**GUARDING YOUR HEART**

**Text: Proverbs 4:23**

Hulubaton 4:23 Ang Pulong Sang Dios (HLGN)

* 23 Bantayi sing maayo ang imo hunahuna, kay kon ano ang imo ginahunahuna amo man ang imo kabuhi.
* 23 Above all else, guard your heart, for everything you do flows from it. (NIV)
* Keep your heart with all diligence, For out of it spring the issues of life (KJV)

**INTRO:**

* When a soldier goes to war, they protect the most important part of their body.
* You could be hit and wounded in your arm, shoulder, or legs and live but you cannot live when your shot in the heart or head.

**AIM:**

* FOR US TO GUARD OUR HEART FOR OUT OF IT ARE THE ISSUES OF LIFE
* “the goings out of lives.”
* The outcome, result, proceedings of life are from the heart.
* Hebrews 3:10 Therefore I was angry with that generation, And said, 'They always go astray in [their] heart.

**THERE ARE THINGS WE SHOULD GUARD OUR HEARTS FROM**

**I. ANXIETY**

* Proverbs 12:25 Anxiety in the heart of man causes depression, But a good word makes it glad.
* Anxiety-distress or uneasiness of mind caused by fear of danger or misfortune
* Phil 4: 6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving,
* let your requests be made known to God;
* I Pet 5:7 Cast all your anxiety on him because he cares for you.
* Do not worry about anything
* Proverbs 13:12 Hope deferred makes the heart sick, But [when] the desire comes, [it is] a tree of life.

**II. SORROW**

* Proverbs 14:13 Even in laughter the heart may sorrow, And the end of mirth [may be] grief.
* In laughter - The outward signs of joy are often mixed with real sorrow.
* Hulubaton 14:13
* Ang Pulong Sang Dios (HLGN)
* 13 Puwede mo matago ang imo kasubo sa imo nga pagkadlaw, pero kon tapos ka na kadlaw ang kasubo ara man gihapon.
* Proverbs 17:22 A cheerful heart is good medicine, but a crushed spirit dries up the bones.
* Pro 15:13 A merry heart makes a cheerful countenance, But by sorrow of the heart the spirit is broken.
* Ecc 11:10 Therefore remove sorrow from your heart,

**III. ENVY**

* Pro 14:30 A sound heart [is] life to the body, But envy [is] rottenness to the bones.
* A feeling of discontent and resentment aroused by and in conjunction with desire for the possessions or qualities of another
* Pro 15:13 A merry heart makes a cheerful countenance, But by sorrow of the heart the spirit is broken.

**IV. WORDS WE HEAR**

* Ecc 7:21 Also do not take to heart everything people say, Lest you hear your servant cursing you.
* 1Thess 5:21 Test all things; hold fast what is good.
* Ex. Eating fish, when your tongue felt a bone, you will spit it out
* Choose the words you listen absorb
* You will tend to accept what you often hear
* Listen to God’s Word (good news) rather than evil’s report
* Israelites failed to receive the Promised Land because they listened to a bad report-Numbers 14
* There are people who are good at reporting evil
* Most people are fond of saying the bad part but keep silent when it comes to the good part

**V. IMPURITY**

* Matt 5:8 Blessed [are] the pure in heart, For they shall see God.
* Matt 5:28 "But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart.
* Hebrews 12:14 Pursue peace with all [people], and holiness, without which no one will see the Lord:
* Pure gold is 24K
* Pure gold is not corroded with anything
* Acid-test for gold with the use of Nitric acid
* Gold is "single atom." It does not contain any traces of metals or toxins.
* If our hearts are pure we can avoid the love of money
* We can eradicate pride
* Ex. Virus on computer

**VI. GUARD YOUR HEART**

* Install an anti-virus
* 1Thess 5:21 Test all things; hold fast what is good.
* 1Thess 5:22 Abstain from every form of evil.
* VII. MAKE GOOD HABITS
* We cannot stop our bad habits without creating good ones
* Pro 4:21 Do not let them depart from your eyes; Keep them in the midst of your heart;
* Pro 4:22For they [are] life to those who find them, And health to all their flesh.
* Phil 4:8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.
* Mat 16:23 But He turned and said to Peter, "Get behind Me, Satan! You are an offense to Me, for you are not mindful of the things of God, but the things of men."

**CHALENGE:**

* Are you guarding your heart from these things?

**CONCLUSION:**

* **Prov 4: 23 Above all else, guard your heart, for everything you do flows from it. (NIV)**