

I Have

LEARNED



learn

[lə:n]

VERB

1. gain or acquire knowledge of or skill in (something) by study, experience, or being taught.

2. "they'd started learning French" · [\[more\]](#)

3. *synonyms:*

4. acquire a knowledge of · gain an understanding of · acquire skill in · [\[more\]](#)

5. commit to memory.

6. "I'd learned too many grim poems in school"

7. *synonyms:*

8. [memorize](#) · learn by heart · learn by rote · commit to memory · [\[more\]](#)

9. become aware of (something) by information or from observation.

10. "I learned that they had eaten already" · [\[more\]](#)

11. *synonyms:*

12. [discover](#) · [find out](#) · become aware · be made aware · be informed · [\[more\]](#)

- Phil 4;9 **Practice what you have learned** and received and heard and seen in me, *and* model your way of living on it, and the God of peace (of ^[e]untroubled, undisturbed well-being) will be with you.
- ¹⁰ I was made very happy in the Lord that now you have revived your interest in my welfare after so long a time; you were indeed thinking of me, but you had no opportunity to show it.
- ¹¹ Not that I am implying that I was in any personal want, **for I have learned** how to be ^[f] content (satisfied to the point where I am not disturbed or disquieted) in whatever state I am.
- ¹² I know how to be abased *and* live humbly in straitened circumstances, and I know also how to enjoy plenty *and* live in abundance. **I have learned** in any and all circumstances the secret of facing every situation, whether well-fed or going hungry, having a sufficiency *and* enough to spare or going without *and* being in want.
- ¹³ I have strength for all things in Christ Who empowers me [I am ready for anything and equal to anything through Him Who ^[g]infuses inner strength into me; I am ^[h]self-sufficient in Christ's sufficiency].

- **Matt 11;28** Come to Me, all you who labor and are heavy-laden *and* overburdened, and I will cause you to rest. [I will ^[o]ease and relieve and ^[p]refresh ^[q]your souls.]
- **29** Take My yoke upon you **and learn of Me**, for I am gentle (meek) and humble (lowly) in heart, and you will find rest (^[r]relief and ease and refreshment and ^[s]recreation and blessed quiet) for your souls.
- **30** For My yoke is wholesome (useful, ^[t]good—not harsh, hard, sharp, or pressing, but comfortable, gracious, and pleasant), and My burden is light *and* easy to be borne.
- **Message 28-30** “Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—**watch how I do it. Learn the unforced rhythms of grace.** I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.

Guard Your Heart Source of our attitudes and actions



- Prov 4; ²³ Keep your heart with all diligence,
For out of it *spring* the issues of life
- AMP ²³ Keep *and* guard your heart with all vigilance
- *and* above all that you guard, for out of it flow the springs of life.
- NEB Guard your heart more than any other treasure for it is the source of life
- NLT ²³ Guard your heart above all else, for it determines the course of your life.
- TLB ² *Above all else, guard your affections.* For they influence everything

- Phil 4 ⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.
- ⁷ And God's peace [shall be yours, that ^[c]tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] which transcends all understanding shall ^[d]garrison *and* mount guard over your hearts and minds in Christ Jesus.
- ⁸ For the rest, brethren, whatever is true, whatever is worthy of reverence *and* is honorable *and* seemly, whatever is just, whatever is pure, whatever is lovely *and* lovable, whatever is kind *and* winsome *and* gracious, if there is any virtue *and* excellence, if there is anything worthy of praise, think on *and* weigh *and* take account of these things [fix your minds on them].
- ⁹ Practice what you have learned and received and heard and seen in me, *and* model your way of living on it, and the God of peace (of ^[e]untroubled, undisturbed well-being) will be with you.

- **Nehemiah 7** Then it was, when the wall was built and I had hung the doors, when the gatekeepers, the singers, and the Levites had been appointed, ² that I gave the charge of Jerusalem to my brother Hanani, and Hananiah the leader of the ^[a]citadel, for he *was* a faithful man and feared God more than many.
- ³ And I said to them, “Do not let the gates of Jerusalem be opened until the sun is hot; and while they stand *guard*, let them shut and bar the doors; and appoint guards from among the inhabitants of Jerusalem, one at his watch station and another in front of his own house.”

