

GUARD YOUR HEART SEMINAR

February 2010

Session 1

- Guard your heart means more than not dating, courtship and emotional purity.
- Essentially and fundamentally, guarding our hearts is about a divine romance. It is about our hearts being set apart completely for God. It's about purity, holiness, fidelity and faithfulness. It all begins with God and flows out our relationship with God into the lives of others.
- The two major areas we want to deal with are how to rightly relate to God and how to rightly relate to one another. Through Fellowship, Partnership, Friendship, Courtship.
- Our purpose is to help everyone of us in this room be more profoundly, deeply devoted, with our whole heart to God the Father, to Jesus Christ and the work of the Holy Spirit in our lives.
- It's also about obeying the two great commandments: To love the Lord our God with all our heart, soul, mind and strength and to love one another as we love ourselves.
- Matthew 5:8 – blessed (oh, how happy and to be envied and emulated) are the pure in heart...
- The pure in heart will have a strong and clear revelation of the person and power and the purposes of God here and now
- We've had mixture introduced into our thinking in how we relate to God and how we relate to others
- We have a lot of worldly mixture in our relationships and views of others. This leads to constant conflict.
- It's like Paul talking about doing what he didn't want to do and not doing what he should do. He says, "Oh, wretched man than I am..." Wretched means miserable.
- However, further on in Romans, Paul talks about the Holy Spirit
- What makes the difference is that our lives are yielded to the truth of the Word and the power of the Holy Spirit
- Definition of the heart: We so often define it on secular, human terms. We don't define it on biblical terms. We have to define the heart by what the Bible means of the heart.
- Word Wealth—Spirit Filled Life Bible—concerning the word heart in the OT—the word is lev. Heart, intellect, awareness, mind, inner person, inner feelings, deepest thoughts, inner self. The physical heart and a person's inner yearnings.
- In the new covenant, our hearts can be transformed by the gospel.
- In Greek, the word is cardia. Cardia has to do with a root word that means to quiver, to palpitate, to pulse. In Greek it means the center of one's life, the center of one's personality, the seat of one's entire mental and moral activity, containing most rational and moral elements, the seat of feelings, desires, joy, pain love, the center for thought, understanding and will, the dwelling place of the Lord and the Spirit, the omniscient Lord sees into one's innermost being.
- Matters of the heart are about everything. The heart is where we think, feel, where choices are made. What fills our hearts fills our mouth, what fills our heart, fuels our work. Everything is about the heart.
- Matters of the heart are more than romance and feelings. Our heart is key to everything.
- We must do as Proverbs 4:23 says. The heart is an internal fountain. Every feeling springs from the heart. The heart is the fountainhead of every word and deed.
- The heart is the most vital part of a person's being (1 Peter 3:4). The heart contains what a person really is, his true character. The heart determines behavior, whether good or depraved. The heart contains what a person believes. Matt. 15:18, Mark 7:21-23, Mark 2:6, Matt. 13:15, Matt. 9:4
- The heart is the source of a person's spiritual being: Acts 2:37, Rom. 6:17, Mark 11:23, Rom. 10:10, Matt. 15:18, Mark 7:21-23, Hosea 2
- We tend to divide a person into separate parts. However, the Hebrew thought is to look as a human being as a whole. No separation of mind, spirit, heart, etc.
- The word heart is in 158 NT passages and hundreds of OT passages.
- You can't find a subject dealt with more thoroughly in the Bible than what it means to guard your heart.

