

Keep Your Heart

This morning, we looked at the reality of heart struggles from Asaph in Psalm 73. These struggles come from the inside (Mark 7:15-23). Until we get to heaven we will always battle with heart issues, but here are a few practices to help us prevent and even have victory in those battles.

Proverbs 4:23-27

Keep thy heart with all diligence; for out of it are the issues of life.

Put away from thee a froward mouth, and perverse lips put far from thee.

Let thine eyes look right on, and let thine eyelids look straight before thee.

Ponder the path of thy feet, and let all thy ways be established.

Turn not to the right hand nor to the left: remove thy foot from evil.

How to have victory in our heart struggle:

1. Eliminate Froward Thinking - Proverbs 4:24

froward: not willing to yield or comply with what is required; unyielding; ungovernable

perverse: distorted from the right

The truth is, our heart has enough battles to fight without the distortion of outside influences.

The greatest danger of the popular media is not a one-time exposure to a particular instance of sin (as serious as that can be). It's how long-term exposure to worldliness - little chunks of poison pill, day after day, week after week - can deaden our hearts to the ugliness of sin.

-Challies The Discipline of Spiritual Discernment

2. Intentionally Focus on Truth - Proverbs 4:25

Absorbing and applying truth is paramount to winning heart battles. Truth keeps a right perspective.

We can never view reading, memorizing, and meditating on God's Word as elementary elements of the Christian life.

You must remember this: You can never have a Christian mind without reading the Scriptures regularly because you cannot be profoundly influenced by that which you do not know. If you are filled with God's Word, your life can then be informed and directed by God — your domestic relationships, your child-rearing, your career, your ethical decisions, your interior moral life. The way to a Christian mind is through God's Word!

-Hughes Disciplines of a Godly Man

3. Consistently Evaluate Your Path - Proverbs 4:26-27

ponder: to weigh in the mind; to view with deliberation

Since heart struggles are battles that I will continually face, I must continually evaluate my direction.

David, the psalmist, often asked God to help him evaluate his life during times of prayer. (Psalm 26:2; Psalm 139:23-24)

Evaluation must be preceded by action. As I “ponder my path,” I must be willing to “remove my foot from evil”.

The 139th Psalm ought to be the personal experience of every Christian. My own introspection, or exploration of myself, will lead me astray, but when I realize not only that God knows me, but that He is the only one who does, I see the vital importance of intercessory introspection.

-Oswald Chambers



KEEP YOUR HEART

Proverbs 4:23-27

Trinity Baptist Church

www.ourtrinitybaptist.church

Growing Loving Serving

Practical Protection through Prevention