

Keeping the Heart

- Everyone is going somewhere—becoming something
 - How does a Christian stay on track?
 - Principle: The condition of your heart determines all the ways you make decisions—so guard it!
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1 – What is the Heart?

Scripture depicts the heart as a unity with a diversity of spiritual functions.

- What we *know*: (Prov. 16:4; Jer 24:7; Matt. 9:4)
- What we *desire*: (Psa. 141:4; 1 Pet. 1:22; Matt. 22:37).
- What we *choose*: (Prov. 16:9; Gen. 6:5).
- Application - Don't place the heart against the mind.

2 – Why Keep the Heart?

- Because "*from it flow the springs of life*" (Matt. 15:19; Luke 6:45; Mark 7:21)
- Because the heart can vacillate (Jer 17:9, 31:33, Eze 36:26-27; Psa. 51:10; Rom 5:5, 6:17)

3 – How to Keep the Heart?

- Give your heart to Christ (Psa. 51:10; Rom 10:9-10)
- Fix your heart on Christ
 - Eyes (vs. 21, 25; Prov 23:26; 2 Cor 3:18; Psa. 119:37)
 - Ears (vs. 21; Jer. 11:8, 33:2; Matt. 11:15)
 - Phil. 4:7-8

Questions for Reflection:

1. In what ways has the culture penetrated the citadel of your heart with unbiblical thoughts?
2. How do thoughts, feelings and desires interact in the inner person?
3. What is most challenging about fixing your thoughts upon Jesus for you?
4. In what ways can you take greater responsibility for what you see and hear?