



## INTRO

- A. Have you ever heard the expression: “Guard this with your life!”
- It means taking care of, protecting, watching over, defending if necessary, keeping what is before you safe with every means possible

**Proverbs 4:23 (NKJV) Keep your heart with all diligence, for out of it spring the issues of life.**

“The heart of the matter IS the matter of the heart!” – Anonymous

### I. WHY GUARD THE HEART?

- A. It will affect the destiny of our life

**Jeremiah 10:23-24 (TLB) O Lord, I know it is not within the power of man to map his life and plan his course—so you correct me, Lord; but please be gentle. Don’t do it in your anger, for I would die.**

- B. As a believer, we are attacked in two ways:

- Outwardly:

**2 Timothy 4:17-18 (NIV) But the Lord stood at my side and gave me strength, so that through me the message might be fully proclaimed and all the Gentiles might hear it. And I was delivered from the lion’s mouth. The Lord will rescue me from every evil attack and will bring me safely to his heavenly kingdom. To him be glory for ever and ever. Amen.**

- Inwardly:

**Acts 5:1-4 (NKJV) But a certain man named Ananias, with Sapphira his wife, sold a possession. And he kept back *part* of the proceeds, his wife also being aware of *it*, and brought a certain part and laid *it* at the apostles’ feet. But Peter said, “Ananias, why has Satan filled your heart to lie to the Holy Spirit and keep back *part* of the price of the land for yourself? While it remained, was it not your own? And after it was sold, was it not in your own control? Why have you conceived this thing in your heart? You have not lied to men but to God.”**

“Boundaries help us to distinguish our property so that we can take care of it. They help us to guard our heart with all diligence. We need to keep things that will nurture us inside our fences and keep things that will harm us outside.” – Henry Cloud

- C. The enemy is out to build strongholds in our life
- Stronghold (Greek: “Ochuroma”) is one of the oldest words in the New Testament, it illustrates a fortress or even a prison

**2 Corinthians 10:4 (Wuest) For the weapons of our warfare are not human, but mighty in God’s sight, resulting in the demolition of fortresses, demolishing reasonings and every haughty mental elevation which lifts itself up against the experiential knowledge {which we believers have} of God.**



**Psalms 51:10 (TPT) Keep creating in me a clean heart. Fill me with pure thoughts and holy desires, ready to please you.**

## **II. HEART CHECK-UPS REQUIRED**

- A. Spending little time in God's presence
- B. Careless attitudes and behavior

**Ephesians 4:27 (NCV) Do not give the devil a way to defeat you.**

## **III. GUARD DUTY PREVENTS PRIDE, HARDNESS, ANGER, ETC.**

## **IV. GUARDIANS HAVE AUTHORITY AND ABILITY**

**Colossians 2:10 (NIRV) Because you belong to Christ, you have been made complete. He is the ruler over every power and authority.**

**Colossians 2:15 (NIRV) He took away the weapons of the powers and authorities. He made a public show of them. He won the battle over them by dying on the cross.**

**1 Corinthians 16:13-14 (NLT) Be on guard. Stand firm in the faith. Be courageous. Be strong. And do everything with love.**

"When the heart full of God's love can draw on the mind full of God's Word, timely blessings flow from the mouth." – John Piper

**Philippians 4:6-7 (NLT) Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.**