

**Guard Your Heart**

Guarding your heart is  
extremely important

**Proverbs 4:23(NLT)**-- Guard your heart above all else, for it determines the course of your life

**Proverbs 18:14**-- A man's spirit will  
endure sickness, but a crushed spirit  
who can bear?

Guarding from what?

**Proverbs 12:25**-- Anxiety in a man's heart weighs him down, but a good word makes him glad.

**Proverbs 15:13**--A glad heart makes  
a cheerful face, but by sorrow of heart  
the spirit is crushed.

Prayer



**Philippians 4:6-7**--do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Trust

**Proverbs 3:5-8**--Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Be not wise in your own eyes; fear the Lord, and turn away from evil. It will be healing to your flesh and refreshment to your bones.

**2 Timothy 4:17-18**--But the Lord stood by me and strengthened me, so that through me the message might be fully proclaimed and all the Gentiles might hear it. So I was rescued from the lion's mouth. The Lord will rescue me from every evil deed and bring me safely into his heavenly kingdom. To him be the glory forever and ever. Amen.

Focus

**Proverbs 4:20-22(NLT)**-- My child,  
pay attention to what I say. Listen  
carefully to my words. Don't lose sight  
of them. Let them penetrate deep into  
your heart, for they bring life to those  
who find them, and healing to their  
whole body.



