

**“Guard Your Heart”  
Proverbs 4:23-27**

**Proverbs 4:23-27** *Keep your heart with all vigilance, for from it flow the springs of life. <sup>24</sup> Put away from you crooked speech, and put devious talk far from you. <sup>25</sup> Let your eyes look directly forward, and your gaze be straight before you. <sup>26</sup> Ponder the path of your feet; then all your ways will be sure. <sup>27</sup> Do not swerve to the right or to the left; turn your foot away from evil.*

I. Why should I guard my heart?

-The heart is a valued treasure.

**I Samuel 16:7** *But the LORD said to Samuel, “Do not look on his appearance or on the height of his stature, because I have rejected him. For the LORD sees not as man sees: man looks on the outward appearance, but the LORD looks on the heart.”*

-The heart reveals the core of who I am.

**Proverbs 4:23** *... for from it flow the springs of life.*

-The heart is a war zone.

**Mark 7:20-23** *And he said, “What comes out of a person is what defiles him. For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. All these evil things come from within, and they defile a person.”*

II. How do I know if I am guarding my heart?

Examine these key areas:

-speech

**Proverbs 4:24** *Put away from you crooked speech, and put devious talk far from you.*

-eyes

**Proverbs 4:25** *Let your eyes look directly forward, and your gaze be straight before you.*

-steps

**Proverbs 4:26-27** *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.*

### III. Where can I go to have a heart change?

**1 Kings 11:1-2** *Now King Solomon loved many foreign women, along with the daughter of Pharaoh: Moabite, Ammonite, Edomite, Sidonian, and Hittite women, from 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.*

-You run to Jesus!!

*"Young men, do not be deceived. Don't think you can, at will, serve lusts and pleasures in your beginning, and then go and serve God with ease at your latter end. Don't think that you can live with Esau, and then die with Jacob. It is a mockery to deal with God and your souls in such a fashion. It is an awful mockery to suppose you can give the flower of your strength to the world and the devil, and then put off the King of kings with the scraps and remains of your hearts, the wreck and remnant of your powers. It is an awful mockery, and you may find to your loss that the thing cannot be done." - JC Ryle*

**Proverbs 4:20-22** *My son, be attentive to my words; incline your ear to my sayings. Let them not escape from your sight; keep them within your heart. <sup>22</sup> For they are life to those who find them, and healing to all their flesh.*

**Psalms 119:9-11** *How can a young man keep his way pure? By guarding it according to your word. With my whole heart I seek you; let me not wander from your commandments! I have stored up your word in my heart, that I might not sin against you.*

**Colossians 3:1-5** *If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth. For you have died, and your life is hidden with Christ in God. When Christ who is your life appears, then you also will appear with him in glory. Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry.*

What is my heart clinging to?

**1 Corinthians 1:18** *For the word of the cross is folly to those who are perishing, but to us who are being saved it is the power of God.*