

Heart
Above All Else Guard Your Heart
Discover Church
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“Above all else, guard your heart, for everything you do flows from it.” Proverbs 4:23

How to Guard Your Heart

1. **Concentrate** on the Right Things

“Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. ²⁰ But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also.” Matthew 6:19-21

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.” Matthew 6:33

2. Know the **Competition** for your heart

“The thief comes only to steal and kill and destroy” John 10:10

3. **Cultivate** the growth of your heart

“No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.” Hebrews 12:11

Practices to Cultivate My Heart

- Solitude

“After he had dismissed them, he went up on a mountainside by himself to pray. Later that night, he was there alone” Matthew 14:23

- Read
- Prayer
- Fasting

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. ¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to others that you

are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.” Matthew 6:16-18

4. Make Good **Choices** for your heart

“For as he thinks in his heart, so is he” Proverbs 23:7

- **Humility** and **Pride**

“Pride goes before destruction, and haughtiness before a fall.” Proverbs 16:18

“Pride ends in humiliation, while humility brings honor.” Proverbs 29:23

- **Forgiveness** and **Retribution**

“bless those who curse you, pray for those who mistreat you.” Luke 6:28

- **Vulnerability** and **Protectiveness**

“We have spoken freely to you, Corinthians, and opened wide our hearts to you. ¹² We are not withholding our affection from you, but you are withholding yours from us. ¹³ As a fair exchange—I speak as to my children—open wide your hearts also.” 2 Corinthians 6:11-13

- **Courage** and **Fear**

“Be strong and very courageous.” Joshua 1:18

- **Hope** and **Worry**

“Show me your ways, Lord, teach me your paths. Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.” Psalm 25:4-5

- **Generosity** and **Greed**

“A generous person will prosper; whoever refreshes others will be refreshed.” Proverbs 11:25

“For of this you can be sure: No immoral, impure or greedy person—such a person is an idolater—has any inheritance in the kingdom of Christ and of God.” Ephesians 5:5

- **Perseverance** and **Resignation**

“Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.” Hebrews 12:3

“Above all else, guard your heart, for it is the wellspring of life.” Solomon