

SEQUOIA NOTES

Today's Sequoia @10:10 Message...

Guard Your Heart

With Ryan Dawson - Lead Pastor
January 23, 2022



Proverbs 4:20-27 (NLT) My child, pay attention to what I say. Listen carefully to my words. ²¹ Don't lose sight of them. Let them penetrate deep into your heart, ²² for they bring life to those who find them, and healing to their whole body. ²³ Guard your heart above all else, for it determines the course of your life. ²⁴ Avoid all perverse talk; stay away from corrupt speech. ²⁵ Look straight ahead, and fix your eyes on what lies before you. ²⁶ Mark out a straight path for your feet; stay on the safe path. ²⁷ Don't get sidetracked; keep your feet from following evil.

• **The heart is the inner person containing the mind, will, soul, appetites & emotions.**

v. 22 "...for they bring life to those who find them, and healing to their whole body."

v. 23 "Guard your heart above all else, for it determines the course of your life."

"Keep your heart with all diligence, For out of it spring the issues of life." (NKJV)

Matthew 6:21-24 (NLT) "Wherever your treasure is, there the desires of your heart will also be. ²² Your eye is like a lamp that provides light for your body. When your eye is healthy, your whole body is filled with light.²³ But when your eye is unhealthy, your whole body is filled with darkness. And if the light you think you have is actually darkness, how deep that darkness is! ²⁴ No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve God and be enslaved to money."

• **We are ultimately shaped by the strongest affections in our lives.**

• **We need to guard our heart because it will determine the course for our life.**

If the heart is like a compass, an erotic homing device, then we need to (regularly) recalibrate our hearts, tuning them to be directed to the Creator, our magnetic north...our ultimate loves, longings, desires, and cravings are learned. And because love is a habit, our hearts are calibrated through imitating exemplars and being immersed in practices that, over time, index our hearts to a certain end. We learn to love, then, not primarily by acquiring information about what we should love but rather through practices that form the habits of how we love." James K. A. Smith You Are What You Love

Big Idea: We guard our heart by "aiming" our affections through Christian rhythms.

• **We need "the expulsive power of a new affection."**

"What cannot be destroyed, may be dispossessed—and one taste may be made to give way to another, and to lose its power entirely as the reigning affection of the mind." Thomas Chalmers

• **Guard your heart by what you say.**

v. 24 "Avoid all perverse talk; stay away from corrupt speech."

• **Develop the rhythm of Spirit-filled praise, prayer, and thanksgiving.**

Ephesians 5:18-20 (NLT) "...Be filled with the Holy Spirit, ¹⁹ singing psalms and hymns and spiritual songs among yourselves, and making music to the Lord in your hearts. ²⁰ And give thanks for everything to God the Father in the name of our Lord Jesus Christ."

• **Guard your heart by what you see.**

v. 25 "Look straight ahead, and fix your eyes on what lies before you."

• **Develop the rhythm of reading and reflecting on God's Word daily.**

Philippians 4:8-9 (NLT) "And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. ⁹ Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you."

• **Guard your heart by what you do.**

v. 26-27 "Mark out a straight path for your feet; stay on the safe path. Don't get sidetracked; keep your feet from following evil."

• **Develop the rhythm of gathering with believers for worship & mission.**

• **Guard your heart by giving it to Jesus.**

Proverbs 13:12 (NIV) "Hope deferred makes the heart sick, but a longing fulfilled is a tree of life."

The Translation of the Bible Scriptures used in today's 10:10 service are from the New Living Translation (NLT), The New King James Version (NKJV), and the New International Version (NIV).



Sequoia Impact Communities are where we
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Guard Your Heart

#3 of 11 - January 23, 2022

- 1) Last week we looked at Proverbs 3:1-6 and building our life on the foundation of faith, hope, and love. Where did you see God working in your life in this regard this past week? How did your action step go? Are you engaging with the Proverbs Challenge?
- 2) Read Proverbs 4:20-27. What is the **Context** for this passage? Where is this taking place in the book as a whole (what comes before or after)? Who is the writer and who are the recipients? Where does it fit in the Bible? What's the theme of this chapter, or passage? What's the historical and cultural context?
- 3) **Observation:** What "jumps out" in this passage? What interesting details do you observe? Is anything repeated? What questions come up about the passage? What is the major theme in the passage?
- 4) **Meaning:** What was the meaning for the original recipients? What meaning is inferred in this passage for us and what does this tell us about wisdom and how people grow in wisdom? What does it mean to "guard our heart"?
- 5) Read Proverbs 13:12. How is Jesus the fulfillment of our ultimate longings? Why can we trust Jesus with our heart?
- 6) **Application:** How is God speaking to you through this passage? (Take some time for Listening Prayer). How does this passage call on you to change the way you live as you enter 2022? What rhythms will you embrace to help you "guard your heart" so your "aim" your affections towards Jesus and His Kingdom? What will you do this week as a result of this teaching? What aspect of this teaching do you need to pass on to others?



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