

WATCH YOUR HEART
Nasleduj Krista
Zavadka, 24th September 2023

Pro 4:23

LXX

πάση φυλακῆ τήρει σὴν καρδίαν ἐκ γὰρ τούτων
ἕξοδοι ζωῆς

מִכָּל-מִשְׁמַר נִצֵּר לִבְךָ כִּי-מִמֶּנּוּ תוֹצֵאת חַיִּים

^{ESV} **Pro 4:23** Keep your heart with all vigilance, for from it flow the springs of life.

^{NAS} **Pro 4:23** **Watch** over your heart with all diligence, For from it *flow* the springs of life.

^{NIV} **Pro 4:23** Above all else, **guard** your heart, for it is the wellspring of life.

OUTLINE

0. INTRODUCTION

- 0.1. THE HEART IN THE BIBLE
- 0.2. WHAT DO WE GUARD?

1. THE CRUCIAL IMPORTANCE OF THE HEART

- 1.1. THE SOURCE OF SIN
- 1.2. PLACE OF REPENTANCE
- 1.3. RELIGION

2. THE SOURCE OF LIFE

- 2.1. OPEN TO LISTEN
- 2.2. THE OPEN EYES TO SEE

3. GIVING HEART FOR PROTECTION

- 3.1. THE FIRST COMMANDMENT
- 3.2. PROTECTION BY HANDING OVER

4. TO REMEMBER

0. INTRODUCTION

0.1. THE HEART IN THE BIBLE

- biblical language: “kidneys” → subconscious; “bowels” → empathy; “heart” → the centre of personality
- [Internet] In the Bible the heart is **considered the seat of life or strength**. Hence, it means mind, soul, spirit, or one's **entire emotional nature** and understanding.
- the *unseen* realm of our personality

0.2. WHAT DO WE GUARD?

- health (blood pressure?); food; words; relationships; property; money; weather; politics...
- **Ps 34:13** Keep **your tongue** (נִצֵּר לְשׁוֹנֶךָ) from evil and your lips from speaking deceit.
- **Pro 3:19-21** The LORD by wisdom founded the earth; by understanding he established the heavens; ²⁰ by his knowledge the deeps broke open, and the clouds drop down the dew. ²¹ My son, **do not lose sight** of these (בְּנִי אַל-יָלִיזוּ מֵעֵינֶיךָ נִצֵּר תְּשִׁיָּה וּמִזְמָה) **keep** sound wisdom and discretion,

1. THE CRUCIAL IMPORTANCE OF THE HEART

- more than the “cardiovascular system”

1.1. THE SOURCE OF SIN

- **Mt 15:18** But what comes out of the mouth proceeds from the heart, and this defiles a person.
- **Mk 7:21-23** For from within, out of the heart of man, come evil thoughts, sexual immorality, theft, murder, adultery, ²² coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. ²³ All these evil things come from within, and they defile a person."

1.2. PLACE OF REPENTANCE

- **Ps 51:17 (19)** The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise. (לִב־נִשְׁבָּר וְנִדְכָּה)

1.3. RELIGION

- **Romans 6:17** But thanks be to God, that you who were once slaves of sin have become obedient from the heart to the standard of teaching to which you were committed,
- **Isaiah 57:15** For thus says the One who is high and lifted up, who inhabits eternity, whose name is Holy: "I dwell in the high and holy place, and also with him who is of a contrite and lowly spirit, to revive the spirit of the lowly, and to revive the heart of the contrite."

2. THE SOURCE OF LIFE

2.1. OPEN TO LISTEN

- **Acts 16:14** One who heard us was a woman named Lydia, from the city of Thyatira, a seller of purple goods, who was a worshiper of God. The Lord opened her heart to pay attention to what was said by Paul.

2.2. THE OPEN EYES TO SEE

- **Mt 6:19-24** "Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, ²⁰ but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. ²¹ For where your treasure is, there your heart will be also. ²² "The eye is the lamp of the body. So, if your eye is healthy, your whole body will be full of light, ²³ but if your eye is bad, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!
- **Heb 11:27** By faith he left Egypt, not being afraid of the anger of the king, for he endured as seeing him who is invisible.

3. GIVING HEART FOR PROTECTION

3.1. THE FIRST COMMANDMENT

- **Mk 12:29-30** Jesus answered, "The most important is, 'Hear, O Israel: The Lord our God, the Lord is one. ³⁰ And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.'

3.2. PROTECTION BY HANDING OVER

- **Pro 23:26-27** My son, give me your heart, and let your eyes observe my ways. ²⁷ For a prostitute is a deep pit; an adulteress is a narrow well.
- **1Cor 16:22** If anyone has no love (οὐ φιλεῖ) for the Lord, let him be accursed. Our Lord, come!

4. TO REMEMBER

- Watch the centre of the unseen.
- Focus on the eternal.
- Give your most cherished love to Jesus.