2 It is the source of all you share and speak

- Matthew 12b
- For out of the abundance of the heart the mouth speaks. ³⁵ A good man out of the good treasure [g] of his heart brings forth good things, and an evil man out of the evil treasure brings forth evil things.
- AMP
- For out of the fullness (the overflow, the [p]superabundance) of the heart the mouth speaks.
- ³⁵ The good man from his inner good treasure [g]flings forth good things, and the evil man out of his inner evil **storehouse** [r]flings forth evil things.



- **1 Kings 9;19** And all the store cities which Solomon had and cities for his chariots and cities for his horsemen, and whatever Solomon desired to build [a] for his pleasure in Jerusalem, in Lebanon, and in all the land of his dominion.
- **2 Chronicles 32. 27** And Hezekiah had very great wealth and honor, and he made for himself treasuries for silver, gold, precious stones, spices, shields, and all kinds of attractive vessels,
- **28** Storehouses also for the increase of grain, vintage fruits, and oil, and stalls for all kinds of cattle, and sheepfolds.
- **29** Moreover, he provided for himself cities and flocks and herds in abundance, for God had given him very great

- ¹⁴ And He called the people to [Him] again and said to them, Listen to Me, all of you, and understand [what I say].
- ¹⁵ There is not [even] one thing outside a man which by going into him can pollute *and* defile him; but the things which come out of a man are what defile him *and* make him unhallowed *and* unclean.
- ¹⁶ ^[f]*If any man has ears to hear, let him be listening [and let him ^[g]perceive and comprehend by hearing].*
- ¹⁷ And when He had left the crowd and had gone into the house, His disciples began asking Him about the parable.
- ¹⁸ And He said to them, Then are you also unintelligent *and* dull *and* without understanding? **Do you not discern *and* see that whatever goes into a man from the outside cannot make him unhallowed *or* unclean,**
- ¹⁹ Since it does not reach *and* enter his heart but [only his] digestive tract, and so passes on [into the place designed to receive waste]? Thus He was making *and* declaring all foods [ceremonially] clean [that is, ^[h]abolishing the ceremonial distinctions of the Levitical Law].
- ²⁰ And He said, What comes out of a man is what makes a man unclean *and* renders [him] unhallowed.
- ²¹ **For from within, [that is] out of the hearts of men, come base *and* wicked thoughts, sexual immorality, stealing, murder, adultery,**
- ²² **Coveting (a greedy desire to have more wealth), dangerous *and* destructive wickedness, deceit; ^[i]unrestrained (indecent) conduct; an evil eye (envy), slander (evil speaking, malicious misrepresentation, abusiveness), pride (^[j]the sin of an uplifted heart against God and man), foolishness (folly, lack of sense, recklessness, thoughtlessness).**
- ²³ **All these evil [purposes and desires] come from within, and they make the man**

Learn to be still

- **Psalm 46:10** Be still, and know that I *am* God; I will be exalted among the nations, I will be exalted in the earth!

- **1 Cor 1:9** God *is* faithful, by whom **you were called into the fellowship** of His Son, Jesus Christ our Lord.

Mark 1:35 Now in the morning, having risen a long while before daylight, He went out and departed to a ^[k]solitary place; and there He prayed. ³⁶ And Simon and those *who were* with Him searched for Him. ³⁷ When they found Him, they said to Him, “Everyone is looking for You.”

- **Isaiah 50⁴** “The Lord GOD has given Me The tongue of the learned, That I should know how to speak A word in season to *him who is weary*. He awakens Me morning by morning, He awakens My ear To hear as the learned.

- **Matt 4:4** But He answered and said, “It is written, **‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’**”

- Spurgeon “By attempting less I Hope to achieve more”

- 2 Timothy 3:14

- But **you** must **continue** in the things **which you have learned**

and **been assured of,** knowing from whom **you have learned *them,***