

## **Guard your Heart**

(Proverbs 4:23)

- I. The Duty of Guarding your Heart.
  - A. The heart is the wellspring of life itself, and if you pollute the fountain, you defile all of life.
  - B. Sanctification is about purifying the heart and renewing the mind.
  - C. Some practical steps for guarding your heart.
    1. Step one: Commit to Christ. (Ezek 36:26)
      - a. You cannot put this into practice unless your heart is surrendered to the Lordship of Christ.
    2. Step two: Mortify your mind. (Rom. 13:14)
      - a. This is one of the marks of the true Christian.
    3. Step three: Harness your heart. (Prov. 4:23)
      - a. Have self-control in what you allow yourself to be exposed.
  - D. In order to guard your heart...
    1. "Guard your ears." (Prov.. 4:20)
    2. "Guard your eyes." (Prov. 4:21,25)
    3. "Guard your conscience." (Prov..4:21-22)
    4. "Guard your tongue." (Prov.. 4:24)
    5. "Guard your feet," (Prov.. 4:26 and 27)
    6. "Guard your emotions." (James 3:14-15)
    7. "Guard your thoughts."
      - a. Your thought life is where your battle for self-control will be won or lost.
      - b. The Scripture says from your heart flow the springs of life, so keep the waters pure
- II. The Difficulty of Guarding the Heart.
  - A. This is not something that you can do passively.
  - B. It calls for perseverance, persistence, and diligence.
  - C. We have to guard our heart, not only from evil outside, but from the evil that breeds inside. (Prov.. 28:26)
  - D. If your private life is devoted purely to personal pleasure, where you seek delight in what God deems abominable, then your worship is unacceptable.
- III. The Desirability of Guarding the heart.
  - A. Don't think for a moment that you can entertain sin in your mind without any danger to your soul.
  - B. If you imagine it, you will do it.
  - C. The thought is the father of the deed.
  - D. An impure heart can ruin us for life and all eternity.
- IV. Conclusion
  - A. God promises forgiveness from our sins and to give us his own Spirit.
  - B. That is what enables us to know His mind, to equip us to think righteous thoughts, to empower us to obey his commandments.