

Guard *your* Heart

Proverbs 4:20-27 ESV

20 My son, be attentive to my words; incline your ear to my sayings. 21 Let them not escape from your sight; keep them within your heart. 22 For they are life to those who find them, and healing to all their flesh. 23 **Keep your heart with all vigilance, for from it flow the springs of life.** 24 Put away from you crooked speech, and put devious talk far from you. 25 Let your eyes look directly forward, and your gaze be straight before you. 26 Ponder the path of your feet; then all your ways will be sure. 27 Do not swerve to the right or to the left; turn your foot away from evil.

PART: One

- Translations

Proverbs 3:23

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

NIV Above all else, guard your heart, for everything you do flows from it.

KJV Keep thy heart with all diligence; for out of it are the issues of life.

NKJV Keep your heart with all diligence, for out of it spring the issues of life.

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

NET Guard your heart with all vigilance, for from it are the sources of life.

MESSAGE Keep vigilant watch over your heart; that's where life starts.

NAS Watch over your heart with all diligence, for from it flow the springs of life.

AMP Keep and guard your heart with all vigilance and above all that you guard, for out of it flow the springs of life.

GWORLD Guard your heart more than anything else, because the source of your life flows from it.

Keep | Guard | Watch over

Your heart

With all vigilance | Above all else | With all diligence | More than anything else

From it flow the springs of life

Everything you do flows from it

Out of it are the issues of life

Out of it spring the issues of life

It determines the course of your life

From it are the sources of life

That's where life starts

The source of your life flows from it

NOTE: In our season of focusing on our hearts, we realise that our hearts are places of vulnerability and susceptibility to attack. If we want to see change, it needs to happen from the inside out. Our live for the lost doesn't start with a well worked out program, but a change of heart. Often the compassion that should flow for the lost, doesn't because something has corrupted my heart. Therefore, for any change to be real, we begin with our hearts before the Lord, and let His Spirit reveal to us through His word, the changes we need to make!

- Hebrew

Keep

To protect, maintain and obey. The word refers to people maintaining things entrusted to them, especially to keeping the truths of God in both actions and mind. God's Word is to be kept with our whole hearts; our hearts, in turn, ought to be maintained in a right state. Preservation and maintenance, e.g. a tree.

Vigilance

It indicates the condition of being guarded, watched, controlled. It describes a group of guards and their location. It is used of a group of watchmen or armed men that are established for some purpose - a security detail. It has the sense of security or safety. Therefore, it refers to the guard at his post, vigilantly guarding, observing and protecting that point of vulnerability.

Springs

A border, an extremity, an end point. It refers to the end point or extreme reach of a border or borders, or border extremities, a geographical boundary. It refers literally to entrances / exits from a city.

Life

Living, alive.

- Context

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Be attentive to My words

When we apply the word of God to our hearts, change becomes possible, we have hope for growth and maturity.

- *Incline your ear to my sayings*
- *Let them not escape from your sight*
- *Keep them within your heart*
- *For they are life to those who find them, and healing to all their flesh*

Guard your heart with all vigilance, for from it flow the springs of life

In our new life as believers, we put off the old self, and put on CHRIST! We no longer live according to the law of sin and death, but the law of the Spirit of life! (Romans 8).

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