

# 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: *Two*

### - Context

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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.

### Be attentive to My words

- *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

- *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.*

## **- Guard your heart**

- Crooked speech
- Wandering eyes
- Straying feet

### **Philippians 2:12-18**

*12 Therefore, my beloved, as you have always obeyed, so now, not only as in my presence but much more in my absence, work out your own salvation with fear and trembling, 13 for it is God who works in you, both to will and to work for his good pleasure. 14 Do all things without grumbling or disputing, 15 that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world, 16 holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labour in vain. 17 Even if I am to be poured out as a drink offering upon the sacrificial offering of your faith, I am glad and rejoice with you all. 18 Likewise you also should be glad and rejoice with me.*

We apply the message of grace to our hearts, ongoingly, and live in all the benefits of salvation. We don't work for our salvation, but we work to apply our salvation! Our goal is to become more like Jesus!

### **2 Corinthians 3:12-18**

*12 Since we have such a hope, we are very bold, 13 not like Moses, who would put a veil over his face so that the Israelites might not gaze at the outcome of what was being brought to an end. 14 But their minds were hardened. For to this day, when they read the old covenant, that same veil remains unlifted, because only through Christ is it taken away. 15 Yes, to this day whenever Moses is read a veil lies over their hearts. 16 But when one turns to the Lord, the veil is removed. 17 Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. 18 And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.*

- **Crooked speech**

### **James 1:26-27**

*26 If anyone thinks he is religious and does not bridle his tongue but deceives his heart, this person's religion is worthless. 27 Religion that is pure and undefiled before God, the Father, is this: to visit orphans and widows in their affliction, and to keep oneself unstained from the world.*

**James 3:1-12**

1 Not many of you should become teachers, my brothers, for you know that we who teach will be judged with greater strictness. 2 For we all stumble in many ways. And if anyone does not stumble in what he says, he is a perfect man, able also to bridle his whole body. 3 If we put bits into the mouths of horses so that they obey us, we guide their whole bodies as well. 4 Look at the ships also: though they are so large and are driven by strong winds, they are guided by a very small rudder wherever the will of the pilot directs. 5 So also the tongue is a small member, yet it boasts of great things. How great a forest is set ablaze by such a small fire! 6 And the tongue is a fire, a world of unrighteousness. The tongue is set among our members, staining the whole body, setting on fire the entire course of life, and set on fire by hell. 7 For every kind of beast and bird, of reptile and sea creature, can be tamed and has been tamed by mankind, 8 but no human being can tame the tongue. It is a restless evil, full of deadly poison. 9 With it we bless our Lord and Father, and with it we curse people who are made in the likeness of God. 10 From the same mouth come blessing and cursing. My brothers, these things ought not to be so. 11 Does a spring pour forth from the same opening both fresh and salt water? 12 Can a fig tree, my brothers, bear olives, or a grapevine produce figs? Neither can a salt pond yield fresh water.

**Proverbs 19:21**

Death and life are in the power of the tongue, and those who love it will eat its fruits.

**Matthew 12:33-37**

33 “ Either make the tree good and its fruit good, or make the tree bad and its fruit bad, for the tree is known by its fruit. 34 You brood of vipers! How can you speak good, when you are evil? For out of the abundance of the heart the mouth speaks. 35 The good person out of his good treasure brings forth good, and the evil person out of his evil treasure brings forth evil. 36 I tell you, on the day of judgment people will give account for every careless word they speak, 37 for by your words you will be justified, and by your words you will be condemned.

**Matthew 15:10-20**

10 And he called the people to him and said to them, “ Hear and understand: 11 it is not what goes into the mouth that defiles a person, but what comes out of the mouth; this defiles a person.” 12 Then the disciples came and said to him, “Do you know that the Pharisees were offended when they heard this saying?” 13 He answered, “ Every plant that my heavenly Father has not planted will be rooted up. 14 Let them alone; they are blind guides. And if the blind lead the blind, both will fall into a pit.” 15 But Peter said to him, “ Explain the parable to us.” 16 And he said, “ Are you also still without understanding? 17 Do you not see that whatever goes into the mouth passes into the stomach and is expelled? 18 But what comes out of the

mouth proceeds from the heart, and this defiles a person. 19 For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander. 20 These are what defile a person. But to eat with unwashed hands does not defile anyone.

