



**FOR SUCH A  
TIME AS  
THIS**

**GUARD YOUR  
HEART**

# WHAT IS THE SPIRITUAL HEART?

- “One of the most exciting breakthroughs in our time is the fact that science is now starting to quantify these ancient spiritual principles and verify not only the existence of our “spiritual heart,” **but how it is the source of everything that happens in our lives, both good and bad.** True spirituality has always been aligned with true science, and we’re seeing more and more evidence of that today.”
- Loyd Phd, Alexander (2015-02-10). Beyond Willpower: The Secret Principle to Achieving Success in Life, Love, and Happiness

# GUARDING OUR HEARTS

- **Luke 6:45 (NLT)** — A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. What you say flows from what is in your heart.
- **Matthew 15:18–20 (TPT)** —**18** But what comes out of your mouth reveals the core of your heart. Words can pollute, not food. **19** You will find living within an impure heart evil ideas, murderous thoughts, adultery, sexual immorality, theft, lies, and slander. **20** That's what pollutes a person. Eating with unwashed hands doesn't defile anyone."

# GUARDING OUR HEART

- **Proverbs 4:20–22 (NLT)** — **20** My child, pay attention to what I say. Listen carefully to my words. **21** Don't lose sight of them. Let them penetrate deep into your heart, **22** for they bring life to those who find them, and healing to their whole body.
  - “don't lose sight” — the process whereby a person concentrates on some features of the environment to the (relative) exclusion of others; understood as an eye.
  - “Penetrate” -to conform one's action or practice to.

# GUARDING OUR HEART

- **Proverbs 4:23 (NLT)** Guard your heart above all else, for it determines the course of your life.
- **Proverbs 4:23 (CJB)** Above everything else, guard your heart; for it is the source of life's consequences.
- **Prov 4:23 (TPT)** So above all, guard the affections of your heart, for they affect all that you are. Pay attention to the welfare of your innermost being, for from there flows the wellspring of life.

# THE CONTENT OF OUR HEART DIRECTS OUR LIFE PURPOSE

**Proverbs 4: 24-27** (TPT) <sup>24</sup>Avoid dishonest speech and pretentious words. Be free from using perverse words no matter what! <sup>25</sup> Set your gaze on the path before you. **With fixed purpose**, looking straight ahead, *ignore life's distractions*. <sup>26</sup> Watch where you're going! Stick to the path of truth, and the road will be safe and smooth before you. <sup>27</sup> Don't allow yourself to be sidetracked for even a moment or take the detour that leads to darkness.

# THE IMPLANTED WORD

- **James 1:21 (ESV)** —Therefore put away all filthiness and rampant wickedness and receive with meekness the **implanted word**, which is able to **save** your souls.
  - **Implanted:** marked by being deeply fixed or set within something; engrafted; fixed position; to set permanently in the consciousness or habit patterns
  - **Save:** deliver, save, make whole, make well from disease, preserve, make safe
- **John 15:7 (AMP)** —If you live in Me [abide vitally united to Me] and My words remain in you and continue to live in your hearts, ask whatever you will, and it shall be done for you.



**John 17:15 (TPT)** —I am not asking that you remove them from the world, but I ask that you guard their hearts from evil...

## HOW DO WE GUARD OUR HEART?

- 1. Fill our minds with the Word of God to serve as a standard for all else that enters**
  - **Matthew 22:29 (TPT)** — *Jesus answered them, “You are deluded, because your hearts are not filled with the revelation of the Scriptures or the power of God.*
- 2. Guard our ear and eye gates**
  - **Psalms 101:3 (AMP)** — *I will set no base or wicked thing before my eyes.*
  - **Ephesians 5:4 (NLT)** — *Obscene stories, foolish talk, and coarse jokes—these are not for you. Instead, let there be thankfulness to God.*

# STARTING POINT: REPENT BY CLEANSING OUR HEART FROM...

- Unhealthy Soul-Ties: unhealthy union with people, organizations, etc.
- Generational Sins of the Fathers/Mothers: attitudes, prejudices, habits
- Secret Societies: Illuminati; Freemasons; Bildeburg; Skull & Bones...
- False Religions: Any religion that does not profess Christ as the **Only** Way to salvation
- Past Occult Involvement: Ouija Boards; Horoscopes; Tarot Cards; Tea Leaves; Crystal Ball; Séances; Horror Movies...
- Unrepentant Sins: Hatred; Prejudice; Immorality; Greed...
- Persistent Unforgiveness; Bitterness; Resentment Heb. 12:15
- Ungodly Thought System Prov. 4:20-27