

LESSON 12

Topic: Guard Your heart with all diligence

Text: Prov. 4:23; Proverbs 17:22

Aim: To encourage believers to take heed to what they allow into their hearts as the content of a person's heart reflects the true nature of the person.

Introduction: The heart is the central processing unit of the human body. It can be interchangeably referred to as the mind. It is the meeting point of the spirit and soul with its expression through the body. It is an extremely important part of the human composition as divinely made by God. The heart or mind is the faculty of thought, reason, and consciousness, often viewed as part of the soul or closely connected to the soul. The mind or heart encompasses thinking, reasoning, emotions, and consciousness, and is seen as the mechanism through which the soul interacts with the world. The mind can be viewed as a tool or instrument that the soul uses for various functions, including processing information and making decisions.

Discussion Questions:

1. What is the content of an unguarded, unrenewed or natural heart? Jer. 17:9; Gen. 6:5; Mark 7:21 – 23; Galatians 5:19 – 21
2. Why should we guard our hearts with all diligence? Prov. 4:23; John 3:3; Matthew 15:17 -20 Jer. 17:10; 1 Sam. 16:7
3. How can we guard our hearts? Heb. 4:12; John 3:5; Psalm 139:23; Phil. 4:8; Rom. 12:2
4. Discuss the content of a heart guarded with all diligence. Galatians 5:22– 23; Prov. 16:23 - 24; 17:22

Conclusion: The counsel to guard the heart was a command given several times in the Scriptures because an unguarded and contaminated heart cannot find a place in God's kingdom. Since the fall of man in the Garden of Eden, the greatest assignment on earth has been that of reclaiming man back to God through the renewing of the mind/heart. The natural heart is wicked and perverted. Except a man be born again (that is, except a man be changed in heart), he cannot see nor enter the kingdom of God. What qualifies a man into God's kingdom is his decision to change his heart and remove his hands from wickedness thereby, allowing the Lord Jesus Christ to come into his heart to do the cleansing work. Doing the cleansing work is the first step to seeing the kingdom -that is, your decision to accept the Lord as your Saviour - John 3: 3. Diligently guarding the heart is the second step to entering the kingdom of God - Actions/steps must be taken – Acts 3:19; Gal. 5:25.

Memory Verse: Proverbs 4:23 "Above all else, guard your heart, for everything you do flows from it." (NLT)