- Look at the truth of what God’s Word says and let it challenge what’s in your heart.
- Rightly Relating to God a.k.a. Develop a Heart for God – Deut. 6:4
- The heart encompasses our souls, minds and strength
 - **Giving Our Hearts to God** – primary task in raising kids is helping them to develop a heart for God so they embrace His call to receive Jesus and come into a dynamic union with Him
 - Fully
 - Faithfully
 - Fiercely
- Mixture must be purged out because it compromises our relationship with God. It’s not about legalism; it’s about loyalty to God.
- As our hearts go, so goes every part of ourselves.
- Mark 12:29-34
- Loving God with all our heart is more than just feelings. Emotions are to be informed and energized and animated by faith, by devotion to God, by believe in God, by trusting completely in Him. Then what happens is our emotions are fueled properly. God has made us whole beings.
- We must live our lives in the light. We can’t hide in secret. It causes our hearts to get darkened. When we have darkened hearts, we become deceived. (Psalm 51)
- Live in the light of God’s truth in His presence because we’re pure in heart and wholly devoted to the Lord. That gives us the capacity to guard our hearts and keep anything from coming in that shouldn’t and to release things that should come out
- We must give our whole heart to God, to enable us to give ourselves in wholeness and completeness to one another as we should
- The enemy constantly tries to sow in us the seeds of unfaithfulness.
- Because we’re a unified being, we can’t have a compartment in us that’s polluted and not think it’s going to leak into the rest of our hearts. God wants cleanse our hearts and fill them with only good things.
- God is completely faithful to you and me and He never violates that covenant. He is always loyally committed to us (Rom. 5:5)
- If there are dams and debris of our heart, that keeps us from fully loving God
- God made the first move. He first loved us.
- God doesn’t see our heart, soul, mind and strength as separate. He sees them as one component.
- Gal. 2:20

Guard Your Heart – Session 2

- Proverbs 4:23 is the anchor verse
- **Guarding** our hearts by and for God
- Everything is by God and everything is for God
- We must meet with God daily and fellowship with Him in His Word, pray, be filled with the Holy Spirit and worship Him
- We are not working for God, we are working with Him
- We are not walking ahead of God, we are walking with Him
- We are in step with the Spirit of God in all diligence
- There are not times or seasons in our lives where we live sloppy lives; we must watch over our hearts
- Help young people with clear boundaries as they develop a deeper and deeper heart for God
- Phil. 4:6-7 the word “kept” is the same as the one used in 1 Peter 1:3-5 – it has to do with the deploying of a sentry/guard/military detail whose job it is to project from their post their comrades from any encroaching enemy
- God uses peace to guard our hearts—it’s the release of the manifest presence of the Prince of Peace
- The peace of God guarding our hearts and minds is in Christ Jesus
- An “it” doesn’t live in us. A “him” lives in us.

- 1 Peter 1:3-5 – we’re also guarded by the power that is in Christ Jesus
- We are guarded and kept by the power of God that is in Christ Jesus
- Emotional stability/strength/health is part of our inheritance in Christ Jesus
- To forgive/repent quickly is our inheritance in Christ Jesus
- To be someone who loves easily is to be a mature disciple in Jesus Christ and that is our inheritance in Christ Jesus
- Peace, power, presence, precepts of God guarding our hearts full of the love of God in Christ Jesus
- One day, the Lord will bring our spouses along. But until then, we have everything we need.
- If women don’t have a strong spiritual father ministering to them in the way they need it, then they are vulnerable.
- **Guarded by the Presence of God** – His love, joy, peace, fullness
- **Guarded by the Precepts of God** – word, will and ways of God
- **Guarded by the Peace of God** – rest, composure evidenced by an unhurriedness and a wholehearted trust
- Guarded by the Power of God – protection against the enemies of our hearts
- It’s knowing, “I don’t have to do anything, but what God calls me to. I don’t have to relate to any one but who God has called me to.”
- I am at rest, I am living in undisturbed composure
- What God wants to develop in us is an unoffended heart—we’ve been made partakers of the divine nature, we are renewed day by day, love and humility vs. lust and pride
- Giving Our Hearts to God
- Guarding Our Hearts by and for God
- Growing Our Hearts in God – renewing our minds, rinsing our consciences, rethinking our motives and our methods, reordering our values, repenting of our mixture
- Romans 12:1-2, Acts 15:8-9, Hebrews 9:14, James 3:13-18, 1 Jn 2:15-17, Js. 4:1-10
- As the world around us gets darker, the light is going to need to shine brighter
- The casual dating scene in America is directly related to the divorce rate, according to sociologists
- Lust and pride (world) vs. love and humility (Kingdom)
- Lust is an inordinate appetite to have what we want, regardless of the consequences; total selfishness
- Proud people keep others from knowing who God really is because prideful people only lift themselves up
- Love and humility is about the wisdom from above. Lust and pride is about the wisdom from below (earthly, sensual, demonic)
- Love and humility is about the Kingdom of God. Lust and pride is about the kingdom of darkness. Love and humility sacrificially gives and serves. Lust and pride selfishly plots, demands and takes.
- How do you know your heart has changed? You go from I must have her to I must serve her. From I must have him to I must serve him. You go to becoming a helper.
- God won’t give us something of deep desire to us prematurely because He knows it will become an idol in our heart

