

KEEP THY HEART WITH ALL DILIGENCE PROVERBS 4

Text: Proverbs 4:23

Proverbs 4:23

²³ Keep thy heart with all diligence; for out of it *are* the issues of life.

Introduction:

Why is the heart so important? Why does it need to be guarded with such diligence?

The word heart is found 833 times in the Bible. Of these usages the heart can mean the mind, the emotions, the will or the inner man.

How do we guard our heart?

1. BE CAREFUL OF THE CONDITION OF OUR HEART

Psalms 51:10

¹⁰ Create in me a clean heart, O God; and renew a right spirit within me.

The condition of the heart is deceitful.

Jeremiah 17:9

⁹ The heart *is* deceitful above all *things*, and desperately wicked: who can know it?

2. BE CERTAIN OF THE CUSTODIAN OF OUR HEART

We experience peace with God at salvation.

We receive the peace of God as we pray and make our request known unto Him.

Philippians 4:6-7

⁶ Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. ⁷ And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

3. BE CAUTIOUS OF THE CONTENTS OF OUR HEART

Proverbs 23:7

⁷ For as he thinketh in his heart, so *is* he: Eat and drink, saith he to thee; but his heart *is* not with thee.

Philippians 4:8

⁸ Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things.

Psalms 119:11

¹¹ Thy word have I hid in mine heart, that I might not sin against thee.

Joshua 1:8

⁸ This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.

4. BE COMMITTED TO COMMUNING WITH OUR HEART

Psalms 4:4

⁴ Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Selah.

Psalms 77:6

⁶ I call to remembrance my song in the night: I commune with mine own heart: and my spirit made diligent search.

Psalms 63:6

⁶ When I remember thee upon my bed, *and* meditate on thee in the *night* watches.