**Criticism | Judging | Whispering | Spreading rumours | Exaggeration | Lying | Not keeping your promises | Not encouraging | Saying nothing | Slander | Bearing false witness | Cursing and foul language**

## **Wandering eyes**

### **Luke 11:33-36**

33 "No one after lighting a lamp puts it in a cellar or under a basket, but on a stand, so that those who enter may see the light. 34 Your eye is the lamp of your body. When your eye is healthy, your whole body is full of light, but when it is bad, your body is full of darkness. 35 Therefore be careful lest the light in you be darkness. 36 If then your whole body is full of light, having no part dark, it will be wholly bright, as when a lamp with its rays gives you light

### **Matthew 6:19-24**

19 "Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, 20 but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. 21 For where your treasure is, there your heart will be also. 22 "The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, 23 but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! 24 "No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money.

### **Mark 9:43-50**

43 And if your hand causes you to sin, cut it off. It is better for you to enter life crippled than with two hands to go to hell, to the unquenchable fire. 45 And if your foot causes you to sin, cut it off. It is better for you to enter life lame than with two feet to be thrown into hell. 47 And if your eye causes you to sin, tear it out. It is better for you to enter the kingdom of God with one eye than with two eyes to be thrown into hell, 48 'where their worm does not die and the fire is not quenched.' 49 For everyone will be salted with fire. 50 Salt is good, but if the salt has lost its saltiness, how will you make it salty again? Have salt in yourselves, and be at peace with one another

### **Matthew 5:27-30**

27 "You have heard that it was said, 'You shall not commit adultery.' 28 But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart. 29 If your right eye causes you to sin, tear it out and throw it away. For it is better that you lose one of your members than that your whole body be thrown into hell. 30 And if your right hand causes you to sin, cut it off and throw it away. For it is better that you lose one of your members than that your whole body go into hell

### **Matthew 7:1-5**

1 "Judge not, that you be not judged. 2 For with the judgment you pronounce you will be judged, and with the measure you use it will be measured to you. 3 Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye? 4 Or how can you say to your brother, 'Let me take the speck out of your eye,' when there is the log in your own eye? 5 You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye.

**Look of lust | Look of greed and covetousness | Look of a temptress | Look of judgment | Scoffing | Look of pride | Look of anger and insolence | Look of disobedience**

## **Straying feet**

### **Psalm 1**

1 Blessed is the man who **walks** not in the counsel of the wicked, nor **stands** in the way of sinners, nor **sits** in the seat of scoffers; 2 but his delight is in the law of the Lord, and on his law he meditates day and night. 3 He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. 4 The wicked are not so, but are like chaff that the wind drives away. 5 Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous; 6 for the Lord knows the way of the righteous, but the way of the wicked will perish.

### **Psalm 119:105**

Your word is a lamp to my feet and a light to my path.

### **Psalm 16:11**

You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore

**Proverbs 4:18-19**

*18 But the path of the righteous is like the light of dawn, which shines brighter and brighter until full day. 19 The way of the wicked is like deep darkness; they do not know over what they stumble*

**Proverbs 12:28**

*In the path of righteousness is life, and in its pathway there is no death.*

**Proverbs 15:19**

*The way of a sluggard is like a hedge of thorns, but the path of the upright is a level highway.*

**Proverbs 14:12**

*There is a way that seems right to a man, but its end is the way to death.*

**Jeremiah 2:12-13**

*12 Be appalled, O heavens, at this; be shocked, be utterly desolate, declares the Lord, 13 for my people have committed two evils: they have forsaken me, the fountain of living waters, and hewed out cisterns for themselves, broken cisterns that can hold no water.*

**Proverbs 3:5-12**

*5 Trust in the Lord with all your heart, and do not lean on your own understanding. 6 In all your ways acknowledge him, and he will make straight your paths. 7 Be not wise in your own eyes; fear the Lord, and turn away from evil. 8 It will be healing to your flesh and refreshment to your bones. 9 Honour the Lord with your wealth and with the first-fruits of all your produce; 10 then your barns will be filled with plenty, and your vats will be bursting with wine. 11 My son, do not despise the Lord's discipline or be weary of his reproof, 12 for the Lord reproves him whom he loves, as a father the son in whom he delights.*

