



THE IMPORTANCE OF THE HEART

The HEART is the _____ you _____ are.

*“Above all else, guard your heart, for everything you do flows from it.”
(Pr. 4:23, NIV)*

“As water reflects the face, so the heart reflects the person.” (Pr. 27:19)

“The purposes of a person’s heart are deep waters....” (Pr. 20:5a, NIV)

“Trust in the Lord with all your heart....” (Pr. 3:5)

We often _____ what is in our hearts.

*“Like the glaze covering an earthen vessel are fervent lips with an evil heart.
Whoever hates disguises himself with his lips and harbors deceit in his heart.”
(Pr. 26:23-24, ESV)*

“... ‘Eat and drink,’ he says to you, but his heart is not with you.” (Pr. 23:7b)

_____ what is _____ in our hearts.

*“...for God sees not as man sees, for man looks at the outward appearance,
but the Lord looks at the heart.” (1 Sam. 16:7, NASB)*

*“Death and Destruction lie open before the Lord—how much more do
human hearts!” (Pr. 15:11, NIV)*

*“The refining pot is for silver and the furnace for gold, but the Lord tests
hearts.” (Pr. 17:3, NASB)*

“All a person’s ways seem right to him, but the Lord weighs hearts.” (Pr. 21:2)

*“Don’t excuse yourself by saying, ‘Look, we didn’t know.’ For God under-
stands all hearts, and he sees you.” (Pr. 24:12a, NLT)*

“Search me, God, and know my heart....” (Ps. 139:23a)

3 KINDS OF “HEARTS” IN PROVERBS

“ _____ HEARTS”

Characteristics:

- _____ - “...a sad heart produces a broken spirit.” (Pr. 15:13b)
- _____ - “The heart knows its own bitterness....” (Pr. 14:10a)
- _____ - “Even in laughter a heart may be sad....” (Pr. 14:13a)
- _____ - “Anxiety in a person’s heart weighs it down, but a good word cheers it up.” (Pr. 12:25)
- _____ - “Singing cheerful songs to a person with a heavy heart is like taking someone’s coat in cold weather or pouring vinegar in a wound.” (Pr. 25:20, NLT)

Hurting Hearts need to be _____.
(John 14:27, Ps. 34:18, Ps. 147:3)

“ _____ HEARTS”

Characteristics:

- _____ - “Happy is the one who is always reverent, but one who hardens his heart falls into trouble.” (Pr. 28:14)
- _____ - “Before his downfall a person’s heart is proud, but humility comes before honor.” (Pr. 18:12)
The lamp that guides the wicked—haughty eyes and an arrogant heart—is sin.” (Pr. 21:4)
- _____ - “Deceit is in the hearts of those who plot evil....”
(Pr 12:20a)
- _____ - “Who with perversity in his heart devises evil continually, who spreads strife.” (Pr. 6:14, NASB)
- _____ - “The Lord detests people with crooked hearts, but he delights in those with integrity.” (Pr. 11:20, NLT)

- _____ - "... the heart of the wicked is of little value." (Pr. 10:20)
- _____ - "Don't let your heart envy sinners; instead, always fear the Lord." (Pr. 23:27)
- _____ - "A person's own foolishness leads him astray, yet his heart rages against the Lord." (Pr. 19:3)

Hard Hearts need to be _____. (Matt. 15:7-9, Ps. 51:10)

" _____ HEARTS"

Characteristics:

- _____ & _____ - "A wise heart accepts commands...." (Pr. 10:8a)
- _____ - "A heart at peace gives life to the body, but envy rots the bones." (Pr. 14:30, NIV)
- _____ - "A joyful heart makes a cheerful face...." (Pr. 15:13a, NASB)
"A joyful heart is good medicine, but a broken spirit dries up the bones." (Pr. 17:22)
- _____ - "Who can say, 'I have kept my heart pure; I am cleansed from my sin'?" (Pr. 20:9)
"He who loves purity of heart and whose speech is gracious...." (Pr. 22:11)
- _____ - "Wisdom resides in the heart of the discerning...." (Pr. 14:33a)
"My son, if your heart is wise, my heart will indeed rejoice." (Pr. 23:15)
"Anyone with a wise heart is called discerning...." (Pr. 16:21a)
"The heart of a wise person instructs his mouth; it adds learning to his speech." (Pr. 16:23)

Healthy Hearts need to be _____.

DAILY MAINTENANCE PLAN FOR THE HEART

- 1) _____ your heart _____ to the Lord.
"Trust in the Lord with all your heart, and do not rely on your own understanding...." (Pr. 3:5)
- 2) _____ your heart with the truth of _____.
"My son, don't forget my teaching, but let your heart keep my commands." (Pr. 3:1)
"...he taught me and said, 'Your heart must hold on to my words. Keep my commands and live....Don't lose sight of them; keep them within your heart.'" (Pr. 4:4,21)
"Always bind them to your heart; tie them around your neck." (Pr. 6:21)
"Write them on the tablet of your heart." (Pr. 7:3b)
- 3) _____ your heart toward _____ constantly.
"Listen, my son, and be wise, and direct your heart in the way." (Pr. 23:19, NASB)
- 4) _____ your heart to stay _____.
"Apply your heart to discipline, and your ears to words of knowledge." (Pr. 23:12, NASB)
- 5) _____ your heart against _____ and _____.
"Above all else, guard your heart, for everything you do flows from it." (Pr. 4:23, NIV)
"Don't let your heart turn aside to her ways; don't stray onto her paths. For she has brought many down to death; her victims are countless." (Pr. 7:24-25)

How Do You Maintain a Healthy Heart? →