

**“Keep Thy Heart!”**  
**1 Corinthians 10:6-12**

**Introduction:**

1. We Find An Important Proverb, Written By King Solomon Himself:
  - In Proverbs 4:23 - “Keep Thy Heart With All Diligence; For Out Of It Are The Issues Of Life!”
  - “Keep Thy Heart With All Diligence; For Out Of It Are The Issues Of Life!”
  - “Keep Thy Heart!” Or “Guard Your Heart!”
2. This Morning, As We Head Back To 1 Corinthians 10:
  - We Will Find Paul Once Again Using Some Events In The History Of The Children Of Israel:
    - To Teach Them As Well As To Teach Each One Of Us:
      - To Keep & To Guard Our Hearts!
    - Why Is This Important?
      - Because As We Learned Last Week:
        - We Must All Remain Vigilant, Because We Are All Vulnerable To The Tragedy Of Sin!
3. So Why Is Paul & Why Does The Holy Spirit:
  - Keep Bringing Us Back To These Old Testament Events?
  - Let’s Look At 10:6-12 To Find Out Why:
    - “Now these things were our examples, to the intent we should not lust after evil things, as they also lusted. / Neither be ye idolaters, as were some of them; as it is written, The people sat down to eat and drink, and rose up to play. / Neither let us commit fornication, as some of them committed, and fell in one day three and twenty thousand. / Neither let us tempt Christ, as some of them also tempted, and were destroyed of serpents. / Neither murmur ye, as some of them also murmured, and were destroyed of the destroyer. / Now all these things happened unto them for ensamples: and they are written for our admonition, upon whom the ends of the world are come. / Wherefore let him that thinketh he standeth take heed lest he fall!”
4. **IE:** There was a special place built inside castles of the Middle Ages - the time of Camelot, King Arthur and the legendary Round Table! This special place was built within the castle walls! This special place was usually built on a high mound or a hill! This special place was built and fortified to see and to fend off any attacks from the enemy! And this special place was usually the place of last resort, if the rest of the castle had been breached. This special place was known as the “keep” of the castle! And they would guard this special place & the special people in that place, like the king and queen, to the last man! So they would guard & keep the “Keep!”
  - The Special Place Within Each One Of Us Is Our Hearts!
    - It Is The Source Of Our Affections, Attitudes & Even Our Actions!
    - And We Need To Guard & To Keep Our Hearts!
  - Jesus Said In Matthew 12:34-35 - “Out of the abundance of the heart the mouth speaketh! / A good man out of the good treasure of the heart bringeth forth good things: and an evil man out of the evil treasure bringeth forth evil things!”
    - So We Need To Guard & To Keep Our Hearts!
5. And We Are Going To Look At Three Reasons In Our Passage This Morning, Why We Must:
  - “Keep Our Hearts With All Diligence!”

\* “Keep Thy Heart” – Because:

**1. We Have The Same Potential!**

- As The Children Of Israel In The Old Testament!
- Looking Back At 10:6 - “Now these things were our examples, to the intent we should not lust after evil things, as they also lusted!”
  - The Children Of Israel In The Wilderness:
    - Is An Example & A Warning To Us All!
  - Of The Wrong Pattern Of Life!
    - “Now These Things Were Our Examples!”
    - Or Types & Patterns!
    - We Need To Learn From Their Mistakes!
  - Of The Wrong Pursuit In Life!
    - “To The Intent We Should Not Lust After Evil Things, As They Also Lusted!”
    - We Need To Learn From Their Mistakes!
    - Of “Lusting” Or “Craving” & “Desiring” & “Pursuing”:
      - The Wrong Things In Life!
  - What Was The Source Of Their Sinful Actions?
    - Their Lusts & Their Evil Desires!
      - James 1:14-15 - “But every man is tempted, when he is drawn away of his own lust, and enticed. /

Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death!”

- And Where Did Their Lusts & Evil Desires Come From?
  - Their Hearts!
  - As Jesus Said, Again In Matthew 12:35 - “A good man out of the good treasure of the heart bringeth forth good things: and an evil man out of the evil treasure bringeth forth evil things!”
- They Didn’t Keep Their Hearts!
  - They Didn’t Guard Their Hearts!
  - And We Have The Same Potential!
    - Which Is Why We Paul Says In 10:6 - “To The Intent We Should Not Lust After Evil Things!”
  - So: “Keep Thy Heart With All Diligence!”
    - When It Comes To You Own Sin & Your Own Lusts & Desires!

