provide material to help them share their faith with others. To read her story and find all the booklets go to –

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THE TRUTH IN YOUR HEART



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‘The Truth in Your Heart’

by

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previous verse Romans 10:8 says — *‘The word is near you, in your mouth and in your heart.’* The truth needs to be in both places – spoken in our mouth so it can then be settled in our heart.

The Truth in Your Heart to Make You Free

Now we know how to get the truth from our head to our heart, it no longer seems like a long or difficult or even impossible journey. It’s something we can all do. But no-one else can do it for us. Someone can tell us the truth in God’s Word and help us understand it and encourage us to believe it, but they can’t make it settle in our heart. We have to choose to believe and write it on our heart ourselves and then it can make us free. Hallelujah!

Being Born-Again

When you accept Jesus as your Lord and Saviour you become born-again. God becomes your Father and you His child, and you can start to enjoy your personal relationship with Him.

Romans 10:9 says — *‘If you will confess with your mouth that Jesus is Lord, and believe in your heart that God raised him from the dead, you will be saved.’* Say this prayer out loud and believe it in your heart — “Jesus, I declare that You are Lord and that God raised You from the dead to live forevermore. Thank You for dying for me personally. I receive my forgiveness and my salvation now. Thank You Jesus, my Lord and Saviour.”

You are now born-again and Jesus has come to live in you. All your sins are forgiven, past, present and future, and you have a new perfect spirit. And after this life is over, you’ll live in love, peace and joy with your Father God for ever.

THE TRUTH IN YOUR HEART

I’ve often heard it said that the longest journey is the one from your head to your heart, meaning it’s really difficult to get what we know in our thinking into our hearts where we can believe it and experience it. But in actual fact, it isn’t a long distance at all. We just need to know the route — how to get the truth from our head into our heart.

The Importance of Truth

Jesus says in John 17:17 when talking to God — *“Your word is truth.”* The Word of God is the truth, therefore getting the truth into our heart means getting God’s Word in our heart.

It isn’t the physical ink or paper of the Bible or the digital display on a device that is important, but the truth of the meaning of the words and the revelation they contain. The Bible isn’t a book written by men about God — it’s a book written by God through men. 2 Timothy 3:16-17 says — *‘Every Scripture is God-breathed and profitable for teaching, for reproof, for correction, and for instruction in righteousness,¹⁷ that each person who belongs to God may be complete, thoroughly equipped for every good work.’* If we read it as just another book, we won’t recognise the truth contained within it. But if we approach it knowing it is the truth, we will find a never-ending source to help us and encourage us and guide us and build us up and strengthen us. In 1 Thessalonians 2:13 Paul says — *‘For this cause we also thank God without ceasing that when you received from us the word of the message of God, you accepted it not as the word of men, but as it is in truth, God’s word, which also works in you who believe.’*

John 8:31-32 says — *‘Jesus therefore said to those Jews who had believed him, “If you remain in my word, then you are truly my disciples. ³²You will know the truth, and the truth will make you free.”’* That’s how important the truth in God’s Word is. It’s the way to freedom from anything that holds you back or knocks you down and stops you from enjoying the abundant life Jesus has won for you. God’s Word contains the truth we need to know about salvation, healing, godly prosperity, about our relationship with God as our Father and about all that Jesus had done and won for us through His suffering death and resurrection and much, much more.

In John 10:10 Jesus says — *“The thief only comes to steal, kill, and destroy. I came that they may have life, and may have it abundantly.”* We get to experience that abundant life by knowing the truth of God’s Word in our heart.

Word or Experience

Having an experience of God is very special, but the emotions attached to it will eventually fade and then all you have is the memory. I think remembering special times with God is really important, but the value of the Word over a memory is that it is always there and always fresh. You can always go back to it and find new revelation in it. We never come to the end of God’s truth in His Word — it never becomes just a memory. Enjoy the times you experience God’s presence and remember them, but don’t build your truth on the emotions of those times. Remember Jesus said in John 8:32 — *“If you remain in my word, then you are truly my disciples. ³²You will know the truth, and the truth will make you free.”* It is as we dwell in the Word, not in experiences alone, that the truth is established in us and it is then that it can set us free.

Write the Truth on Your Heart

So how do we get the truth from our head to our heart? Proverbs 3:1-3 says — *‘My son, don’t forget my teaching, but let your heart keep my commandments, ²for they will add to you length of days, years of life, and peace. ³Don’t let kindness and truth forsake you. Bind them around your neck. Write them on the tablet of your heart.’* The last sentence in this passage tells us that the way we get the truth from our head to our heart is by writing it on our heart. When we write something it is set down. It’s no longer just a thought. It’s something we can go back to and know it is always there.

But how do we write the truth on our heart? Psalms 45:1 tells us — *‘My heart overflows with a noble theme. I recite my verses for the king. My tongue is like the pen of a skilful writer.’* The writer says he speaks God’s truth out loud — he recites it. He then says that his tongue is his pen. We write the truth on our hearts by using our tongue as our pen. In other words, when we speak God’s Word out loud, its truth settles in our heart, and becomes a wellspring from which flows the abundant life Jesus came to give us. Romans 10:17 says — *‘faith comes by hearing, and hearing by the word of God.’* When we speak the Word out loud we hear it and it builds our faith up in our heart.

