

Proverbs 4:20-27

Guard Your Heart

[Men] ²⁰My son, be attentive to my words;
incline your ear to my sayings. ²¹Let them not
escape from your sight; keep them within your
heart. ²²For they are life to those who find them,
and healing to all their flesh.

[Women] ²³Keep your heart with all vigilance, for
from it flow the springs of life.

[Congregation] ²⁴Put away from you crooked speech, and put devious talk far from you. ²⁵Let your eyes look directly forward, and your gaze be straight before you. ²⁶Ponder the path of your feet; then all your ways will be sure. ²⁷Do not swerve to the right or to the left; turn your foot away from evil.

Proverbs 4:20-27

[Pastor] ³⁴But when the Pharisees heard that he had silenced the Sadducees, they gathered together. ³⁵And one of them, a lawyer, asked him a question to test him. ³⁶“Teacher, which is the great commandment in the Law?”

[Congregation] ³⁷And he said to him, “You shall love the Lord your God with all your heart and with all your soul and with all your mind. ³⁸This is the great and first commandment.

Matthew 22:34–38

Proverbs 4:20-27

Guard Your Heart, Graduates

David & Solomon

- 1 Kings 2
- 1 Kings 10

¹Now King Solomon loved many foreign women, ..., ²from the nations concerning which the Lord had said to the people of Israel, “You shall not enter into marriage with them, neither shall they with you, for surely they will turn away your **heart** after their gods.” Solomon clung to these in love. ³He had 700 wives, who were princesses, and 300 concubines. And his wives turned away his **heart**. ⁴For when Solomon was old his wives turned away his **heart** after other gods, **and his heart was not wholly true to the Lord his God**, as was the **heart** of David his father.

1 Kings 11:1a, 2–4

What is the heart biblically?

²⁰My son, be attentive to my words; incline your ear to my sayings. ²¹Let them not escape from your sight; keep them within your **heart**. ²²For they are life to those who find them, and healing to all their flesh. ²³Keep your **heart** with all vigilance, for from it flow the springs of life.

The heart is the governing center of a person.
When used simply, it reflects the unity of our inner being, and when used comprehensively, it describes the complexity of our inner being—as composed of **mind** (what we know), **desires** (what we love), and **will** (what we choose).

A. Craig Troxel, *With All Your Heart: Orienting Your Mind, Desires, and Will toward Christ* (Wheaton, IL: Crossway, 2020), 21.

Why do we need to protect and preserve the heart?

²³Keep your **heart** with all vigilance, for from it flow the springs of life.

⁴³“For no good tree bears bad fruit, nor again does a bad tree bear good fruit, ⁴⁴for each tree is known by its own fruit. For figs are not gathered from thornbushes, nor are grapes picked from a bramble bush.⁴⁵The good person out of the good treasure of his **heart** produces good, and the evil person out of his evil treasure produces evil, **for out of the abundance of the **heart** his mouth speaks.**

Luke 6:43–45

²⁰And he said, “What comes out of a person is what defiles him. ²¹For from within, out of the **heart** of man, come evil thoughts, sexual immorality, theft, murder, adultery, ²²coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. ²³ All these evil things come from within, and they defile a person.”

Mark 7:20–23

How do we preserve and protect our hearts?

Kept hearts start with a spiritually regenerated heart.

31^b "I will make a new covenant" ... 33 ... I will put my law within them, and I will write it on their hearts. And I will be their God, and they shall be my people.

Jeremiah 31:31b & 33b

How do we preserve and protect our hearts?

Kept hearts start with a spiritually regenerated and Spirit empowered heart .

And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh. 27 And I will put my Spirit within you, and cause you to walk in my statutes and be careful to obey my rules.

Ezekiel 36:26–27

How do we preserve and protect our hearts?

Kept hearts start with a spiritually regenerated and Spirit empowered heart.

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

Galatians 5:22–23

How do we preserve and protect our hearts?

Examine your hearts.

What do my struggles reveal about my heart?

What do the things I treasure say about my heart?

What do the things I say and do reveal about my heart?

How do we preserve and protect our hearts?

Be careful what you put before your eyes & ears.

²⁰My son, be attentive to my words; incline your **ear** to my sayings. ²¹Let them not escape from your sight; keep them within your heart. ... ²⁵Let your **eyes** look directly forward, and your gaze be straight before you.

Proverbs 4:20,21,25

How do we preserve and protect our hearts?

Nurture a wholehearted love of God.

³⁷ And he said to him, “You shall love the Lord your God with all your heart and with all your soul and with all your mind. ³⁸ This is the great and first commandment.

Matthew 22:37-38

Nurture a wholehearted love of God.

1. Remember His love for you.
2. Spend time with Him.
3. Worship Him.
4. Ask Him to deepen your love and affection for Him.