

# ABOVE ALL ELSE, GUARD YOUR HEART

February 2023

Heart disease is a leading cause of death, not only physically but also spiritually. The greatest book of wisdom reminds us of that.

**Above all else guard your heart, for it is the wellspring of life. - Proverbs 4:23 NIV**  
**Keep you heart with all diligence; for out of it spring the issues of life. - NKJV**

## How to Guard Your Heart

- **Focus:** pay attention, listen closely to God's words of wisdom - Proverbs 4:20
- **Sight:** keep them in your sight and in your heart 4:21
- **Speech:** put away perverse and corrupt talk 3:24
- **Steps:** walk a straight path and avoid evil 4:27
- **Health:** God's Words bring life and health to your whole body 4:22

The word heart is mentioned 800 times in the Old Testament. More than 200 times it refers to one's thought life and emotions. In the Hebrew culture it referred to the core of our being from which we are motivated or guided. Our thought life controls us.

**As a man thinks in his heart, so is he. - Proverbs 23:7**

The whole world is now in chaos, corruption, perversion and wickedness. This is has been the story since the early days of mankind to varying degrees. Just like the ocean waves come in and go out, there are periods of time when there is a flood of evil. We are living in such a day. It is similar to the days before the great worldwide flood that took place in the days of Noah.

**The Lord saw how great man's wickedness had become, and that every inclination of the thoughts of his heart was only evil all of the time. - Genesis 6:5**

The Great Flood came and all the wicked were taken away in judgment. Only 8 people were spared as they found safety in God's Ark. After God shut the door, no one else could enter.

It is shocking to learn that only 37% of America's pastors have a Biblical worldview while 62% hold a hybrid/ syncretism worldview. Only 12% of Children and Youth pastors have a Biblical worldview. Christians are meant to be change agents in the culture, but the reverse is true. Many Christian leaders are caving to the culture and giving their approval to the LGBT anti-god agenda, Marxist Critical Race Theory teaching curriculum in schools and a social justice agenda which leaves out Jesus and also the abortion agenda. Many years ago I remember when pastors asked the congregation at a wedding if anyone objected to the marriage, they should speak now or forever hold their peace. The idea of **silence is consent** comes from the Bible - Numbers 30:1-6. During Bible times and in earlier decades, pastors spoke more about the moral issues of their day, but now there is a fear of many church leaders to do so. God is calling Christians to be bold in speaking the truth in love.

**Silence in the face of evil is itself evil: God will not hold us guiltless. Not to speak is to speak. Not to act is to act. - Dietrich Bonhoeffer**

Jesus spoke the truth and was crucified for it. Dietrich Bonhoeffer spoke out against Hitler and he was hanged by the Nazis in April 1945.

**Fill Your Mind** Romans 12:1-2 Renewed mind / metamorphosis

It is not enough to protect our mind from the evil and the negative, we must fill our mind with God thoughts and good thoughts.

**I will remember the deeds of the Lord; yes, I will remember your miracles of long ago, I will meditate on all your works and consider all your mighty deeds.**

**Psalm 77:11-12 NIV**

Jesus often spoke of the heart.

**Blessed are the pure in heart, for they shall see God.**

**Pure in Heart** = undivided, single, without mixture, free from all worldly distractions

- With no mixed motives
- Like gold with no alloys
- Like pure milk without water added
- Like winnowed wheat or corn with all chaff removed
- Like a clean garment with no wrinkles

### **HEART TRANSPLANT**

Only God can give us a new heart. He tells us in his Word that our hearts are deceitful - Jeremiah 9:26. But he can cut our heart and give us a new one. - Jeremiah 24:7, Romans 2:29.

**I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws. - Ezekiel 36:26-27**

How was Jesus born in the womb of Mary? **The Holy Spirit brought the conception**

How is Jesus born in us? **The Holy Spirit conceives the Spirit of Christ in us.**

Explanation in natural terms:

We can all receive the same TV program/ picture in our homes, but it comes from a TV network/station a distance away. In the same way, each of us can receive the presence/ Spirit of Jesus in our lives but he is stationed in heaven and transmits His presence from there. However, there are many spiritual signals in the air. Tune into Channel J (Jesus).

We are like TV receivers who can then display a picture of Jesus to others. We all need heart tuneups at times, which is why we gather with other believers and also spend times in God's life manual that we call the Bible. It is a Book that reveals God's heart and causes our heart to stay tender toward him and tuned to the purposes he has for us. May our hearts overflow with the love of Jesus.

With a grateful heart, John

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