Guard Your Heart – Session 3

- 1 Jn. 1:7-9 – we have fellowship with one another when we walk in the light and the blood of Jesus Christ His Son cleanses us from all sin
- **Fellowship** – the first way we rightly relate to one another (koinonia) – commonness in relationship (our faith in and love for Jesus)
- There’s a common life we share together—the life in the Spirit
- We are of one another. We’re of the same stuff. The blood of Christ has been applied to our lives and has been placed within us and it courses through the veins of our spiritual lives.
- Yet there are things that can keep us from one another and keep us from rightly relating in an intimate fellowship, even though we’re of the same body

- If we are in Christ and of Christ, He only has one body and one Church—so the only division is the division of relationship and intimacy. Because you can't divide Christ substantively.
- There's never an excuse for us to be short and unkind with one another
- When our hearts are right and in a place of readiness to receive, you can sense it
- What compromises our capacity for fellowship with one another and what is it that restores intimacy with one another
 - What compromises it is undealt with, unchecked, unchallenged, unconfessed sin
 - Confession restores fellowship
- The spirit of the Lord's Supper is lived out in relationship at all times and when you're physically experiencing the Lord's Supper, you examine yourself to see if the heart has become compromised or adulterated or polluted in one way or the other
- You have to recognize that sin comes out of the heart by way of the mouth. It comes out no other way. You can think about it all you want, but you have to say it.
- It isn't hard to walk in fellowship with one another if we're willing to humble ourselves.
- Js. 5 – confess trespasses and pray for one another so that we may be healed
- It requires love and humility to come into fellowship with one another
- **Partnership** – Amos 3:3, Acts 13:1-3
- Partnership is about mission. The suffix “ship” is representative of the state of.
- God is setting us apart for a work that He's called us to. When God sets us apart for a work, the devil seeks to dissolve the partnership. If you can dissolve the partnership, you can dilute the work. And sometimes you can destroy the work.
- Partnership is that state of being partners. There is a venture together. That's why we talk about a married couple as life partners. There is a work implied in that name. We are partners in life.
- Part of guarding our heart is keeping sin out of our lives that would keep us from fellowship and keeping resentment and bitterness and anger out of our hearts that would dissolve a partnership.
- The devil wants to get us distracted, offended and weary so what we have as a bond begins to dissolve, erode, fray, come apart.
- Sometimes people become resentful with those they are in a partnership with.
- What God has joined together, let not men separate.
- There is something dynamic about the power of two.
- Power of one makes no sense. The worth and quality of one makes sense. But the power of one isn't in the Bible. The Bible is a covenant book.
- **Friendship** – Pro. 17:17 – A friend loves at all times and a brother is born for adversity. The word friend (rêa in Hebrew) – friend, companion, neighbor, fellow man – the root is the verb that means “to associate with; be a friend of.”
- Friends that are born for the battle.
- You don't need a best friend, except in marriage. The only exclusive relationship we have in life is marriage. What we need is a circle of friends.
- Is there anything more precious than covenantal friendship? I don't think so. It's a wonderfully marvelous thing.
- In courtship, friendship is very important. You need to build it the strongest because it will last the longest.
- There comes a time in life when you're not looking at your 90 year old spouse and saying to her, “We gotta take another trip around the world.”
- However wonderful romance is, the stuff of life is friendship.
- **Courtship** – every relationship is about courtship. Every relationship is a journey of discovery to see where that relationship is going.
- Every relationship should have a circle of people watching that relationship to see where it might go.
- It's finding out what the relationship can, should, and would be.