

## Guarding Our Hearts

### Proverbs 4:20-27

### Proverbs 4:23

- Above all else, guard your heart, for everything you do flows from it. (NIV)
- Keep your heart with all vigilance, for from it flow the springs of life. (NRSV)
- Keep thy heart with all diligence; for out of it are the issues of life. (KJV)

### The Book of Proverbs

Instructions on how to live a life pleasing to God and how to be more peaceful with all of mankind.

### The “Heart” in the Bible

- The word, heart, occurs over one thousand times in the Bible

Make a tree good and its fruit will be good, or make a tree bad and its fruit will be bad, for a tree is recognized by its fruit. You brood of vipers, how can you who are evil say anything good? For the mouth speaks what the heart is full of.

Matt 12:33-34

February is heart and stroke month.

## The Diseased Heart

- “The thoughts of their heart are so evil, I’m going to have to destroy them” and God sent the flood because of the thoughts of men’s hearts.
- “The heart of the human problem is the problem of the human heart.”

He went on: “What comes out of a person is what defiles them. For it is from within, out of a person’s heart, that evil thoughts come—sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and defile a person.”

Mark 7:20-23

## WHY Should We Guard Our Hearts?

1. Because your heart is extremely precious.  
Above all things what is the most valuable thing you own?

- The heart is the deepest center of the human person.
- It is the driving force, and the ultimate source from which our acts and attitudes flow from.
- It is so deep that only God fully knows it (Jer. 17:9).

## WHY Should We Guard Our Hearts?

2. Because our heart is the source of everything

- Psalm 53:1, "The fool says in his heart, 'There is no God.'"
- Matthew 9:4: "Why do you think evil in your hearts?"
- Any good or evil that a human commits or does is a matter of the heart.

## WHY Should We Guard Our Hearts?

3. Because our heart is under constant attack

We cannot ignore those things that can create a blockage in our spiritual heart muscle, for eventually we will leave our first love and suffer a spiritual heart attack.

Christine Caine

## God Sees Our Heart

The Pharisees, who were lovers of money, heard all these things, and they ridiculed him. And he said to them, "You are those who justify yourselves before men, but God knows your hearts. For what is exalted among men is an abomination in the sight of God."

Luke 16:15

"God has given us a new heart but we continue to listen to the other heart "

- Guard my heart against all the distractions
- Guard my love
- Guard my mind
- Guard my emotions
- Guard my heart against the culture

## A Shared Heart or a Divided Heart

## My Interests

Hear, O Israel: The LORD our God, the LORD is one. Love the LORD your God with all your heart and with all your soul and with all your strength.

Deuteronomy 6:4-5

## Some Thoughts About the HOW

1. Blessed those who have a pure heart because they will know God.

- What sins or bad habits in my life are weighing me down?
- What behaviors or habits do I know to be right, and yet avoid or ignore?
- “Be not conformed to this world; but be transformed by the renewing of your mind” Romans 12:2

2. Keep His Word in our heart

“I have hidden your word in my heart that I might not sin against you.” Psalm 119:11

“I seek you with all my heart; do not let me stray from your commands” Psalm 119:10

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.

Hebrews 4:12

“What’s down in the well  
comes up in the bucket.”

And I will give them one heart, and a  
new spirit I will put within them. I will  
remove the heart of stone from their  
flesh and give them a heart of flesh,

Ezekiel 11:19

### 3. Count on the Comforter

Create in me a clean heart, O God,  
and renew a right spirit within me.  
Cast me not away from Your  
presence; take not Your Holy Spirit  
from me.

Psalms 51:10