

**Proverbs: One thing to change  
your life**

**Why do you do what you do?**

**Above all else, guard your heart,  
for everything you do flows from it.**

**Proverbs 4:23**

**1. What is the heart?**

**2. How do we guard it?**

# **1. What is the heart?**

**A happy heart makes the face cheerful,  
but heartache crushes the spirit.**

**Proverbs 15:13**

**A happy heart makes the face cheerful,  
but heartache crushes the spirit.**

**Proverbs 15:13**

**The heart of the discerning acquires knowledge,  
for the ears of the wise seek it out.**

**Proverbs 18:15**

**A happy heart makes the face cheerful,  
but heartache crushes the spirit.**

**Proverbs 15:13**

**The heart of the discerning acquires knowledge,  
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**Proverbs 18:15**

**In their hearts humans plan their course,  
but the Lord establishes their steps.**

**Proverbs 16:9**



**Thinking**

**Feeling**

**Deciding**

**Thinking**

**Feeling**

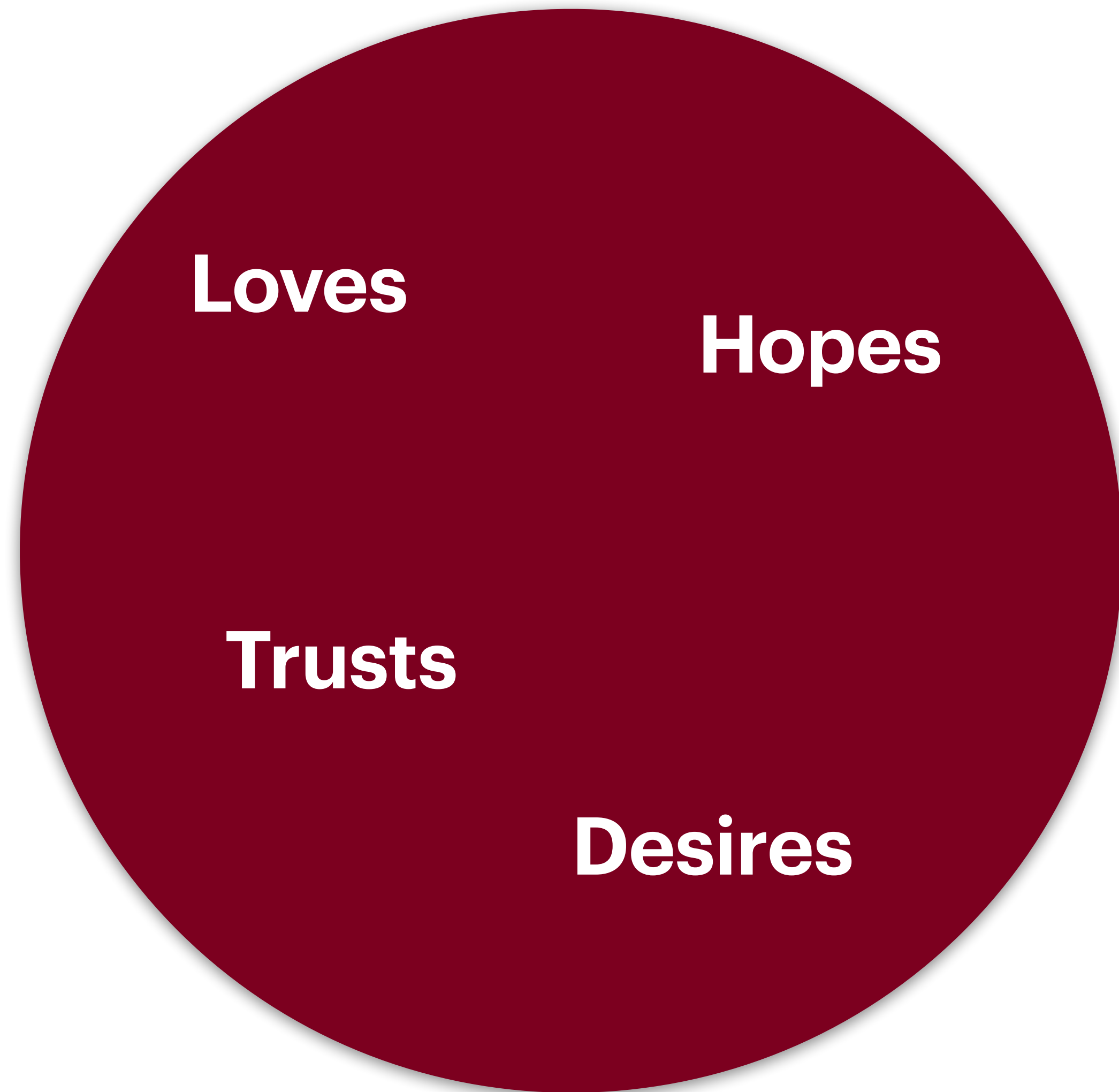
**Loves**

**Hopes**

**Trusts**

**Desires**

**Deciding**



**Trust in the Lord with all your heart  
and lean not on your own understanding**

**Proverbs 3:5**

**Trust in the Lord with all your heart  
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**Proverbs 3:5**

**Do not let your heart turn to her ways  
or stray into her paths.**

**Proverbs 7:25**

**Trust in the Lord with all your heart  
and lean not on your own understanding**

**Proverbs 3:5**

**Do not let your heart turn to her ways  
or stray into her paths.**

