

Let Us Keep Our Hearts  
(Proverbs 4:23)

Introduction:

1. Professionals in the medical field emphasize the importance of having a healthy heart.
  - a. Each person is responsible for taking care of his heart.
  - b. The condition of our hearts will be affected by our practices.
2. The Bible contains many passages, such as Proverbs 4:23, that teach us to take care of our spiritual hearts.
3. As we study this subject in our lesson, we will examine:
  - a. 2 statements made in Proverbs 4:23
  - b. a number of other verses that teach us how to keep our hearts.
4. Let us first consider . . .

Discussion:

- I. THE 2 STATEMENTS MADE IN PROVERBS 4:23
  - A. (vs.23a) *"Keep thy heart with all diligence"*
    1. To fully appreciate this admonition, we must understand several key terms:
      - a. "heart": the center of our thoughts and affections
        - 1) Each person has a heart.
        - 2) Each person is responsible for taking care of his own heart.
      - b. "keep": to guard, to protect, to look after
      - c. "with all diligence": to guard above all things that are to be guarded, including the mouth (vs.24), the eyes (vs.25), and the feet (vs.26-27).
    2. Something that should motivate us to keep our hearts with all diligence is realizing that God knows what is in them (Psalm 44:21).
    3. The first statement made in Proverbs 4:23 teaches us to keep our hearts.
    4. Realizing that God knows what is in our hearts should motivate us to keep them with all diligence.
    5. The second statement shows why we must keep our hearts.
  - B. (vs.23b) *"For out of 'it' [the heart] are the issues of life."*
    1. What we are, what we say, and what we do will be determined by what is in our hearts (Proverbs 23:7).
    2. Jesus also dealt with this principle in His teaching (Matthew 12:35).
  - C. Now that we understand the 2 statements made in Proverbs 4:23, let us turn our attention to a number of . . .
- II. VERSES THAT TEACH US HOW TO KEEP OUR HEARTS
  - A. We must allow God to search our hearts regularly (Psalm 139:23-24).
  - B. We must allow Christ to dwell in our hearts (Ephesians 3:17a).
  - C. We must think on the right things (Philippians 4:8).
  - D. We must allow God's peace to rule in our hearts (Colossians 3:15).
  - E. We must not allow our hearts to become hardened (Hebrews 3:12-13).
  - F. We must hide God's Word in our hearts (Hebrews 4:12-13).

Conclusion:

1. We have pointed out from the Scriptures:
  - a. that God wants us to keep our hearts
  - b. why we must keep our hearts
  - c. how we can keep our hearts.
2. Before we close let us consider the 6<sup>th</sup> Beatitude (Matthew 5:8).
3. Will the condition of your heart permit you to see God?