\* “Keep Thy Heart” – Because:

2. ***We Have The Same Problems!***

- As The Children Of Israel In The Old Testament!
  - In The Next 4 Verses, Paul Reminds Us Of Four Specific Sins Committed By The Children Of Israel In The Wilderness! And All 4 Of These Sins Came About Because Of Their Own Lusts & Evil Desires! They Came From & Started In Their Hearts!
  - They Needed To Keep & Guard Their Hearts!
    - And So Do We, In Dealing With These & All Other Kinds Of Sin In Our Lives!
  - What Are The Sins & Problems We Need To Deal With?
- ***The Sin Of Idolatry – A Sinful Disbelief!***
  - 10:7 - “Neither be ye idolaters, as were some of them; as it is written, The people sat down to eat and drink, and rose up to play!” – A Sinful Disbelief!
    - You & I Need To “Keep Our Hearts” Because Of:
  - ***The Risk Of Idolatry & Disbelief:***
    - Here Is A Command To Each One Of Us - Knowing That We Are All Vulnerable On Our Own:
      - So – “Neither Be Ye Idolaters, As Were Some Of Them!”
    - The Potential Is There!
      - For Each One Of Us To Have Someone Or Something Else In The Place Of God In Our Lives! That Is Idolatry & Disbelief!
    - How Do We Know The Children Of Israel Committed Idolatry? Because Of:
  - ***The Record Of Their Idolatry & Disbelief:***
    - “As It Is Written!”
    - We Find Their Idolatry In Exodus 32!
    - When Moses Remained Up In Mount Sinai, And The People Told Aaron To Make Them An Image Of A God To Worship! And Aaron Collected All Of Their Gold Earrings, And Made Them A Golden Calf & Proclaimed A Day Of Sacrifice & Worship Of That Calf - Even Saying: “These Be Thy Gods, O Israel, Which Brought Thee Up Out Of The Land Of Egypt!”
  - ***The Result Of Their Idolatry & Disbelief:***
    - “The People Sat Down To Eat And Drink!”
    - This Feast Was A Part Of Their Worship Of That Golden Calf!
    - What Would They Have Eaten?
      - Meat That Was Sacrificed To The Calf!
      - But Also The Manna That God Had Given Them! Probably Made Into Bread!
    - And What Would They Have Drank?
      - The Water That God Had Provided To Them, That Was Still Flowing From That Rock & Following Them Wherever They Went!
    - They Took What God Had Graciously Given To Them & Used It For Sin!
      - A Tragic & A Tasteless Sin!
  - ***The Reason For Their Idolatry & Disbelief:***
    - Because Of Their Lusts!
    - Because They Didn’t Keep & Guard Their Hearts!
    - “And Rose Up To Play!”
      - Everything They Did Was Please & To Satisfy Themselves & Their Lust!
  - Can Our Lusts & Our Disbelief Lead Us To The Sin Of Idolatry & Disbelief?
    - Like The Children Of Israel?
    - “Keep Thy Heart With All Diligence!”

**- The Sin Of Fornication – A Sinful Desire!**

- 10:8 - “Neither let us commit fornication, as some of them committed, and fell in one day three and twenty thousand!” – A Sinful Desire!

- You & I Need To “Keep Our Hearts” Because Of:

**- The Risk Of Fornication & Sinful Desire:**

- Again, Knowing That We Are All Vulnerable On Our Own:

- So – “Neither Let Us Commit Fornication, As Some Of Them Committed!”

- The Potential Is There!

- The Corinthians Knew Of Their Potential!

- 5:1-11; 6:18 - “Flee Fornication!”

- We Know Of Our Own Potential!

- For Having Any Kind Of Sexually Immoral Relationship Outside Of God’s Definition Of Marriage!

**- The Record Of Their Fornication & Sinful Desire:**

- We Find The Record Of Their Fornication In Numbers 25!

- When The Men Of Israel Started Having Immoral Relationships With The Women Of Moab - Not Just Joining Together With Their Bodies, But Also With Their False God! It Wasn’t Just A Physical Unfaithfulness, But A Spiritual Unfaithfulness! And This Happened Just A Few Miles From Where They Would Cross The Jordan River Into The Promised Land!

