

**Guarding the Heart**  
**Proverbs 4:23**  
**April 19, 2020**

A well-tended garden is a beautiful thing.

**What is the heart?**

Muscle that pumps blood to your body. Center of emotional life.

**How is heart used in Scripture?**

- |                          |                |
|--------------------------|----------------|
| 1) For the understanding | Romans 1:21    |
| 2) For the will          | Matthew 22:37  |
| 3) For the Affections    | Proverbs 23:26 |
| 4) For the conscience    | 1 John 3:19-20 |

**How is it used in our text?**

RB Kuiper. "A man's heart is what he is."

The living core of his being. The central processing unit of his soul.

**What is guarding or keeping the heart?**

**Negatively, it is protecting the heart.**

What are empty calories?

Where do our ethics really come from?

What are you feeding your hearts? Philippians 4:8

**Positively, it is keeping the heart for its proper use.**

Our hearts were made to commune with God.

**God cries out for our hearts.** Proverbs 23:26

"None but God can satisfy the longings of the immortal soul; as the heart was

made for him, he only can fill it." Robert Trench

Do you have an undivided heart this morning?

What is a Covenant ring?

### **How are we to guard our hearts?**

With diligence, Above all things, guard your hearts.

Feast your heart on wisdom, let truth sink in.

How are your devotions going?

### **Why should we guard the heart? What is the reason given?**

The heart is the wellspring of life. (Luke 6:45)

How does the garden of your soul look?

- 1) Some gardens appear to be nothing but wild fields of weeds.
- 2) Some of your hearts are not worth keeping nor guarding.
- 3) Some gardens start well in the spring, but the weeds grow throughout the summer, and begin to choke the good plants.
- 4) Some of your hearts are neglected, unguarded, an easy prey for the world.
- 5) Some gardens tended, but not well tended.
- 6) Some of your hearts are guarded, but not diligently. Not above all things
- 7) Some of you guard your heart, diligently, are undivided in your devotion to Christ, and the fruit of your communion with God is seen ripening all over your tree of faith.

How does the garden of your soul look? (Proverbs 8:17; Jeremiah 29:13)