

DAY 9 – A GUARDED HEART

SCRIPTURE: PROVERBS 4:23 DEVOTIONAL THOUGHT:

Your heart is the command center of your life. Whatever gets into your heart eventually spills into your thoughts, your relationships, your choices, your habits, and your future.

That's why Solomon says, "Guard it."
Not casually... intentionally.
Not with fear... with wisdom.

You wouldn't leave your house unlocked at night. You wouldn't leave your phone on the sidewalk. So why leave your heart unprotected?

Revival begins in a heart that is guarded from negativity, comparison, bitterness, and spiritual clutter—and open to God's truth, presence, and voice.

REFLECTION QUESTIONS:

- What have you been allowing into your heart that doesn't belong?
- Is what you're consuming drawing you closer to God or further away?

PRACTICAL APPLICATIONS:

- **Turn off one negative source** today (news, gossip, social feed).
- **Replace 10 minutes of scrolling** with a Psalm.
- **Clean your environment**—physical space often influences emotional space.
- **Set a boundary** with something or someone draining your spirit. healing.



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PRAYER

God, guard my heart today. Help me recognize what doesn't belong and remove it. Fill my heart with Your truth, Your joy, and Your presence. Protect my peace and purify my thoughts. In Jesus' name, amen.