**- The Result Of Their Fornication & Sinful Desire:**

- “And Fell In One Day Three & Twenty Thousand!”

- It Says In Numbers 25:3 That: “The Anger Of The Lord Was Kindled (Or Burned Like A Fire) Against Israel!” - And So God Commanded That The Physically Immoral Men Be Killed & The Spiritually Immoral People Be Plagued!

- And The Punishment Fit The Crime!

- The Sin Was Severe, So The Punishment Was Swift & Severe As Well!

- And 23,000 People Were Killed By God In This Plague In One Day!

- With A Total Of 24,000 Being Killed, As Recorded In Numbers 25!

**- The Reason For Their Fornication & Sinful Desire:**

- Because Of Their Lusts!

- Because They Didn’t Keep & Guard Their Hearts!

- James 1:15 - “Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death!”

- Can Our Lusts & Our Desires Lead Us To The Sin Of Fornication & Sinful Desire?

- And Sexual Immorality, Like The Children Of Israel?

- “Keep Thy Heart With All Diligence!”

**- The Sin Of Tempting Christ – A Sinful Doubt!**

10:9 - “Neither let us tempt Christ, as some of them also tempted, and were destroyed of serpents!” – A Sinful Doubt!

- You & I Need To “Keep Our Hearts” Because Of:

**- The Risk Of Tempting Christ & Doubt:**

- Still, Knowing That We Are All Vulnerable On Our Own:

- “Neither Let Us Tempt Christ, As Some Of Them Also Tempted!”

- The Potential Is There!

- To “Tempt” Means To Test / Try / Prove God’s Character & Power!

- Hasn’t God Shown To Us His Many Wonders?

- Yet Do We Still Doubt & Tempt Christ Ourselves?

- By Living Like He Doesn’t Exist!

- By Disobeying His Word / Will!

- By Being Ungrateful!

**- The Record Of Their Tempting Christ & Doubt:**

- Didn’t God Already Show The Children Of Israel Many Wonders!

- Presence / Protection / Power / Provision!

- And Still They Doubted God & Rejected His Authority!

- They “Tempted Christ!”

- In Numbers 14:22 God Himself Says That They “Tempted Me Now These 10 Times, And Have Not Hearkened / Listened To My Voice!”

- This Specific Sin Of Tempting Christ Is Found In Numbers 21!

- When: “The Soul Of The People Was Much Discouraged By The Way. And The People

Spake Against God, And Against Moses, Wherefore Have Ye Brought Us Up Out Of Egypt To Die In The Wilderness? For There Is No Bread, Neither Is There Any Water; And Our Soul Loatheth This Light Bread!” (21:4-5)

- They Tempted Christ:

- When They Rejected & Despised What He Had Given Them! Manna! Bread From Heaven! To Save / Strengthen / Sustain! They Wanted Something Different! God Was Not Enough For Them!

- We Tempt Christ:

- When We Despise What God Has Already Provided To Meet Our Own Needs – Especially Spiritual! Christ Himself, The Bread Of Life! He Is Sufficient / Enough!

- Instead Of Tempting Christ:

- We Need To Trust Christ! Completely!

- ***The Result Of Their Tempting Christ & Doubt:***

- “And Were Destroyed Of Serpents!”

- God Used Fiery, Poisonous Serpents To Punish Them & To End Their Trial Of God!

- ***The Reason For Their Tempting Christ & Doubt:***

- Because Of Their Lusts!

- Psalm 78:18 - “And they tempted God in their heart by asking meat for their lust!”

- They Wanted Something Different Than What God Had Already Provided For Them!

- They Didn’t Keep & Guard Their Hearts!

- Can Our Lusts & Our Doubt Lead Us To The Sin Of Tempting Christ & Doubt?

- Like The Children Of Israel?

- “Keep Thy Heart With All Diligence!”

- ***The Sin Of Murmuring – A Sinful Discontentment!***

- 10:10 - “Neither murmur ye, as some of them also murmured, and were destroyed of the destroyer!” – A Sinful Discontentment!

