

HEART HEALTHY
PROTECTION: GUARD YOUR HEART
PROVERBS 4:20-27
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Distractions will come, but you don't have to be dominated by them. Keep moving forward.

Context

- Parents teaching their children God's wisdom – 4:1 *Hear, O sons, a father's instruction, and be attentive, that you may gain insight...¹⁰ Hear, my son, and accept my words, that the years of your life may be many...²⁰ My son, be attentive to my words; incline your ear to my sayings.*
- Parents helping their children prioritize: God's wisdom deserves our total attention – 4:20-22 *My son, be attentive to my words; incline your ear to my sayings. ²¹ Let them not escape from your sight; keep them within your heart. ²² For they are life to those who find them, and healing to all their flesh.*

Q: What does it mean to guard your heart?

A: To keep, watch over, keep from¹ as a guard protects what is valuable.

Proverbs 13:3

Whoever guards his mouth preserves his life; he who opens wide his lips comes to ruin.

Psalms 16:1

Preserve me, O God, for in you I take refuge.

Proverbs 16:17

The highway of the upright turns aside from evil; whoever guards his way preserves his life.

Proverbs 21:23

Whoever keeps his mouth and his tongue keeps himself out of trouble.

Psalms 25:20

Oh, guard my soul, and deliver me! Let me not be put to shame, for I take refuge in you.

Ways to guard your heart

- Filter what you put in – 4:23 *Keep your heart with all vigilance, for from it flow the springs of life.*

“The secret of my success? It is simple. It is found in the Bible, ‘*In all thy ways acknowledge Him and He shall direct thy paths.*’”
(Proverbs 3:6) – George Washington Carver

- Evaluate the words that come out – 4:24 *Put away from you crooked speech, and put devious talk far from you.*

Matthew 6:21

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

- Assess where your thoughts drift – 4:25-27 *Let your eyes look directly forward, and your gaze be straight before you. ²⁶ Ponder the path of your feet; then all your ways will be sure. ²⁷ Do not swerve to the right or to the left; turn your foot away from evil.*

¹ L. Koehler, *The Hebrew and Aramaic lexicon of the Old Testament* (New York: E. J. Brill, 1999), 718.