

10 DAY FAST

SELF-CONTROL

DAY SIX · JULY 29 · PASTOR ERIC WALTEMIRE

Proverbs 6:18 says, “A heart that creates wicked plans” is an abomination to the Lord. Jesus speaks in Matthew 12:34, “You brood of vipers, how can you speak good things when you are evil? For the mouth speaks out of that which fills the heart.” In other words, we speak that which is in our heart. If there are wicked plans in our heart, it is that which we will speak.

We are to guard our heart with all diligence. Proverbs 4:23 says, “Keep your heart with all diligence, For out of it spring the issues of life.” The things we partake of are what we will become, that is the things we listen to, read, view, and the people we associate with. The enemy will use those things to attack us in our weaknesses.

The Apostle Paul writes in Ephesians 6:12, “ For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.”

When we provide the enemy an open door into our heart, he will march right in with his wicked plans to attack us. As it says in John 10:10, he comes to steal, kill, and destroy.

We are to have self-control (Galatians 5:22), guard our heart (Proverbs 4:23) and put on the whole armor of God (Ephesians 6:10-18). Protect yourselves

against the wicked plans of the enemy so they don't become your plan.