- You & I Need To “Keep Our Hearts” Because Of:

- ***The Risk Of Murmuring & Discontentment:***

- Remember: We Are All Vulnerable On Our Own!

- So – “Neither Murmur Ye, As Some Of Them Also Murmured!”

- The Potential Is There!

- To Murmur & To Grumble & To Complain Because You Are Not Content With God’s Will / Work In Your Life!

- Philippians 2:14 - “Do all things without murmurings and disputings!”

- ***The Record Of Their Murmuring & Discontentment:***

- The Bible Records Many Times When The Children Of Israel Were Discontent & Murmured Against God!

- In Exodus 15:24 - Murmured About What To Drink

- Result? God Was Patient With Them!

- And Provided Them With Water!

- Made The Bitter Water Sweet!

- In Exodus 16:2-3 - Murmured About What To Eat

- Result? God Was Patient With Them!

- And Provided Them With Meat To Eat That Night (Quail) & Manna To Eat In The Morning! And Every Morning After That For 40 Years!

- In Exodus 17:3 - Murmured About What to Drink Again!

- Result? God Was Patient With Them!

- And Provided Water From A Rock! Which Continued To Flow For Nearly 40 Years!

- And Even In Numbers 14:2 - When The People Murmured About The Report From The Spies!

- God Was Still Patient & Longsuffering, By Not Destroying Them All At Once!

- It Was Only After These 4 Times Of God’s Patience & Longsuffering With Their Murmuring & Complaining Spirit, Do We Find An Immediate Punishment For Their Discontentment In Numbers 16:41 - When All the Children Of Israel Murmured Against God’s Punishment Of The Sons Of Korah!

- ***The Result Of Their Murmuring & Discontentment:***

- “And Were Destroyed Of The Destroyer!”

- God Himself Sent A Plague, That Ended Up Consuming 14,700 Of Them!

- ***The Reason For Their Murmuring & Discontentment:***

- Because Of Their Lusts!

- Jude 1:16 - "These are murmurers, complainers, walking after their own lusts!"
- They Didn't Keep & Guard Their Hearts!
- Can Our Lusts & Our Discontentment Lead Us To The Sin Of Murmuring & Complaining?
- Like The Children Of Israel?
- Are We Ignoring The Patience & Longsuffering Of God?
- "Keep Thy Heart With All Diligence!"
- Because We Have The Same Problems As The Children Of Israel!

\* "Keep Thy Heart" – Because:

3. ***We Have The Same Pride!***

- As The Children Of Israel In The Old Testament!
- Just As We Learned In 10:6, We Find In 10:11 - "Now all these things happened unto them for ensamples: and they are written for our admonition, upon whom the ends of the world are come!"
- Why Did God Record All These Things For Us In The Bible?
- And Why Is Paul Reminding Us Of These Ancient Things Now?
- To Teach Us Wisdom! "Ensamples!"
- And To Give Us A Warning! An "Admonition!"
- So What Must We Do?
- "Keep Thy Heart With All Diligence!" - As Solomon Says!
- As Paul Says - 10:12 - "Wherefore let him that thinketh he standeth **take heed** lest he fall!"
- We Must Listen & Learn & Obey & Keep Our Own Hearts As Well! "Take Heed!"

**Conclusion:**

1. So - How Can We "Take Heed"? - As Paul Tells Us?
- How Can We "Keep & Guard Our Hearts"? As Solomon Tells Us?
2. The Key Is Found Back In Those Old Testament Accounts Of The Sins Of The Children Of Israel!
- When We Just Looked At Their Problems / Their Sins:
  - Of Idolatry & Disbelief!
  - Of Fornication & Sinful Desire!
  - Of Tempting Christ & Doubt!
  - Of Murmuring & Discontentment!
- We Saw:
  - The Risk Of Those Sins & Our Potential To Commit Them!
  - The Record Of Those Sins!
  - The Result Of Those Sins!
  - And The Reason For Those Sins! Lusts! From The Heart!
- But Is There A Resolution For Those Sins? And For Our Sins?
- And A Solution?
3. I Believe There Is!
- When God Was Dealing With Their Sin Of Idolatry & Disbelief:
  - In Exodus 32 - 9-10 - "The LORD said unto Moses, I have seen this people, and, behold, it is a stiffnecked people: / Now therefore let me alone, that my wrath may wax hot against them, and that I may consume them: and I will make of thee a great nation!"
  - God Was About To Destroy Them & Raise Up A Nation From Moses' Family!
- What Was The Resolution?
  - What Did God Provide For His People?
  - An Intercessor!
  - Exodus 32:11 - "And Moses besought the LORD his God!"
- When We Are Dealing With Sinful Disbelief:
  - How Can We Keep & Guard Our Hearts?
  - Remember That Jesus Is Your Intercessor!
  - Hebrews 7:25 - "Wherefore he is able also to save them to the uttermost that come unto God by him, seeing he ever liveth to make intercession for them!"
- When God Was Dealing With Their Sin Of Fornication & Sinful Desire:
  - In Numbers 25 - 3 - "And the anger of the LORD was kindled against Israel!"
  - And God Sent A Plague That Destroyed 23,000 In One Day & Would Have Been More!
- But What Was The Resolution?
  - What Did God Provide For His People?
  - A Zealous Man!

