

NOTE: Foolproof | Guard Your Heart
July 26, 2026 | Pastor Nate Elarton | Compelled Church

Bonus Proverbs:

“Like a dog that returns to its vomit Is a fool who repeats his folly.” (Proverbs 26:11, NASB95)

“Like one who takes a dog by the ears Is he who passes by and meddles with strife not belonging to him.”
(Proverbs 26:17, NASB95)

“As the door turns on its hinges, so does the sluggard on his bed.” (Proverbs 26:14, NASB95)

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

Heart - Hebrew word “Leb” this refers to our mind, character, disposition, inclination, loyalty, convictions, determination, courage, morals, understanding,

The Heart is the center of our inner life, emotions, will, values, character, desires, and spirituality.

The mission of Christ was to save us, and it all starts with our _____.

“That if you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you will be saved; for with the heart a person believes, resulting in righteousness, and with the mouth he confesses, resulting in salvation.” (Romans 10:9–10, NASB95)

- Jesus changes our heart by forgiving sin.
- Faith is in the heart. We believe in our heart.
- We confess and speak what is in our heart.

“As in water face reflects face, So the heart of man reflects man.” (Proverbs 27:19, NASB95)

Two components of the verse I want to address:

1. What _____ from our heart
2. How do you _____ your heart?

What flows from our heart?

“No good tree bears bad fruit, nor does a bad tree bear good fruit. Each tree is recognized by its own fruit. People do not pick figs from thornbushes, or grapes from briars. A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.” (Luke 6:43–45, NIV)

What has flowed out of your heart this week? What hurts, pain, offenses, or unforgiveness are in your heart? (write them here)

How do you guard your heart?

“For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.” (Hebrews 4:12, NIV)

Words of God and Word of God

1. We guard our heart by identifying and knowing what is there that needs to go.

Galatians 5: 19-*“The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.”* (Galatians 5:19–21, NIV)

2. The Word of God must be planted in our hearts.

“To get what you want you have to plant the right seed, because seed always produces fruit after its kind.”

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit.” (Galatians 5:22–25, NIV)

3. Time with Jesus

Prayer, allowing the Words of God, by the Power of the Spirit change us.

“I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being,” (Ephesians 3:16, NIV)

4. The transformational experiences of life sanctify our heart.

Difficult times, peaceful times, challenges and failure, blessings and graces

5. We need each other.

“Wounds from a friend can be trusted, but an enemy multiplies kisses.” (Proverbs 27:6, NIV)

“As iron sharpens iron, so one person sharpens another.” (Proverbs 27:17, NIV)

Questions to reflect and meditate upon

- What experiences, hurts, or sins need to be excavated from your heart?
- What is happening now that you need to guard your heart in the future?
- How are you guarding your heart daily?
- Have you been neglecting your heart?
- Do you love the Lord with all your heart and love others well?
- Does Jesus have ALL of your heart?
- Does the Fruit of God’s Spirit grow and manifest in your life from your heart?