Guard Your Heart
Text: Proverbs 4:23-5:2

Good morning and welcome to restoration Life Church. Sit back relax open your heart and enjoy the ride.

Intro: Our text is found in the book of Proverbs this morning which will be our theme scripture for the month of November and we will stay here until December.

Many might be asking why our theme isn’t rapped around a scripture with something that talks about being grateful or thanksgiving?

The answer to that is that I don’t believe we can truly be grateful when so many hearts are walking around in apathy, brokeness, pride, unforgiveness, hurting and maybe full of resentment, bitterness, selfishness or maybe even revenge.

Once all that stuff is gone then we can see clearly why and what we are thankful for.

If you are not already there, I am sure we’ll all get there.

Illustration: When Pastor John Morgan was here we talked about a famous character that came out of Australia that Roxanne and I both loved to watch.

His name was Steve Irwin/ the crocodile hunter.

We were all shocked to hear about His tragic death. We were stunned, not only that he died, we were rather surprised by the way that he died.

About the only way that a Stingray could kill you is to stab you directly in the heart with his barbed spine.

Who would have thought that the great Crocodile Hunter would go out like this?

If anything we’d expect him to have been trampled by a Elephant, bitten by a poisonous snake or eaten by crocodiles.

But no, He was stabbed by stingray straight in the heart. He died soon
thereafter and has been mourned ever since.

An unexpected assault on his heart, that robbed everyone of this amazing Human being.

**Application:** Maybe you are here this morning and you are in a difficult place in life because you have experienced something you never expected,

- Maybe an unexpected assault or maybe even something very intentional has stabbed you right in the heart and caused severe pain maybe even the death of a relationship.

- **My Point:** I want you to know that you don’t have to sit there and emotionally, spiritually or physically check out on life or check out on loveds or the plan that God has for your life.

- God wants to heal our hearts! He wants to give you a new life with a new Joy and a new purpose this morning!

**Text: Proverbs 4:23**

3 Guard your heart above all else, for it determines the course of your life.

KJV 4:23 “Keep thy heart with all diligence; for out of it are the issues of life.”

That word “issues” is defined in Strong’s Concordance as - “sources”.

**Application:** There is a source/a cause /or birthplace to your pain. And hear me out this morning, If you want to stop the pain, get rid of the cause or the source of that pain or hurt!

Now let me stop you there before you try to run off to divorce court, pour pinesol in you pet’s water or kick your kids out of the house.

Your husband is not the problem, your wife is not the problem, your kids are not the problem... it is the sin that is problem and is causing all the hurt and the stabbing and the pain.

**James 1:13-15 (Message)**

Don't let anyone under pressure to give in to evil say, "God is trying to trip me up." God is impervious to evil, and puts evil in no one's way. 14 The temptation to give in to evil comes from us and only us. We
have no one to blame but the leering, seducing flare-up of our own lust. 15 Lust gets pregnant, and has a baby: sin! Sin grows up to adulthood, and becomes a real killer.

Get rid of the sin, and you’ll get rid of the hurt! Duhhh

I. We all have a heart condition!

a. Everyone of us has a condition of the heart.

Luke 6:45
45 The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart.

• Q: What’s the condition of your heart this morning?

• We all have to get out what is in our heart

• God will test our hearts and search our hearts not because he doesn’t know what’s in there sometime we just don’t know what’s in there until it is tested by way of pressure or circumstances

• Once we know the truth about what’s in there the truth Jesus can set us free.

• I don’t know about you I want to live in absolute freedom!

• I want to live free from hurt / un-forgiveness / bitterness / wrath/ anger / depression and I have come to understand that Jesus is the way, the Truth and the abundant life giver.

Proverbs 3:5 (Message)
Trust God from the bottom of your heart; don't try to figure out everything on your own.

• And If I am, if we are gonna live in freedom we are gonna have to get this stuff, this mess/ this hurt out of there and let our heart heal in Jesus name.

b. I want you to see that it is your responsibility to guard/ to protect your heart.
• You have to guard your heart every day because you don’t know when the next assault will come.