- Numbers 25:10-11 - “And the LORD spake unto Moses, saying, / Phinehas, the son of Eleazar, the son of Aaron the priest, hath turned my wrath away from the children of Israel, while he was zealous for my sake among them, that I consumed not the children of Israel in my jealousy!”
  - When We Are Dealing With Sinful Desires:
    - How Can We Keep & Guard Our Hearts?
    - Rely Upon The Zeal Of Jesus Christ, Who Defeated Sin & Death Once & For All By His Death On The Cross!
    - Phinehas May Have Killed The Sinner In His Zeal!
    - But Jesus Has Killed Sin Itself In His Zeal!
  - When God Was Dealing With Their Sin Of Tempting Christ & Doubt:
    - In Numbers 21 - 4 - “And the LORD sent fiery serpents among the people, and they bit the people; and much people of Israel died!”
    - But Was This The End Of The Children Of Israel? No!
    - But What Was The Resolution?
      - What Did God Provide For His People?
      - 21:8 - “And the LORD said unto Moses, Make thee a fiery serpent, and set it upon a pole: and it shall come to pass, that every one that is bitten, when he looketh upon it, shall live!”
      - God Provided Hope For His People! And Still Does!
  - When We Are Dealing With Sinful Doubts:
    - How Can We Keep & Guard Our Hearts?
    - Look To & Rest In Your Savior, Jesus Christ! As Jesus Told Nicodemus In John 3:14-16 - “And as Moses lifted up the serpent in the wilderness, even so must the Son of man be lifted up: / That whosoever believeth in him should not perish, but have eternal life. / For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life!”
  - And When God Was Dealing With Their Sin Of Murmuring & Discontentment:
    - In Numbers 16 - 44-45 - “And the LORD spake unto Moses, saying, / Get you up from among this congregation, that I may consume them as in a moment!”
    - God Was Sending Another Plague To Destroy Them All! Did That Happen? No!
    - What Was The Resolution?
      - What Did God Provide For His People?
      - An Atonement!
      - Numbers 16:47-48 - Following Moses’ Instructions, Aaron Took A Censer With Fire And - “Ran into the midst of the congregation! And he put on incense, and made an atonement for the people! And he stood between the dead and the living; and the plague was stayed!”
  - When We Are Dealing With Sinful Discontentment:
    - How Can We Keep & Guard Our Hearts?
    - Run To Jesus! Don’t Delay! He Is The One Who Has Made Atonement For Your Sin & Is The One Who Stands Between The Dead & The Living! Make Sure You Are On The Right Side Of The Savior! The Side Of The Living!
4. So Even With All Of These Terrible & Tragic Sins:
- God Always Provided A Resolution & A Solution!
    - And He Does For Us As Well!
  - Our Resolution - Whenever We Need To Deal With A Lust Or A Temptation Or A Sin:
    - Is The Lord Jesus Christ!
    - Remember / Rely Upon / Rest In / Run To Him!
  - This Is How You Can “Keep Thy Heart With All Diligence!”
    - Sometimes Those Medieval Keeps In The Castles Would Fall!
    - But Whenever You Bring Your Heart & Life To The Lord Jesus For Safe-Keeping - He Will Never Fail!
5. “Keep Thy Heart With All Diligence; For Out Of It Are The Issues Of Life!”

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