

**HEARTwork**

Proverbs 4:23



## HEARTwork

### PART FOUR: GUARD YOUR HEART

#### PROVERBS 4:20-27 CSB

My son, pay attention to my words;  
listen closely to my sayings.

<sup>21</sup> Don't lose sight of them;  
keep them within your heart.

<sup>22</sup> For they are life to those who find them,  
and health to one's whole body.

<sup>23</sup> **Guard your heart above all else,<sup>[a]</sup>  
for it is the source of life.**

<sup>24</sup> Don't let your mouth speak dishonestly,  
and don't let your lips talk deviously.

<sup>25</sup> Let your eyes look forward;  
fix your gaze<sup>[b]</sup> straight ahead.

<sup>26</sup> Carefully consider the path<sup>[c]</sup> for your feet,  
and all your ways will be established.

<sup>27</sup> Don't turn to the right or to the left;  
keep your feet away from evil.

**THE ESV:** Keep your heart with all vigilance,  
for from it flow the springs of life.

**THE NKJV:** Keep your heart with all diligence,  
For out of it *spring* the issues of life.

**TRUTH:** YOUR HEART IS VERY IMPORTANT TO GOD, HE HAS MUCH TO SAY ABOUT IT BECAUSE IT IS VITAL. WE TEND TO STORE OUR FEELINGS, EMOTIONS, CARES, CONCERNS, LOVES, HURTS, ETC. WITHIN OUR HEART.

**HEART DEFINED:** HEBREW: 3820. **Leb**, GREEK:

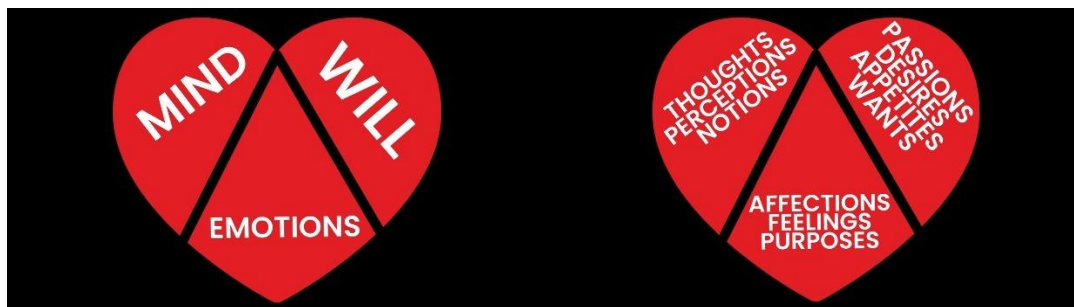
καρδία, G2840. **Kardia**; *the inner man*; the function of mind, where man remembers, thinks; *the heart, the seat and center of all physical and spiritual life; the soul or mind as the fountain and seat of thoughts*, passions, desires, affections, appetites, purposes, endeavors.

The “heart” encompasses (HOLDS) our thoughts, emotions, desires, and will. It is the place where decisions are made and where our true character is revealed.

**ME = SOUL, SPIRIT, PHYSICAL**

**SOUL = MIND, WILL, & EMOTIONS**

**HEART (NOT TALKING ABOUT AN ORGAN) = WHERE THE SOUL RESIDES**



**IN CHRIST I BECOME A NEW CREATION**

**2 Corinthians 5:17** Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

**THAT MEANS ALL OF ME BECOME NEW!**

**ROMANS 10:9-10**

I HAVE ENTERED A PROCESS OF BECOMING MORE LIKE JESUS:

**2 CORINTHIANS 3:18** **Romans 6:22**



**Galatians 5:1**

## **WEEK 2: BREAKING UP WITH HEARTBREAK**

**HEARTBREAK** IS DEFINED AS ANY DISAPPOINTMENT OR HURT THAT OVERTAKES THE HEART.

**QUOTE:** UNADDRESSED HEARTBREAK (HURT/PAIN/DISAPPOINTMENT) WILL CAUSE YOU TO USE YESTERDAY'S PAIN AS TODAY'S PERSPECTIVE.

## **WEEK 3: THE HARDENED HEART**

**CAN COME FROM TWO THINGS:**

- NEVER LETTING THE WORD OF GOD INTO ONE'S HEART**
- LETTING DISAPPOINTMENT, DOUBT, UNBELIEF, FEAR, OR SIN OVERTAKE THE HEART, CAUSING A LACK OF FAITH AND LOSS OF PURITY**
- EVEN THE MOST WELL-TRAINED AND WELL-ROUNDED DISCIPLES ARE LIABLE TO A HARDENED HEART...**

**MARK 6:30-52**

THE SOLUTION: [Hebrews 4:12](#) [Romans 10:17](#)

## NOW WE NEED TO TALK ABOUT “GUARDING YOUR HEART”!

**PROVERBS 4:23 CEB** Guard your heart above all else,<sup>[a]</sup> for it is the source of life.

**GUARD:** 4929. Mishmar: Derived from the root שָׁמַר (shamar), meaning "to guard" or "to keep." primarily refers to a place or state of guarding or keeping watch.

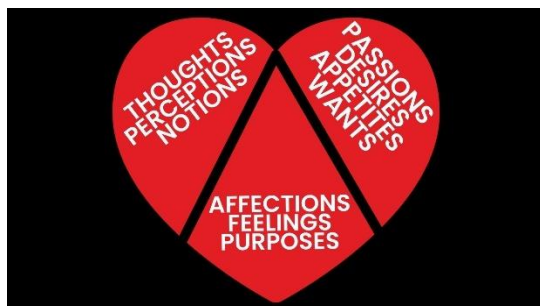
**TRUTH:** GOD WANTS YOU TO PLACE YOUR HEART ON WATCH! NOT LETTING EVERYONE OR EVERYTHING ACCESS TO IT, BY PLACING ‘GUARDS’, BOUNDARIES AROUND YOUR HEART.

-WHAT IS WITHIN YOUR HEART, THAT IS WHAT YOU WILL DESIRE.

-WHERE YOUR HEART WANTS TO GO, THAT IS WHERE YOU WILL END UP.

**Jeremiah 17:9 Matthew 6:21 Psalm 119:11**

**HOW PEOPLE/THINGS GET ACCESS: MATTHEW 6:22-23**



**SO WE MUST PLACE OUR GUARDS, OUR BOUNDARY LINES...**

**WARNING: FAKE GRASS ALWAYS LOOKS GREENER FROM THE OTHER SIDE!**

**1 Kings 3:3-15 NLT**

**1 KINGS 4:29-34 NLT**

**TRUTH:** WHEN KING SOLOMON'S HEART WAS PURE BEFORE GOD, GOD GAVE HIM MORE THAT HE EVEN ASKED FOR!

**1 KINGS 11:1-4; 9-11**

**“IT’S NOT BIG DEAL”!**

**Proverbs 25:28**

**PROVERBS 4:20-27 CSB**

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**GUESS WHO WORTE PROVERBS??? KING SOLOMON!**

**HOW DO I KNOW WHO GET'S ACCESS TO MY HEART...**

**MATTHEW 7:15-20, 21-23, 24-27**

**FINALLY, LET'S CLOSE WITH A REMINDER OF WHAT WE  
HAVE IN JESUS:**

**HEBREWS 10:15-26**