



Labor To Know Your Heart

1. Consider your ways.
 - a. An honest picture of our habits and daily routines.
2. Consider your natural temperament.
3. Take note of your “Delilah” sins.
 - a. “Delilah sins, like Samson’s Philistine mistress, like to sit on our laps and whisper sweet nothings in our ears, but they will betray us to our foes in a heartbeat and cut off our moral strength.” – Brian Hedges

Guard the Gates to Your Soul

- Jon Bunyan called these gates the Ear-gate, Eye-gate, Mouth-gate, Nose-gate, and Feel-gate.
- Proverbs 4:20-27

My son, be attentive to my words;
incline your **ear** to my sayings.
Let them not escape from your **sight**;
keep them within your heart.
For they are life to those who find them,
and healing to all their flesh.
Keep your heart with all vigilance,
for from it flow the springs of life.
Put away from you crooked **speech**,
and put devious talk far from you.
Let your **eyes** look directly forward,
and your gaze be straight before you.
Ponder the path of your **feet**;
then all your ways will be sure.
Do not swerve to the right or to the left;
turn your foot away from evil.

Don't Give Sin the Opportunity

- Romans 13:14, “But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.”
- Proverbs 5:8, “Keep your way far from her, and do not go near the door of her house.”
- We often place ourselves in scenarios where particular sins tempt us and give our sin the opportunity to rear its ugly head. And then we react as if we we’re surprised.



- Song of Solomon 2:15, “Catch the foxes for us, the little foxes that spoil the vineyards, for our vineyards are in blossom.”

Store Your Heart with the Gospel

- Matthew 12:35, “The good person out of his good treasure brings forth good, and the evil person out of his evil treasure brings forth evil.”
- Matthew 6:21, “For where your treasure is, there your heart will be also.”
- Psalm 119:11, “I have stored up your word in my heart, that I might not sin against you.”

“Imagine you lead an ancient city that will soon be besieged by a violent horde of barbarian warriors. The opposing army has marched to war. You know they are coming. There is nowhere to run, no place to hide. Your city will soon be blockaded and attacked. Your only hope for survival is to fortify the walls and store plenty of food to sustain your people when the battle comes. The more you have stockpiled, the longer you will last.” – Brian Hedges

- We cultivate watchfulness is by storing up God’s word in our heart

Keep a Steadfast Focus on Christ

- “A watchful heart is not a heart preoccupied with itself, but with Christ and the great things of the gospel. Introspection is on the subtlest threats to healthy Christian spirituality.” – Brian Hedges
- Hebrews 12:1-2, “Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, *looking to Jesus*, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.”
- 2 Cor 4:17-18, “For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.”
- Philippians 2:12-16, “Not that I have already obtained this or am already perfect, but I press on to make it my own, because Christ Jesus has made me his own. Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus. Let those of us who are mature think this way, and if in anything you think otherwise, God will reveal that also to you.”
- A mark of Christian growth and maturity is less focus on yourself, and more focus on Christ..
 1. Study Christ’s heart more than your own heart. He has loved us more deeply than we could ever know.
 2. Remember Jesus’ sin atoning blood shed for you. Confess your sins regularly with this in mind.
 3. Cling to the promise of Jesus’ return. The New Testament writers always had Jesus’ return in view.



4. Pursue regular thankfulness to Jesus. How often we grumble betrays what we focus on—ourselves.

Prayerfully Depend on the Spirit

- “Praying and sinning will never live together in the same heart. Prayer will consume sin, or sin will choke prayer. I cannot forget this. I look at men’s lives. I believe that few pray.” – J.C. Ryle
- “We may be very sure that men fall in private long before they fall in public. They are backsliders on their knees long before they backslide openly in the eyes of the world. Like Peter, they first disregard the Lord’s warning to watch and pray; and then, like Peter, their strength is gone, and in the hour of temptation they deny their Lord.” – J.C. Ryle
- James 4:6-10 to heart: “But he gives more grace. Therefore it says, “God opposes the proud but gives grace to the humble.” Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom. Humble yourselves before the Lord, and he will exalt you.”

Cherish the Grace You Have Received

- “Taste and see that the LORD is good!” (Psalm 34:8).
- Psalm 42, “As a deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for God, for the living God.”
- Psalm 16:2, 11, “say to the LORD, “You are my Lord; I have no good apart from you” and “You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.”
- Psalm 103

Bless the LORD, O my soul,
and forget not all his benefits,
who forgives all your iniquity,
who heals all your diseases,
who redeems your life from the pit,
who crowns you with steadfast love and mercy,
who satisfies you with good
so that your youth is renewed like the eagle's.

- The more we grow to savor the grace of God in all that he has done for us, the more we will reflect that grace in our lives
 - Colossians 1:9-10: “And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, so as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God.”



Develop a Daily Rhythm for Walking with God

- The hope and goal with cultivating watchfulness is really that we could cultivate a deeper and more meaningful walk with our creator.
- Psalm 23:4, “Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me
- Genesis 17:1, “I am God Almighty; walk before me, and be blameless.”
- Colossians 1:10 “so as to walk in a manner worthy of the Lord.”
- These steps consist of those daily means of grace in communion with God via the Word, prayer, communion with His saints.

- We are *walking* with God.
 - “So the aim of recommending a daily routine isn’t to saddle you with burdensome extrabiblical duties but to help you embrace a practical daily rhythm of life that keep you rooted in God’s word, trusting in Christ’s grace, and relying on the Spirit’s power.” – Brian Hedges

You’re always walking with God.