Romans 10:9-10 says — *‘if you will confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. ¹⁰For with the heart one believes resulting in righteousness; and with the mouth confession is made resulting in salvation.’* This is talking about salvation, but the principal is just as true for any revelation we receive in God’s Word. Speak the truth out in faith and then it will travel to your heart where you can believe it and it can transform you. The

remind us of the truth in God's Word but they can't make us believe. Only we can do that. When Jesus spoke to a woman at a well, telling her He was the expected Saviour, she went and told the people of her village and took them to Jesus. After they had spent time listening to Him, the people said to the woman in John 4:42 — *"Now we believe, not because of your speaking; for we have heard for ourselves, and know that this is indeed the Christ, the Saviour of the world."* They didn't really believe until they heard Jesus for themselves. Make a decision that you are going to read the truth in God's Word for yourself and mix it with faith. When you believe it, then it can profit you.

From Head to Heart

Our head is where we understand the truth. Our heart is where we believe it and store it and where it can transform us. Our relationship with God and with Jesus is understood in our head but it is experienced in our heart.

What is in our heart will eventually come out in what we say and that will impact how we act and react. Matthew 12:34-35 says — *"For out of the abundance of the heart, the mouth speaks. ³⁵The good man out of his good treasure brings out good things, and the evil man out of his evil treasure brings out evil things."* We want it to be God's Word that is stored in our hearts so that what we say and how we act flows from the truth, to benefit both us and others. Who we are and how we live flows from what is in our hearts. We need to be careful about what we let into our heart through what we read, watch and listen to. Proverbs 4:23 (NIV) says — *'Above all else, guard your heart, for everything you do flows from it.'* Decide that you are not going to allow the negativity and godlessness of this world into your heart. Instead, let's choose to fill it with the truth of God.

Spirit, Soul and Body

We are made up of a spirit, a soul and a body. We all know what our physical body is. Our soul is where we think and feel emotions, where we make decisions and form attitudes. Our spirit is the very essence of who we are. When God created Adam and Eve, He made them with a perfect spirit, but when they sinned, that spirit died and was replaced with a sinful spirit and since then, everyone has been born with that same sinful spirit. However, when we accepted Jesus as our Lord and Saviour, we were born-again and God took away the sinful spirit we were physically born with and gave us a brand-new, perfect spirit. In John 3:6 Jesus says — *"That which is born of the flesh is flesh. That which is born of the Spirit is spirit."* And our new spirit is just like Jesus. 1 John 4:17 says — *'as he (Jesus) is, even so we are in this world.'* (To read about being born-again, go to the end of this booklet)

If you are born-again, your spirit is perfect and knows all truth. But we still have the same soul we had before. God didn't give us a new one — He changed our spirit, but gave us the responsibility of changing our soul. Part of Romans 12:2 says — *'be transformed by the renewing of your mind.'* He tells us to renew our mind in God's truth so it lines up with our perfect spirit more and more and so transforms us.

Our heart is our spirit and our soul — it contains them both. That's why when the Bible says 'heart', sometimes it refers to our spirit and other times to our soul. We already have the truth in our new spirit, so in this booklet, when I say 'heart' I mean the depths of our soul where we believe and our thoughts and emotions can remain constant, as opposed to casual thoughts and feelings that can come and go.

How to Transform Your Soul

The whole of Romans 12:2 says — *‘Don’t be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what is the good, well-pleasing, and perfect will of God.’* The way to be transformed is by refusing to see things the way the world does and instead, renewing our thinking and emotions and will in the truth of God’s Word.

This means getting into the Bible to find the truth and choosing to believe it and lining our thinking up with it. This transformation is an ongoing process in our soul, which will only be fully completed when God finally makes our soul completely perfect when we die. 1 Peter 1:8-9 tells us that when Jesus comes again we will — *‘rejoice greatly with joy that is unspeakable and full of glory, ⁹receiving the result of your faith, the salvation of your souls.’* But we can know real change in this life as our mind becomes more and more renewed to the truth of God’s Word. Once again, I remind you of what Jesus said in John 8:31-32 — *“If you remain in my word, then you are truly my disciples. ³²You will know the truth, and the truth will make you free.”* Freedom is always good and the way to experience it, is to think according to God’s Word and settle it into our heart so it can transform how we think, what we say and how we live.

The Importance of Knowing the Truth

If we don’t know what the truth is, we can’t benefit from it in our thoughts, circumstances and experiences. In Hosea 4:6 God says — *“My people are destroyed for lack of knowledge.”* The truth is available to all of us in God’s Word, so let’s not ignore it. Instead, let’s decide to get to know it and believe it more and more.

The Importance of Understanding the Truth

When explaining the Parable of the Sower, Jesus said in Matthew 13:19 — *“When anyone hears the word of the Kingdom and doesn’t understand it, the evil one comes and snatches away that which has been sown in his heart.”* It’s important to understand the Word, not just read it superficially. If we don’t, then we won’t remember it and it can never settle in our heart.

It’s only when we understand the truth that it can renew our minds and we can be transformed. If we don’t understand the truth of who God is, what He is like, all Jesus has done and won for us, the relationship we have with Him and who we are in Jesus etc, then we can’t benefit from that knowledge and reap the blessings and see the power of it in our lives. We need to know and understand that Jesus came to give us abundant life and that He has made it possible for us to come into relationship with God as our Father through Him. Only then can we experience it. Proverbs 16:22 says — *‘Understanding is a fountain of life to one who has it.’*

The Importance of Believing the Truth

Having understood the truth, we then need to believe it. Hebrews 4:2 says — *‘the word they heard didn’t profit them, because it wasn’t mixed with faith by those who heard.’* We don’t want to be like those people. We need to believe the Word so that it will benefit us. It is only then that we will see God’s blessings in our lives and the fulfilment of His promises.

Believing is something we have to do for ourself. God has given us His gift of faith but we have to choose to use it. We have to say yes to faith and no to doubt. Others can encourage us and