**Proverbs 7:25**

**For where your treasure is, there your  
heart will be also.**

**Matthew 6:21**

**Thinking**

**Feeling**

**Loves**

**Hopes**

**Trusts**

**Desires**

**Deciding**



**The good person out of the good  
treasure of his heart produces good, and  
the evil person out of his evil treasure  
produces evil, for out of the abundance  
of the heart his mouth speaks.**

**Luke 6:45 (ESV)**

**What the heart most wants the mind  
finds reasonable, the emotions find  
valuable, and the will finds doable.**

**Tim Keller**



**When the woman saw that the fruit of the tree was good for food and **pleasing to the eye**, and also **desirable** for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.**

**Genesis 3:6**

**The fear of the Lord leads to life,  
and whoever has it rests satisfied;  
he will not be visited by harm.**

**Proverbs 19:23**

**For it is from within, out of a person's heart, that evil thoughts come—sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and defile a person.**

**Mark 7:20-23**

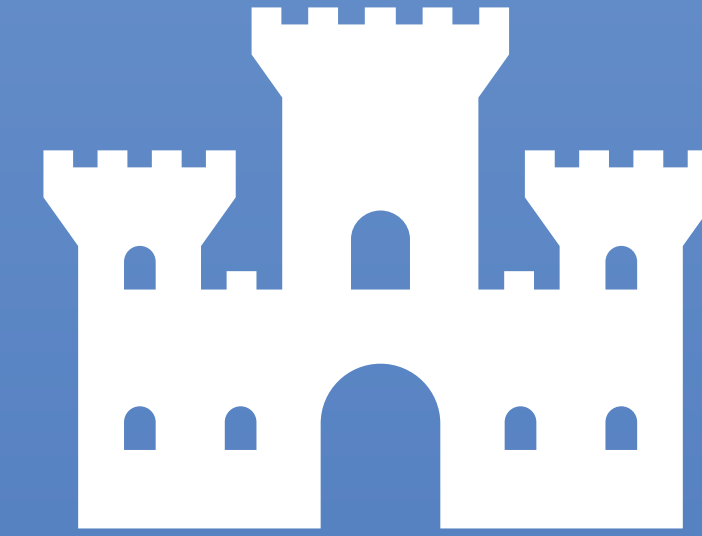
**I will sprinkle clean water on you, and you will be clean; I will cleanse you from all your impurities and from all your idols. I will give you a **new heart** and put a new spirit in you; **I will remove from you your heart of stone and give you a heart of flesh.** And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws. Then you will live in the land I gave your ancestors; you will be my people, and I will be your God.**

**Ezekiel 36:25-28**

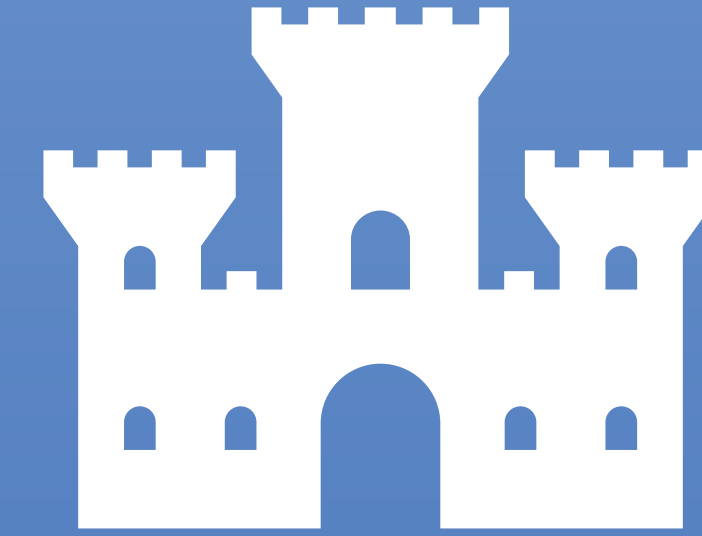
**1. What is the heart?**

**2. How do we guard it?**

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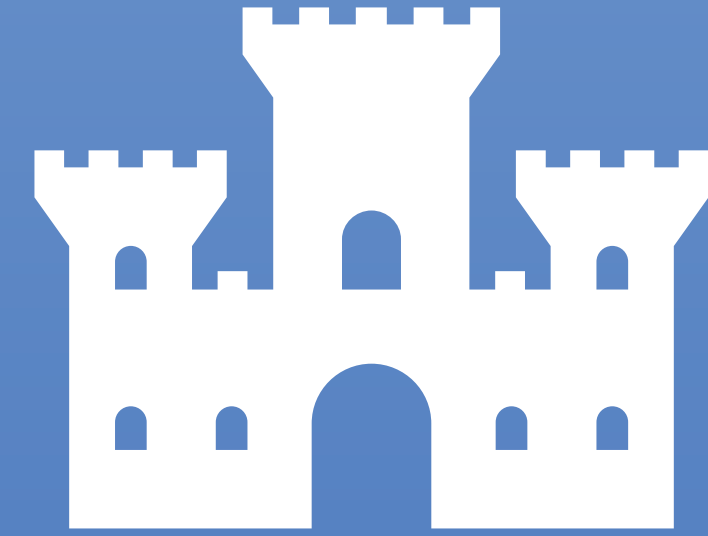


# How do we guard the heart?



## 1. Know it

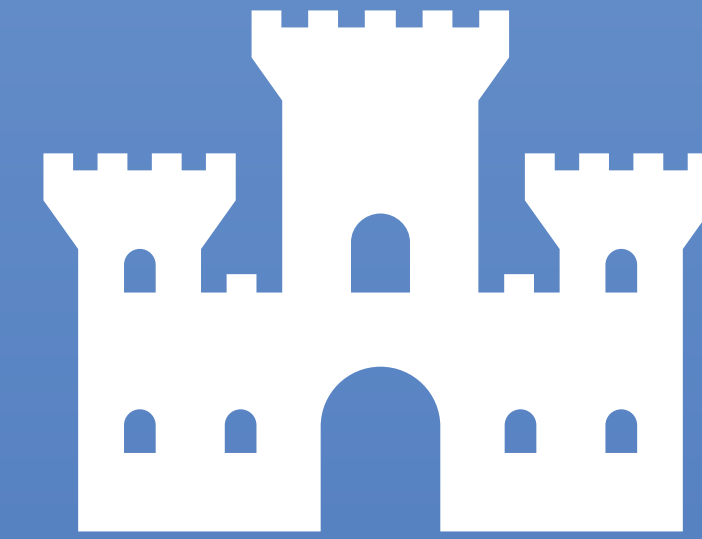
**How do we guard the heart?**



**1. Know it**

**2. Keep things out**

# How do we guard the heart?



**1. Know it**

**2. Keep things out**

**3. Let good things in**

**My son, keep your father's command  
and do not forsake your mother's teaching.**

**Bind them always on your **heart**;  
fasten them around your neck.**

**Proverbs 6:20-21**

**My son, keep your father's command  
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**Bind them always on your **heart**;  
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**Proverbs 6:20-21**

**Apply your **heart** to instruction and  
your ears to words of knowledge.**

**Proverbs 23:12**

**My son, give me your heart  
and let your eyes delight in my ways**

**Proverbs 23:12**