

Day 3 Guard your heart

Proverbs 4:23 tells us, “Above all else, guard your heart, for it is the wellspring of life”. We use the *heart* to describe the place that is the source of everything we are. Proverbs reminds us that it is a place to guard for it is the “wellspring” or source of everything that comes from us. Just as a polluted well pours out water that causes sickness, disease and even death, so our lives can do the same if the wellspring is morally polluted.

Motive!



1. Read Jeremiah 17:10. According to this verse how does the Lord evaluate a person’s conduct?

2. Why do you think this is important?

God is concerned with what we do. But he is also just as concerned about why we do what we do. We often try to read people’s motives and we don’t always get it right. God is able to perfectly read our hearts and knows exactly why we do what we do. He rewards us not only on what we have done but also on why we have done it! God is concerned about our ‘heart’ motives.

It’s the right thing to do!

Thousands of words and images pass through our minds every day. The words we speak and the words we hear from others. The images from the television screen, the billboards, the ballgame we attended, the magazines we read. We can’t always choose what we hear and see but we always have a choice about what we do with it. As Christians, guided by the word of God and the Holy Spirit, we have the responsibility to assess all the words and images coming to us, discard the bad and retain the good.



3. Read Philippians 4:4-9. Identify from verses 4-6 the three things we are to do and the one thing we are not to do.

4. Read verses 8 and 9 again. Paul is giving us thought patterns for right thinking. Write a short paragraph that you believe captures Paul’s intent.

5. List a few ideas for how you could put this into practice in your thinking patterns.