

Day 25: Holiness ~ Guard Your Heart

One of the most important physical aspects of our body is the heart. If it stops, everything else does also. It is like our spiritual lives. If our heart is wounded, evil, cold, or closed then our life is severely stunted.

Prov 4:23 reiterates this view, "Above all else, guard your heart, for everything you do flows from it."

What gets down on the inside of our heart? Unforgiveness is one attitude. We need to quickly forgive and not allow bitterness or resentment to enter. Hebrews 12:15 states, "See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many."

Offense is another issue. We need to learn to not be easily offended. There is so much going on in the world that can trigger an offense. We must guard our heart from allowing it to enter. This stronghold wrecks relationships and brings about a critical spirit.

One last way to guard our heart is to keep watch on what we allow our eyes to see and ears to hear. Some television shows, movies, music, and social media display such ungodly character that if we are not careful it can pull us away from the Lord. Such filth can lure us into believing no one is being hurt and that it is okay. However, pornography destroys marriages, families, and relationships.

If we want to be holy as God is holy, then we must guard what we allow to enter into our heart, eyes, and ears. Continued freedom in our lives is dependent on us guarding our heart.

1 Corinthians 10:13 reminds us, "No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it." The way out described is the Lord Himself. His Word, His truth, and His way are the means we overcome temptation.

Day 25 Worksheet

Are you carrying any unforgiveness, resentment, or bitterness towards someone or something right now? If yes, what is the situation?

Right down a time someone offended you. How did you respond? Why do you think you were offended?

Ask the Lord to search your heart right now for any negative emotion that lurks within. Write down what is revealed.

What type of music do you listen to? What kind of movies or television shows do you watch? Do you think they are healthy for your spiritual walk to remain holy unto the Lord? Explain.

What two action steps can you take today to guard your heart?
