

The Guardrails of the Heart.

Proverbs 4:20-27

[20] My son, be attentive to my words;

incline your ear to my sayings.

[21] Let them not escape from your sight;

keep them within your heart.

[22] For they are life to those who find them,

and healing to all their flesh.

[23] Keep your heart with all vigilance,

for from it flow the springs of life.

[24] Put away from you crooked speech,

and put devious talk far from you.

[25] Let your eyes look directly forward,

and your gaze be straight before you.

[26] Ponder the path of your feet;

then all your ways will be sure.

[27] Do not swerve to the right or to the left;

turn your foot away from evil. (ESV)

I. We must guard our heart, for from it flow the springs of life (v.23)

[23] Keep your heart with all vigilance, for from it flow the springs of life.

- Mark 7:20-23: [20] *And he said, "What comes out of a person is what defiles him. [21] For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, [22] coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. [23] All these evil things come from within, and they defile a person."*
(ESV)
- Tim Keller: *"the best way to guard the heart for wisdom is worship, in which the mouth, the mind, the imagination, and even the body are all oriented to God."*

II. We guard our hearts by orienting our minds in worship (v.20-22)

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incline your ear to my sayings.*

[21] *Let them not escape from your sight;
keep them within your heart.*

[22] *For they are life to those who find them,
and healing to all their flesh.*

III. We guard our hearts by orienting our words in worship (v.24)

[24] *Put away from you crooked speech, and put devious talk far from you.*

IV. We guard our heart by orienting our eyes in worship (v.25)

[25] Let your eyes look directly forward, and your gaze be straight before you.

- **John Owen:** "If we regularly beheld the glory of Christ our Christian walk with God would become more sweet and pleasant, our spiritual light and strength would grow daily stronger and our lives would more gloriously represent the glory of Christ."

V. We guard our heart by orienting our daily liturgies in worship (v.26-27)

[26] Ponder the path of your feet:

then all your ways will be sure.

[27] Do not swerve to the right or to the left;

turn your foot away from evil.

- **Ray Ortlund:** "*We will not lose our way on the journey of life if we will keep coming to Jesus and drinking in his acceptance, his forgiveness, his promises, his love. Everything else flows out from deep in there.*"