

Topical Study

Topic 1: Guarding your heart

Proverbs 4:23

NKJV

Keep your heart with all diligence, For out of it spring the issues of life.

NIV

Above all else, guard your heart, for everything you do flows from it.

AMP

Watch over your heart with all diligence, for from it flow the springs of life.

Introduction

Our heart is our mind, soul, intellect, conscience, and emotions; the centre of our feelings, reasoning, attitudes, beliefs, thoughts and actions. **Therefore, our hearts are who we are at the very core**, and God sees our hearts. (Proverbs 23:7 - ⁷For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee. Psalm 139:1-4). Your heart is extremely valuable.

It is the essence of who you are. It is your authentic self—the core of your being. It is where all your dreams, your desires, and your passions live. It is that part of you that also connects with God and other people. Therefore, it is crucial to guard our hearts above all else.

Q: What can you say or express about this Solomon's statement?" What does it mean to "guard" our heart?

Q: What should we keep our hearts/minds from or against?

Guarding our hearts is about protecting ourselves from external and internal factors. We must be mindful of the things we think about, the things we set our affection on, and the things we give our attention to. Negativity, bitterness, and anger can take root in our hearts and lead to sinful behaviour. Guarding your heart means choosing to focus on godly thoughts Colossians 3:2.

- Every Christian has two opposing mindsets that are always fighting against each other: our sinful mindset that we were born with and the mind of Christ given to us by the Holy Spirit. (Jeremiah 17:9-10, Galatians 5:16-17)

- **The devil targets our hearts constantly. (1 Peter 5:8).**

Because your heart is under constant attack. When Solomon says to guard your heart, he implies that you are living in a combat zone—one in which there are casualties. Many of us are oblivious to the reality of this war. We have an enemy who is bent on our destruction. He not only opposes God, but he opposes everything that is aligned with Him—including us.

Q: Through what source or way can heart be contaminated?

Q: What are the implications of getting our heart contaminated?

When we guard our hearts, we take responsibility for our mental, psychological, and spiritual well-being. In doing so, we protect ourselves from sinful influences that impede spiritual progress (Hebrews 12:1–3). By guarding our hearts, we become who God designed us to be (Ephesians 2:10).

It is imperative to guard our hearts is that the heart impacts our relationship with others. It can draw us closer to others or estrange us from them. For example, if we cultivate an attitude of love, kindness, and compassion toward others (Ephesians 4:32), we will build strong and meaningful connections with them. A heart of patience, understanding, and forgiveness creates a culture of trust and mutual respect (1 Corinthians 12:25–27).

- Scripture warns us to guard our hearts above everything else. (**Proverbs 4:23**). This is why Solomon says, “Above all else.” **He doesn’t say, “If you get around to it” or “It would be nice if.” No, he says, make it your top priority.**

Q: How should we guard our hearts?

- We guard our hearts by filling our minds with God’s Word regularly, proactively filtering what our mind consumes, and by praying for wisdom and help from God. (**2 Peter 1:2, Philippians 4:6-7**).
- Watch what you allow into your mind. Through seeing, watching and feeling.
- Be careful with what you watch and expose yourself to. **The scriptures says, out of the abundance of the heart.....Matthew 12:34.**

Luke 6:45. NIV

A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.

NKJV

A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks.