

## Session 1 Looking after our hearts

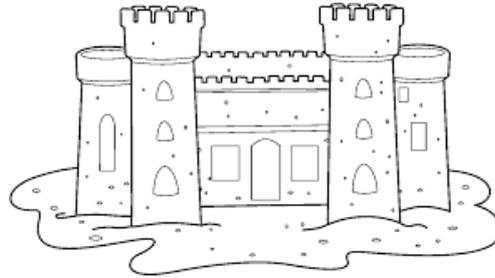
Proverbs 4:23

*Guard your heart above all else, for it determines the course of your life. NLT*

*Keep your heart with all vigilance, for from it flow the springs of life. ESV*

*Above all else, guard your heart, for everything you do flows from it (New NIV)*

### Heart Castle



## 1 Heart Work: the heart and why we should guard it

What our hearts are like by nature

Jeremiah 17:9

*The human heart is the most deceitful of all things, desperately wicked.*

*Who really knows how bad it is?*

Romans 1:21

*..they knew God, but they wouldn't worship him as God or even give him thanks. And they began to think up foolish ideas of what God was like. As a result, their minds became dark and confused.*

Ezekiel 36:26

*And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart.*

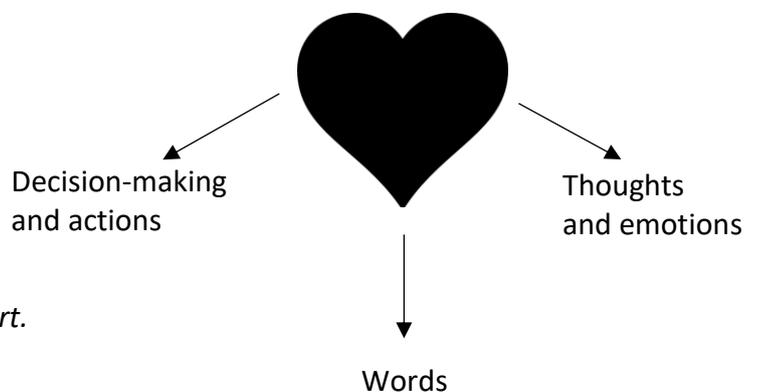
We need HELP!

Our hearts are like a treasury

Luke 6:45

*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.*



Phil 1:6

*I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns*

Phil 2:12,13 takes us a little further when Paul, writing to the Philippians, says:

*...work hard to show the results of your salvation, obeying God with deep reverence and fear. For God is working in you, giving you the desire and the power to do what pleases him.*

It is hard work!

Keeping our hearts is an active thing. I Timothy 6:11:

*...pursue righteousness and a godly life, along with faith, love and perseverance, and gentleness.*

## **2 The particular dangers to watch**

- distracted by self

Col 3:1

*Since you have been raised with to new life with Christ, set your sights on the realities of heaven, where Christ sits...*

- distracted by too many things
- distracted by anxieties
- distracted by discouragement
- distracted by tiredness

Remember Isaiah 40:28-31

- distracted by machines/devices

Phil 4:8

*And now, dear brothers and sisters, one final thing. Fix your thoughts on what **is** true, and honorable, and right, and pure, and **lovely**, and admirable. Think about things that are excellent and worthy of praise*

- distracted by desires

## **3 So, how to practically keep our hearts and have a growing delight in Christ**

Psalms 119:11

*I have hidden your word in my heart, that I might not sin against you.*

Psalms 103:14

*For he knows how weak we are; he remembers we are only dust.*

Rom 12:2

*Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think.*