

**Main Idea:** Guard your heart because everything you do flows from it.

**Turn the Calendar**

There is something powerful about turning the page on the calendar. We do it every year. Same planet. Same problems. Same people. But something in us says, *“This could be different.”* This is why we make resolutions. We set goals. Why? It’s because...We believe a new year means a new direction.

**But here’s the problem:** Most of us focus on changing our behavior when God is more concerned about protecting our heart. And that’s why the passage I want to share today matters—especially right now, as we turn the calendar.

1. **Your heart determines your direction.** In Scripture, the “heart” is not just emotion. Your heart represents your thoughts, your desires, your values, your will, your inner life. Your heart is the command center of your life. In other words, Your heart always leads. Your life always follows.
2. **What you allow IN, shapes what comes OUT.** *“Everything you do flows from it.”* Not *some things*. Everything. Your words. Your reactions. Your spending. Your relationships. Your faith. Your integrity. Solomon says: “You need to protect your heart.” Guard your motivation. Protect your intention. Be careful not to drift.
3. **A new year won’t FIX an UNGUARDED heart.** A new calendar does not create a new life. You can step into a new year with the same fears, same bitterness, same distractions, same divided loyalties. Time doesn’t change hearts. Hopes and dreams don’t change hearts either. Whatever you feed your heart in January will shape who you become by December.
4. **Guarding your heart is an ACTIVE decision.** Notice the word: *“guard.”* It means *“garrison.”* That’s military language. That’s intentional. That’s effort. You don’t guard something that doesn’t matter. You guard what’s valuable. Guarding your heart means: “Just because I *can*, that doesn’t mean I *should*.”
5. **Christ is your HEART GUARD.** There is power in an intentional faithwalk. This is the benefit of regular worship and plusONE participation. God doesn’t just tell us to guard our hearts. Authentic faith gives us a new one. Ezekiel promised it. Jesus fulfilled it. A soft heart. A responsive heart. A redeemed heart. But even a redeemed heart still needs guarding.

**What will you Do?**

- ✓ **Identify one unguarded area**
- ✓ **Identify one practical boundary**
- ✓ **Invite Jesus into the process**

A guarded heart doesn’t guarantee an easy year, but it will lead to a faithful one. And if everything flows from your heart, then guarding it might be the most spiritual thing you do all year.

**Family Night – Read Proverbs 4:20-27**

- **Elementary School:** Ask, “Why should the son pay attention to his father? What is it that flows from our hearts? What does wisdom do for us (v.22)? Where should we focus our eyes (v.25)?”
- **Middle / High School:** Ask, “How can we guard our heart? Why is it so important? What can happen to an unguarded heart? How is everything else Solomon mentions connected to our heart?”

**Prayer:** “Father, we want to guard our hearts because we know this is important. Please help us. Amen”

**Velocity (Middle and High School Students)**

**Velocity:** Meet this Wednesday, Jan. 7 at 6:30pm.  
Winterblast – January 16-19.

**Gravity:** Not Today.

**Today’s Songs**

*Praise You Anywhere*.....Brandon Lake  
*I Know a Name*.....Brandon Lake  
*Holy is the Lord*.....Chris Tomlin

**Happy New Year!**

**Velocity Ski Trip to Winterblast**

We will leave the church on Friday, January 16, promptly at noon. You will need money for 3 meals and any souvenirs you want to buy. Please get your t-shirt size to Tyler ASAP.

**Mother/Son Basketball**

Mothers and sons are invited to a GSU Basketball game on January 24<sup>th</sup>. Cost is \$25 per couple or \$35 if you have more than one child. You can sign up online **ONLY** until January 18<sup>th</sup>.