

Day 2 — Guard Your Heart

Make Room for God's Heart

Proverbs 4:23 — “Above all else, guard your heart, for everything you do flows from it.”

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, 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**.

Because Scripture repeatedly connects the contents of our hearts with what eventually comes out of our lives.

Jesus says that what comes from our mouths originates in the heart. He says that a person brings good things from the good stored there. Proverbs tells us that everything we do flows from it.

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.

And sometimes something has been living in our hearts for so long that we stop recognizing it as something we are carrying. It simply feels like part of the furniture.

Then 1 Samuel 16:7 adds another layer.

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.

Perhaps it's an invitation.

We don't have to clean the room before inviting God into it.

We can simply open the door.

“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.

Guarding our hearts doesn't mean hiding them.

Especially not from God.

In fact, maybe one of the safest things we can do is give God complete access to the very place He already sees completely.

Yesterday, we began by making room for God's heart.

Today, perhaps we ask Him to help us examine ours.

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?

And perhaps most importantly:

God, when You look at my heart today, what do You want me to notice with You?

Prayer

Father,

You already see every part of my heart, including the places I understand and the places I don't.

Give me the courage to let You show me what is there.

Teach me to guard my heart with wisdom without hardening it in fear. Show me what needs to be protected, what needs to be nourished, what needs to be healed, and what needs to be released.

Help me recognize what I have stored within me and understand how it is shaping what flows from me.

I don't want to spend this season merely changing what can be seen on the outside.

Search me.

Know me.

And as I make room for Your heart, teach mine to become more like Yours.

In Jesus' name,

Amen.