• But I will guarantee you the enemy will look for a time of vulnerability and that’s when he strikes.

II. Let’s Look at the Significance of the Heart

a. Guarding your heart as a Christian is one of the most important than anything else you do.

• Your physical heart determines how and what your body can or cannot do.

• Likewise your spiritual heart will determine what you will or can do spiritually and eternally.

b. When the bible talks about the Heart, It is described in Scripture as the most comprehensive term for the authentic person.

• It is the part of our being where we desire, where we deliberate, and decide the course we take.

DL Moody described it as “the place of conscious and decisive spiritual activity,” “the comprehensive term for a person as a whole; his feelings, desires, passions, thought, understanding and will,” and “the center of a person. The place to which God turns.”

c. You are what your heart is.
(I am what is in my heart)

Proverbs 23:7 For as he thinks in his heart, so is he.

Proverbs 27:19 As in water face reflects face, so a man’s heart reveals the man.

d. That is why God says he looks at the heart not the external appearance.

1 Samuel 16:7 But the Lord said to Samuel, “Do not look at his appearance or at his physical stature, because I have refused him. For the Lord does not see as man sees; for man looks at the outward appearance, but the Lord looks at the heart.”
E. It is out of our hearts that sin originates.

Matthew 15:17 – 19 Do you not yet understand that whatever enters the mouth goes into the stomach and is eliminated? But those things which proceed out of the mouth come from the heart, and they defile a man. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, and blasphemies.

Jeremiah 17:9 “The heart is deceitful above all things, and desperately wicked; who can know it?”

f. It is by believing with the heart that one receives God’s gracious salvation.

Romans 10:9 - 10 that if you confess with your mouth the Lord Jesus and believe in your heart (believing with the very core of your being) that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.

III. The Attack of the Heart

a. We must stand guard over our heart because they are constantly under attack.

Acts 5:3 But Peter said, “Ananias, why has Satan filled your heart to lie to the Holy Spirit and keep back part of the price of the land for yourself?

John 13:2 And supper being ended, the devil having already put it into the heart of Judas Iscariot, Simon’s son, to betray Him,

Application: There is a war being fought in the world today. – it is a supernatural war fought between you and everything that tries to bring you back into a place of sin and bondage.

Luke 22:31 And the Lord said, Simon, Simon, behold, Satan hath desired to have you, that he may sift you as wheat:

Proverbs 28:14 Happy is the man who is always reverent, but he who hardens his heart will fall into calamity.

• It absolutely amazes me how people who have guarded their
hearts and stay obedient to God’s direction.

• Because they have protected their relationship with God, they can go through the most horrific life experiences and come out Golden.

You know why?

**Point:** Cause they don’t let issues/hurts or bad experiences damage a blood bought supernatural relationship with God and the ones they love.

• They understand that God is able to get them through anything.

• They understand that they are not gonna be alone in this that there are more with them than against them.

• They understand that as a child of God that there is nothing this world can do to take their Joy.

• They understand that God’s mercies are new every morning and that today might have been wrong but God is moving on their behalf to make everything right.

These are the people...

• That can go through stuff and don’t back slide or go back to their sin.

• They don’t whither away and spiritually die when problems come their way...

• When they experience a set back they don’t wax cold and just sit back and give up and do nothing,

• Whose hearts are full engaged in the understanding that God is with them and for them and God is gonna give them a great come back!

• Listen don’t let a set back cause you to sit back, believe in God for Come back!

**2 Corinthians 4:16-18** NIV
16 Therefore we do not lose heart. Though outwardly we are wasting
away, yet inwardly we are being renewed day by day. 17 For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. 18 So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

**In Closing:** Draw close to God through Christ and give Him your heart for safekeeping. Make Him the Supreme object of your hearts affection and He will keep you. Give Him your heart.

**Philippians 4:6 – 7** Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.