

## **Guarding the Heart (Proverbs 4:23)**

### **I. What does it mean to guard the heart?**

- A. The Heart can be defined as the immaterial aspect of mankind consisting of all that is within mind, will, affections.
- B. To guard means to protect, to preserve, to watch over.
- C. With all diligence means to guard as a guard would watch over a prisoner.
- D. Springs of life means the control center of our thoughts, words, actions, experiences.

**Key Point:** To guard the heart means to watch over one's mind, will, and affections as a prison guard would watch over a prisoner; understanding that the heart is the control center of our thoughts, words, actions, experiences.

### **II. How does one guard the heart?**

- A. One guards the heart by protecting it from the onslaught of evil from without.
- B. One guards the heart by purifying it from the evil that is within.
- C. One guards the heart by providing it with things from without that will cultivate holiness.
- D. One guards the heart by promoting within the heart all that cultivates holiness.

**Key Point:** One guards the heart by protecting it and purifying it of that which is of evil and providing and promoting it with that which is holy.

### **III. What should one purify and protect the heart against?**

- A. One should purify and protect the heart against being double-minded (James 4:8).
- B. One should purify and protect the heart against being evil and unbelieving (Hebrews 3:12).
- C. One should purify and protect the heart against being harden (Hebrews 3:8).
- D. One should purify and protect the heart again being proud (Proverbs 16:5).

**Key Point:** One purifies and protects the heart against all that leads one into a life of sin.

### **IV. What should one promote within the heart?**

- A. One should promote a broken contrite heart (Psalm 51:17).
- B. One should promote a pure heart (Psalm 24:3-4).
- C. One should promote a sincere heart (Hebrews 10:22).
- D. One should promote a wise heart (Proverbs 23:19).

**Key Point:** One should promotes within the heart all that leads one into a God-honoring life.

**V. What should one provide the heart?**

- A. One should provide the heart with the precepts of God (Psalm 119:11)
- B. One should provide the heart with the presence of God (Psalm 37:4)
- C. One should provide the heart with the promises of God (Psalm 37:4)
- D. One should provide the heart with the pleasures from God (Psalm 16:11)

**Key Point:** One should provide the heart with all that leads one into a God-honoring life.

**VI. What are the signs that one is not guarding their heart?**

- A. A mind constantly filled with the belief system of this ungodly world. (1 John 4:1-6)
- B. A life filled with confusion, disorder, and every evil thing. (James 3:13-16)
- C. Constantly fighting and arguing over things with others. (James 4:1-3)
- D. Allowing what you want in the wrong way to lead you to sin to get it and to sin when you don't get it. (James 1:13-14)

**Key Point:** One should guard their heart so that one will not digress in their spiritual life but rather progress in their spiritual life.