

Protect the Source
May 31, 2026

Above all else, guard your heart, for everything you do flows from it. – Proverbs 4:23 (NIV)

The greatest influence on our lives is not what's happening *around* us, it's what's happening *within* us.

Whatever _____ the heart
eventually _____ in life.

For everything you do flows from it. – Proverbs 4:23b (NIV)

Our hearts are not _____.
Our hearts are _____.

Saul allowed something unhealthy to settle into his heart:
_____.

As they danced, they sang: "Saul has slain his thousands, and David his tens of thousands." – 1 Samuel 18:7 (NIV)

A heart filled with God will _____,
even when revenge is possible.

Out of the abundance of the heart the mouth speaks.
– Matthew 12:34b (NKJV)

Pressure does not _____ what is inside of us.
Pressure simply _____ what was already there.

eventually become reactions.

Pain that is not transformed gets transferred.

I remember my affliction and my wandering, the bitterness and the gall. I well remember them, and my soul is downcast within me.

– Lamentations 3:19–20 (NIV)

Unhealed pain changes the way we see people.

_____ the heart is a
_____ spiritual discipline.

But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way.

– Daniel 1:8 (NIV)

And we take captive every thought to make it obedient to Christ. – 2 Corinthians 10:5b (NIV)

**Repeated thoughts eventually become beliefs,
beliefs shape attitudes; and attitudes shape decisions.**