

**SERIES: WHAT LIES BENEATH**  
**Being Emotionally Healthy in An Emotional World**  
**SERMON: GUARD YOUR HEART**  
**8-21-22**

**REVIEW:**

*Genesis 1:26-27 "Then God said, 'Let us make man in our image, according to Our likeness...So God created human beings in his own image. In the image of God he created them; male and female he created them.*

**GOD MADE US IN HIS IMAGE.  
THAT IMAGE INCLUDES PHYSICAL, SPIRITUAL, EMOTIONAL, INTELLECTUAL  
AND RELATIONAL.**

**Ignoring any aspect of who we are as men and women made in God's image always results in destructive consequences - in our relationship with God and with others and with ourselves.**

**1. GOD HAS EMOTIONS**

**2. GOD CREATED US TO HAVE EMOTIONS**

**It's okay to show emotion. It's okay to be emotional. It is not a sin to show your emotions.**

**3. GOD WANTS US TO BE HEALTHY EMOTIONALLY**

*1 Thessalonians 5:23 (NLT) Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again*

**When we allow our emotions to push us to make decisions that keep us from doing God's will, disobeying God, or hinder and hurt our relationships then they are unhealthy.**

**GOD DOES NOT WANT US TO BE EMOTIONALLY LED.  
OUR SPIRIT MUST ALWAYS TAKE THE LEAD.**

**BUT HE ALSO DOES NOT WANT US TO BE  
EMOTIONALLY DEAD.  
OUR EMOTIONS HAVE THEIR PLACE.**

**YOU CAN'T BE A SPIRITUAL GIANT AND BE AN  
EMOTIONAL INFANT.**

**CHRISTIAN SPIRITUALITY WITHOUT EMOTIONAL HEALTH  
CAN BE DEADLY TO YOURSELF, YOUR RELATIONSHIP WITH GOD AND THE  
PEOPLE AROUND YOU.**

**EMOTIONAL HEALTH AND SPIRITUAL MATURITY  
ARE INSEPARABLE.  
IT IS NOT POSSIBLE TO BE SPIRITUALLY MATURE WHILE REMAINING  
EMOTIONALLY IMMATURE.**

**OPENER:**

***Proverbs 4:23 Guard your heart above all else, for it determines the course of your life.***

**Heart(soul) - mind, emotions, thoughts, beliefs, reasoning**

**Guard = protect, watch over, to keep an eye on, cover, patrol, police, defend, shield, preserve, secure, screen, shelter**

**ILLUSTRATION:**

The Border Patrol in our country guards our borders. It was established to keep our country safe. Without guarding the entries to this country we open ourselves up to anything and anyone. Without vetting those who want to come in to see what their motives are or researching for criminal activity, etc..... it is unsafe for our country.

**MANY OF US LIVE THAT WAY.  
WE HAVE NO BORDERS.  
WE HAVE NO BOUNDARIES.**

**ANYONE AND EVERYTHING IS ALLOWED INTO OUR LIVES  
AND OUR HEART.**

**AND BECAUSE OF THAT WE ARE EMOTIONALLY AND MENTALLY UNHEALTHY.**

**ILLUSTRATION:**

**Draw a line on the floor.**

**A border is a line, a boundary, an entrance.**

**This verse tells us that we are to keep guard over the entrance of our heart. This entrance is the doorway through which things get into the heart. We are to guard our hearts against what comes in and only allow that which builds us up. What is dangerous to our hearts is to stay out.**

**YOU MUST ESTABLISH BORDERS AROUND YOUR HEART.  
YOU MUST PROTECT YOURSELF BY DRAWING A LINE AS TO WHAT AND WHO  
CAN CROSS IT.**