**2 Corinthians 6:14-7:1**

*6:14 Do not be unequally yoked with unbelievers. For what partnership has righteousness with lawlessness? Or what fellowship has light with darkness? 15 What accord has Christ with Belial? Or what portion does a believer share with an unbeliever? 16 What agreement has the temple of God with idols? For we are the temple of the living God; as God said, "I will make my dwelling among them and walk among them, and I will be their God, and they shall be my people. 17 Therefore go out from their midst, and be separate from them, says the Lord, and touch no unclean thing; then I will welcome you, 18 and I will be a father to you, and you shall be sons and daughters to me, says the Lord Almighty." 7:1 Since we have these*

*promises, beloved, let us cleanse ourselves from every defilement of body and spirit, bringing holiness to completion in the fear of God.*

**Running to do evil | Tip-toeing into another woman's bed | Moving away from the Gospel | Doing your own thing | Walking away from God | Going off course a few degrees | Unequally yoked**

**- Be attentive to My words**

Apply the word of God in the following way: -

- **Incline your ear to my sayings**

**Romans 10:17**

*So faith comes from hearing, and hearing through the word of Christ*

- **Let them not escape from your sight**

**James 1:19-25**

*19 Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; 20 for the anger of man does not produce the righteousness of God. 21 Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls. 22 But be doers of the word, and not hearers only, deceiving yourselves. 23 For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. 24 For he looks at himself and goes away and at once forgets what he was like. 25 But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing*

- **Keep them within your heart**

The sower and the seed. We need the right kind of heart to produce fruit!

**Matthew 13:18-23**

*18 "Hear then the parable of the sower: 19 When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what has been sown in his heart. This is what was sown along the path. 20 As for what was sown on rocky ground, this is the one who hears the word and immediately receives*

*it with joy, 21 yet he has no root in himself, but endures for a while, and when tribulation or persecution arises on account of the word, immediately he falls away. 22 As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the deceitfulness of riches choke the word, and it proves unfruitful. 23 As for what was sown on good soil, this is the one who hears the word and understands it. He indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty*

- **For they are life to those who find them, and healing to all their flesh**

### **John 5:24-25**

*24 Truly, truly, I say to you, whoever hears my word and believes him who sent me has eternal life. He does not come into judgment, but has passed from death to life. 25 “Truly, truly, I say to you, an hour is coming, and is now here, when the dead will hear the voice of the Son of God, and those who hear will live.*

### **1 John 1:1-4**

*1 That which was from the beginning, which we have heard, which we have seen with our eyes, which we looked upon and have touched with our hands, concerning the word of life— 2 the life was made manifest, and we have seen it, and testify to it and proclaim to you the eternal life, which was with the Father and was made manifest to us— 3 that which we have seen and heard we proclaim also to you, so that you too may have fellowship with us; and indeed our fellowship is with the Father and with his Son Jesus Christ. 4 And we are writing these things so that our joy may be complete.*

## **Extra scriptures**

### **Psalm 127:1**

*Unless the Lord builds the house, those who build it labor in vain. Unless the Lord watches over the city, the watchman stays awake in vain.*

### **1 Thessalonians 5:23-24**

*23 Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. 24 He who calls you is faithful; he will surely do it*

### **1 Corinthians 6:9-20**

*9 Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived: neither the sexually immoral, nor idolaters, nor adulterers, nor men who practice homosexuality, 10 nor thieves, nor the greedy, nor drunkards, nor revilers, nor swindlers will inherit the kingdom of God. 11 And such were some of you. But you were washed, you were sanctified, you were justified in the name of the Lord*



Jesus Christ and by the Spirit of our God. 12 “All things are lawful for me,” but not all things are helpful. “All things are lawful for me,” but I will not be dominated by anything. 13 “Food is meant for the stomach and the stomach for food”—and God will destroy both one and the other. The body is not meant for sexual immorality, but for the Lord, and the Lord for the body. 14 And God raised the Lord and will also raise us up by his power. 15 Do you not know that your bodies are members of Christ? Shall I then take the members of Christ and make them members of a prostitute? Never! 16 Or do you not know that he who is joined to a prostitute becomes one body with her? For, as it is written, “The two will become one flesh.” 17 But he who is joined to the Lord becomes one spirit with him. 18 Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. 19 Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, 20 for you were bought with a price. So glorify God in your body.

### **1 Corinthians 9:24-27**

24 Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. 25 Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. 26 So I do not run aimlessly; I do not box as one beating the air. 27 But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

### **Romans 12:1-2**

1 I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. 2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.