

Check Your Pulse

📅 Date Delivered	@February 22, 2026
☰ Lesson Number	Lesson Four
☰ Primary Scripture	Proverbs 4:23
☰ Speaker	Apostle Tyrone McCreary
☰ Summary	A call to guard the heart by recognizing how impulse works, how darkness distorts perception through systems and strongholds, and how believers respond by capturing thoughts and submitting impulses to Christ.

DRIVEN – Lesson Four: Check Your Pulse

Date: February 22, 2026



Primary Text: Proverbs 4:23 — “Guard your heart with all diligence, for out of it spring the issues of life.”

Thought

Check your pulse, or your impulses will drive you away.

I. FOUNDATION: Guard the Heart

Guard — to protect, maintain, steward.

- Guarding is not passive.
- It is intentional oversight.

II. RECAP: The Strategy of Darkness

Last week we established:

- The enemy's strategy has always been to **distort perception**.
- **Perception** includes:
 - Discernment
 - The ability to see, hear, or become aware through the senses

If the enemy controls:

- What you see
- How you see

Then the enemy influences:

- How you think

If the enemy controls how you think, the enemy drives how you live.

2 Corinthians 2:11 — "Lest Satan should take advantage of us; for we are not ignorant of his devices."



Devices — *noēmata* (νοήματα): Thoughts, plans, schemes, mental strategies, systematic arrangements.

Satan exploits principles built into human design.

III. The Law of Exposure and Agreement

Mark 4:24–25 — "Take heed what you hear..."

- **Attention = transformation**
 - The measure you give determines the return you receive.
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IV. The Darkness Has an Infrastructure

Ephesians 6:12 — We wrestle against:

- Principalities
- Powers
- Rulers of darkness
- Spiritual wickedness

There is a **system**.



What is a system? An organized set of connected parts working together to achieve a purpose.

The kingdom of darkness has a system designed to:

- Distort
- Manipulate
- Influence
- Capture the will of man

Deception works without possession.

If Satan shapes how you think, Satan shapes how you live.

V. Understanding Impulse

To understand the battlefield, we must understand **impulses**.



Impulse (definition): A sudden, strong, and unreflective urge to act.
From Latin *impulsus*: a push, a shove, a thrust, to drive forward.

Impulse is not first a moral word.

It is a motion word.

It describes:

- Something pressing you
 - Something urging motion
 - Something saying, "Move. React. Do something."
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VI. God Designed Impulse

Impulse systems are God-designed "first responders." They help us:

- Pull away from danger
- Respond to pain
- Bond with others
- Act quickly

Impulse is a signal system.

It is often the first motion of:

- Desire
- Emotion
- Attention

The Bible does not treat desire as automatically sinful.

It treats desire as something that must be governed.

VII. Impulse Reveals the Heart

Impulse is a dashboard light.

It exposes:

- What you fear
- What you crave
- What you value
- What you are wounded by

Luke 6:45 — "Out of the abundance of the heart his mouth speaks."

What comes out of you is connected to what is in you.

VIII. Sin Distorts Impulse

Because of sin, the heart now wrestles with bent desires.

Impulse can become the doorway of temptation.

Examples:

- "Say it." (anger)
 - "Take it." (greed)
 - "Look at it." (lust)
 - "Just leave." (avoidance)
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IX. James' Cycle of Temptation (James 1:14–15)

Temptation is a process.

1. **Desire** — *epithymia*: Internal craving. Not automatically sinful, but misdirected desire is dangerous.
 2. **Drawn away** — *exelkō*: To drag away (a hunting term). Temptation works when you leave:
 - Discipline
 - Accountability
 - Covering
 - Alignment
 3. **Enticed** — *deleazō*: To bait a hook. Temptation presents bait, not the hook.
 4. **Conceive** — *sullambanō*: To seize. Conception happens when the will says "yes." Temptation is not sin. Agreement is.
 5. **Sin** — *hamartia*: To miss the mark. Sin develops. It is birthed.
 6. **Full grown** — *apoteleō*: To mature completely. Sin grows in stages.
 7. **Death** — *thanatos*: Separation, primarily spiritual separation.
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X. Sin Produces Distinction Before Distance

Sin first creates **distinction** before it produces **distance**.

Genesis 3 pattern

- Eve distinguished her reasoning from God's Word.
- She acted independently.
- Distance followed.
- They hid.
- They blamed.
- They were expelled.

Sin begins with: "I will define this differently than God."

Distinction precedes distance.

XI. The Warfare Response (2 Corinthians 10:3–5)

We do not war according to the flesh.



Flesh — *sarx*: Carnal disposition.

War — *strateuō*: Active engagement. This is not passive Christianity.

Weapons — *hoplon*: Spiritual instruments (not fleshly). Flesh cannot fix flesh.

Mighty — *dunatos*: Explosive divine power.

Behavior modification without spiritual transformation will fail.

XII. What Are Our Weapons?

- The Word
- Prayer
- Fasting

- Authority in Christ
 - Submission to the Holy Spirit
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XIII. Strongholds

Pulling down — *kathairesis*: Demolition (not suppression).

Strongholds — *ochyrōma*: Fortified mental patterns.

A stronghold is:

- A repeated thought system
- A belief contrary to God
- A mental fortress

Ungodly impulses are rooted in strongholds.

XIV. Internal Reasoning

Imaginations — *logismos*: Internal dialogue.

Examples:

- "It's not that serious."
- "God understands."
- "One time won't hurt."

High thing — *hypsōma*: Prideful elevation. Anything exalted above God's authority.

Bringing into captivity — *aichmalōtizō*: Capture as prisoner of war.

Obedience — *hypakoē*: Submission under authority. Every thought must bow to Christ.

XV. What Do We Do With Ungodly Impulses?

1. **Identify the thought.** Impulse begins as suggestion.
 - Ask: Does this align with God's Word?

2. **Refuse agreement.** Interrupt conception. Do not entertain it.

3. **Demolish the reasoning.** Replace:

- Lies → Truth
- Emotion → Word
- Impulse → Conviction

Jesus answered temptation with: "It is written."

4. **Capture it.** Redirect immediately.

- Pray
- Quote Scripture
- Change environment

5. **Submit it to Christ.** Not suppression, but surrender.

Key Scriptures to Meditate and Memorize

- **Proverbs 4:23**
 - **2 Corinthians 2:11**
 - **Mark 4:24–25**
 - **Ephesians 6:12**
 - **Luke 6:45**
 - **James 1:14–15**
 - **2 Corinthians 10:3–5**
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Final Point

Impulse is not your enemy.

Unsubmitted impulse is.

Impulse is a signal.

The heart is the source.

The mind is the battleground.

Christ must be the authority.

Guard your heart, because whatever controls your impulses will eventually control your direction.