**HAVE THE COURAGE TO SAY "NO".  
PUT UP SIGNS THAT SAY "NO TRESPASSING".**

**THINGS GET INTO OUR HEART THREE WAYS:**

**1) what we watch**

- 2) what we listen to
- 3) what we do

**Questions?**

**What do you watch? What images are your eyes set on?**

....Netflix, Internet, Games, Media

**What are you listening to?**

.....Music, Blogs, Teaching

**What kind of people do you hang with (do life with)?**

**Who are your BFF's?**

**What activities are you participating in?**

**IF WE LET IN UNGODLY THINGS - WE BECOME UNGODLY.  
IF WE LET IN GODLY THINGS - WE BECOME GODLY.**

**YOU CANNOT LIVE WITHOUT LIMITS.  
YOU MUST GUARD THE ENTRANCES INTO YOUR HEART.  
AND SET UP BORDERS THAT CANNOT BE CROSSED.**

**I. THREE REASONS WHY IT IS NECESSARY TO GUARD YOUR HEART**

- 1. **BECAUSE YOUR HEART IS EXTREMELY VALUABLE**  
.....”*Guard you heart above all else*”

**ILLUSTRATION:**

We don't guard worthless things. We take our garbage to the street every Wednesday night. It is picked up on Thursday morning. It sits next to the road all night, completely unguarded. Why? Because it is worthless. Some of us treat our heart that way. We leave it out, unprotected, unguarded. Not realizing the value that it has.

**YOUR HEART IS EXTREMELY VALUABLE.  
IT IS THE ESSENCE OF WHO YOU ARE.  
IT IS WHERE ALL YOUR DREAMS, YOUR DESIRES AND  
YOUR PASSIONS AND YOUR BELIEFS LIVE.  
IT IS THAT PART OF YOU THAT CONNECTS WITH GOD  
AND WITH OTHER PEOPLE.**

**ABOVE ALL ELSE, YOU MUST GUARD IT, PROTECT,  
PRESERVE IT, WATCH OVER IT.**

**TO WATCH OVER YOUR HEART MUST BE YOUR TOP PRIORITY!**

- 2. **BECAUSE YOUR HEART IS THE SOURCE OF EVERYTHING YOU DO**

***“It determines the course of your life”  
KJV says..... “it is the “wellspring of life.”***

**ILLUSTRATION:**

In Oklahoma, where we live, we have thousands of natural springs, where water flows to the surface of the earth from deep under the ground. It then accumulates in ponds or pools or runs off into creeks and streams. If you plug up the spring, you stop the flow of water. If you poison the water, the flow becomes toxic. In either situation, you threaten life downstream. Everything depends on the condition of the spring.

**JUST LIKE A SPRING YOUR HEART FLOWS OUT INTO YOUR LIFE.  
IT IS THE SOURCE OF EVERYTHING ELSE IN YOUR LIFE.  
YOUR HEART OVERFLOWS INTO YOUR WORDS AND ACTIONS.**

So, if your heart is unhealthy, it has an impact on everything else. It threatens your family, your friends, your ministry, your career, and your legacy. It is, therefore, imperative that you guard it.

**WHATEVER YOU THROW INTO THE SPRING IS WHAT  
YOU WILL DRINK.**

Just like your physical body,

- > If your heart becomes toxic, your life becomes toxic.
- > If you heart becomes bitter, your whole life is sour.
- > If you heart is unclean, your actions will become unclean.
- > If your heart is full of hurt , then you in turn you will hurt others.

**YOUR HEART LEADS YOUR LIFE.**

Jesus said it like this.....

***Matthew 12:34-35 (NKJV) For out of the abundance of the heart the mouth speaks.  
35 A good man out of the good treasure of his heart brings forth good things, and  
an evil man out of the evil treasure brings forth evil things.***

**WE DON'T BECOME HOLY FROM THE OUTSIDE IN.  
OUR ACTIONS DON'T MAKE US HOLY - THE CONDITION  
OF OUR HEART DOES.**

**YOUR HEART LEADS YOUR ACTIONS.  
YOUR THOUGHTS TURN INTO YOUR ACTIONS.**

What is stored in your heart today?  
Is your heart sick with bitterness, resentment?  
Is your heart full of jealousy?  
Is your heart holding unforgiveness?

