



Day 2 - Guard Your Heart

MAKE ROOM FOR GOD'S HEART ♥

SCRIPTURES FOR REFLECTION

Proverbs 4:23 (NIV)

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

1 Samuel 16:7 (NIV)

But the Lord said to Samuel, "Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart."

Matthew 15:18-20 (NIV)

But the things that come out of a person's mouth come from the heart, and these defile them. For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander. These are what defile a person; but eating with unwashed hands does not defile them."

Luke 6:45 (NIV)

A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.



*Guard it.
Nourish it.
Let good things live there.*

♥

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THE HEART MATTERS

When we hear *guard your heart*, we can easily interpret it as *protect yourself*.

- ♥ Don't get hurt.
- ♥ Don't trust too quickly.
- ♥ Don't let the wrong people too close.
- ♥ Build better walls.

But as I sat with Proverbs 4:23, I began to wonder if we sometimes misunderstand what God is asking us to guard.

The Hebrew studies I read around this passage describe guarding as watching over, keeping, protecting, and paying careful attention to what is happening within the heart.

That changes the question.

Maybe guarding my heart isn't primarily about keeping everyone else out.

Maybe it's about paying attention to what I am allowing to remain within.

WHAT WE STORE MATTERS

- ♥ Resentment can live there.
- ♥ Fear can live there.
- ♥ Pride can live there.
- ♥ Old wounds can live there.
- ♥ False beliefs can live there.
- ♥ But so can compassion.
- ♥ Wisdom.
- ♥ Truth.
- ♥ Courage.
- ♥ Mercy.
- ♥ Love.



GOD LOOKS AT THE HEART

People look at outward appearances.
God looks at the heart.

We can manage what other people see. We can say the right things, participate in the right things, and present ourselves beautifully while something entirely different is happening inside.

But God isn't limited to the part of the room we've cleaned for company.

He sees the whole thing.

And during a season of prayer and fasting, perhaps that isn't something to fear, but an invitation.

We don't have to clean the room before inviting God into it. We can simply open the door.

AN INVITATION

- ♥ "God, show me what is here."
- ♥ Show me what I've been feeding.
- ♥ Show me what I've been protecting that You are asking me to release.
- ♥ Show me what I've allowed into my heart that is shaping the way I think, speak, choose, and respond.
- ♥ Show me where an old wound has quietly become a belief."
- ♥ Show me where fear has disguised itself as wisdom.
- ♥ Show me where I've confused a strong feeling with truth.
- ♥ And show me the good things You have planted here that need tending rather than questioning.

REFLECTION

- ♥ What has been living in my heart long enough that I've stopped noticing it's there?
- ♥ What am I currently feeding or rehearsing that will eventually produce fruit in my words, choices, or behavior?
- ♥ Have I confused guarding my heart with closing my heart?
- ♥ Is there anything I have been protecting that God may actually be asking me to surrender?