

Volume 2 – Lesson 6
March 20, 2021



THEME – MAKING ROOM

Subject: Guard Your Heart

Scripture Passage: *Proverbs 4:23-27 (NIV)*

“Above all else, guard your heart, for everything you do flows from it. Keep your mouth free of perversity; keep corrupt talk far from your lips. Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil.”

Introduction:

The other day as I was driving, a song (**Make Room**) by Jonathan McReynolds began to play. While I have heard this song many times before, the words took me into that meditative and worship place.

I find space for what I treasure
And I make time for what I want
I choose my priorities and
Jesus, You're my number one
So, I will make room for You
I will prepare for two
So, You don't feel that You
Can't live here
Please live in me.

My will (You can move that over)
My way (You can move that over)
My ego (You can move that over)
My plans (You can move that over)
My schedule (You can move that over)
My itinerary (You can move that over)

“If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.” James 1:5

As many believers often say, “God sure knows how to get our attention.” Sometimes it is loud, bold, and forceful and we immediately know that it is Him. Other times, it is that small still voice, billboard, Facebook post, but the message remains the same. *“Behold, I stand at the door, and knock: if any man hear my voice, and open the door, I will come in to him, and will sup with him, and he with me.”* **Revelation 3:20**

Our lessons over the last month, unbeknownst to me consciously, have prepared the way leading up to the “spring” feasts, Passover and Feast of Unleavened Bread. It all began with the altar, rebuilding of the tabernacle, thirsting and drinking the living water, and finally, being forged and tempered. God continues to work with us, applying the appropriate temperature at key points in our lives to forge us into a sturdy and useful tool in His hands.

Life can become so overwhelming or full of distractions that making room for the “spirit” man and time with the Almighty can become less of a “priority”. The choices we make decides for us. Consequently, we begin to “find space for what we treasure.” Before we know it, our “earthly dwelling place for the Holy Spirit” begins to show signs of deterioration. As we prepare for the feast of this season, let us take time for reflection, renewal, rededication, and rejuvenation by doing some “spring cleaning” and making room for Him. It is hard to imagine what our lives would be, if Jesus had not endured the crucifixion, died and rose again, ascended to sit at the right hand of the Father, and as promised sent the Holy Spirit to dwell in our earthly tabernacle.

Biblical Applications:

- Guard your heart. *Matthew 6:21, 15:19; John 10:10*
- Pray on purpose. *Daniel 6:10; Acts 3:1; Psalms 5:3; Mark 1:35; Matthew 6:6; I Corinthians 7:5; Luke 22:21-23; I Kings 3:7-9; Psalm 119:148; Psalm 28:1-2; 51, 103:2-5; I Thessalonians 5:16-18*
- Clean out the clutter. *Proverbs 20:4; Mark 4:18-19; I Corinthians 2:14; Ephesians 5: 15-21; Galatians 5:16-26*
- Be transformed. *Psalm 10:4; Matthew 25:40; Mark 9:24; John 4:14; Romans 12:2; Philippians 3:10-11; II Corinthians 3:18, 4:4, 6; Hebrews 10:24-25; James 1:22, 4:8*

Conclusion

Being mindful of what we treasure and admire ensures that Christ is the center of our life. In the book of Isaiah God warned the Israelites about the idols they worshipped and how they had taken on their likeness. How you ask? They had ears but were unable to hear; eyes but were unable to see; in other word they became a product of their environment. Their hearts turned from God. The scripture says, *“For where your treasure is, there will your heart be also.”* **Matthew 6:21**

Each day we are granted new mercies and opportunities to renew ourselves in him. So, treasure Jesus by giving him all the space He needs for his purpose and glory.

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Discussion Questions:

1. Is there anything, or anyone that was or has taken priority to you then Jesus?
2. How have you managed time for the Lord? What works best for you and why?
3. Do you find that your strategies for including the Lord have changed over time?

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NOTES

➤ Guard your heart. (Michelle du Toit)

- Your **heart** is the most important part of you, so much so that it is mentioned in the Bible over one thousand times.
- Man refers to the **heart** as the center of our emotions.
- The Bible refers to the **heart** as the intellect, understanding, thinking, and wisdom
- The **heart** drives everything about us, the central part of a person, that point where emotions, reasoning, spiritual instincts, and God-consciousness is.
- “Out of the **heart** proceed evil thoughts, murders, adulteries, fornication, thefts, false witness, blasphemies.” (**Matthew 15:19 KJV**)
- For that reason, we are admonished to “guard our heart”
- Our heart is not always in perfect condition, all of us have our weak spot.
- We have an enemy who looks for that spot, an opening that is easily accessible that can be broken through “to steal, kill, and destroy. (**John 10:10**)
- To ‘**guard**’ in Hebrew means to keep, “to set a watchman over it”.
- Guard our **hearts** by filtering our emotions, desires, thoughts, and responses through the Watchman of his Word with the help of the Spirit.
- Guard our hearts by allowing our Watchman to have a say about what is in our hearts, or what flows out of our hearts.
- The Holy Spirit causes us to understand the word.
- **How do we guard our heart?**

➤ Pray on purpose. (Clay Gentry, Make Room for Jesus)

- **Have a set time for prayer** like Daniel, windows open toward Jerusalem, kneeled on his knees **three times a day**, prayed, and gave thanks to God. (**Daniel 6:10**); Peter and John went up together into the temple at the hour of prayer, being the **ninth hour**. (**Acts 3:1**), David said, “My voice shalt thou hear in the **morning**, O Lord; in the morning will I direct my prayer unto thee, and will look up.” (**Psalms 5:3**)
- **Get away from it all to pray** like Jesus in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed.” (**Mark 1:35**)
- **Go into a certain place** as we are encouraged to do, “But when you pray, go into your room, and when you have shut your door, pray to your father who is in in the secret place; and your Father who sees in secret will reward you openly.” (**Matthew 6:6**)
- **Get permission**, “Defraud ye not one the other, except it be with consent for a time, that you may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.” (1 Corinthians 7:5)
- **Target your prayers to specific needs**, “...they began to discuss among themselves which one of them it might be who was going to do this thing, betray Jesus”. (**Luke 22:21-23**)

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- **Be specific in your prayer**, David asked for an understanding heart to judge God's people to discern between good and evil. (**I Kings 3:7**)
- **Make your request known**, "To you, O Lord, I call' **be not deaf to me**, O my Rock. For if you remain silent, I will be like those descending to the pit. Hear my cry for mercy when I call to you for help, when I lift up my hands toward Your holy sanctuary."
(**Psalms 28:1-2**),
- **Confess your sins and seek for forgiveness**, "Have mercy on me, O God, according to your loving devotion.....Wash me clean of my iniquity and cleanse me from my sin, for I know my transgressions, and my sin is always before me. Against you, you only, have I sinned....." (**Psalms 51**)
- **Acknowledge the benefits of God**, (**Psalms 103:2-5**)
- **Pray intentionally**, (**I Thessalonians 5:16-18**)

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