Is your heart overcome with sorrow or disappointment?  
Within your heart are you scheming or making selfish plans?  
Are your thoughts set on impure or unholy things?

**THE CONDITION OF YOUR HEART DETERMINES WHO YOU  
WILL BECOME.**

**INSTEAD OF FOCUSING ONLY ON OUR ACTIONS WE NEED TO FOCUS ON  
GUARDING THE BORDERS OF OUR HEART.**

**3. BECAUSE YOUR HEART IS UNDER CONSTANT ATTACK**

You are living in a combat zone—one in which there are casualties. Many of us are oblivious to the reality of this war. We have an enemy who is bent on our destruction. He not only opposes God, but he opposes everything that is aligned with Him—including us.

The Enemy uses all kinds of weapons to attack our heart. For me, these attacks often come in the form of some circumstance that leads to disappointment, discouragement, and disillusionment. In these situations, I am tempted to quit—to walk off the field and surrender.

*Ephesians 6:16 (NLT) In addition to all of these, hold up the shield of faith to stop the fiery arrows of the devil.*

**IF THE ENEMY CAN WOUND YOU THEN YOU WILL  
FALL IN BATTLE.**

**IF HE CAN SHOOT AN ARROW OF RESENTMENT, DISILLUSIONMENT, OFFENSE  
OR REBELLION THEN YOU  
WILL BECOME TOO WEAK TO FIGHT AND USELESS  
FOR THE KINGDOM OF GOD.**

**HOW TO GUARD YOUR HEART ACCORDING TO THE BIBLE**

**THE WORD OF GOD IS YOUR BORDER PATROL  
THE WORD OF GOD WILL KEEP YOU, PROTECT YOU, PRESERVE YOU AND  
SHIELD YOU.**

**II. THREE WAYS WE GUARD OUR HEART WITH GOD'S WORD:**

**1. PLANT THE SEED OF THE WORD IN YOUR HEART**

***Matthew 13:23(NLT) The seed that fell on good soil represents those who truly hear and understand God's word and produce a harvest of thirty, sixty, or even a hundred times as much as had been planted!"***

The Word of God is like seed so that when we read it or listen to it, it is planted into our hearts. So, if you want a harvest of righteousness, (right living) you have to plant something. Some of us are expecting a good harvest, but we are not planting anything.

#### **GOOD THINGS IN - GOOD THINGS OUT.**

***Psalm 119: 92:93 (NIV) <sup>92</sup> If your law had not been my delight, I would have perished in my affliction. <sup>93</sup> I will never forget your precepts, for by them you have preserved my life.***

#### **2. FILL YOUR HEART WITH THE TRUTH OF THE WORD**

It is hard to live a joyful life with a broken heart. Jesus came to heal the brokenhearted so that we can live a full life. Even when bad things happen to us, we can guard our hearts by focusing on what God says about our lives.

***Isaiah 41:10 Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand. <sup>11</sup> "See, all your angry enemies lie there,***

#### **3. ALLOW THE WORD TO LOOK INTO YOUR HEART**

***Hebrews 4:12-13 (NLT) For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires. <sup>13</sup> Nothing in all creation is hidden from God. Everything is naked and exposed before his eyes, and he is the one to whom we are accountable.***

#### **THE WORD IS LIKE THE EYES OF GOD SEARCHING YOUR HEART.**

The word of God will help you know what belongs in your heart and what doesn't. You are to carefully weigh your heart at all times to ensure it remains pure.

Read scriptures and meditate on God's word so that it can transform your heart and make you more Christlike. Your thoughts and actions are to align with those of Christ.

God's word will remove wrong beliefs and thought patterns that can leave you stuck in life. It will remove idols in your heart so that you can have continual fellowship with God. The word of God will purify your heart and you can act out of a clear conscience.

