

Pt 4: Heart Guardrails

Blood pressure is the measurement of the pressure of the blood flowing in the artery. A healthy blood pressure is 120/80.

In the Scriptures the term “*heart*” speaks about our ***’inner being’***.

The Holman Bible Dictionary defines heart as the **centre of the physical, mental and spiritual life of humans**.

The International Standard Bible Encyclopedia defines heart as the **seat of the emotions, passions and appetites and includes our intellectual and moral faculties**.

What is the condition of our heart?

Our heart condition depends on the things we allow into our heart.

These things determine our thoughts, attitudes, responses, world view, our conscience and ultimately, shape the deepest part of our being.

Proverbs 4:23 NIV Above all else, guard your heart, for everything you do flows from it.
NLT Guard your heart above all else, for it determines the course of your life.

Big Idea: **Guarding our heart is living smart!**

How do we guard our hearts?

Firstly, we must understand that we are complex creatures!

1 Thessalonians 5:23 TLB May the God of peace himself make you entirely pure and devoted to God; and may your spirit and soul and body be kept strong and blameless until that day when our Lord Jesus Christ comes back again.

Body: our vessel - physicality, systems and brain.

Soul: our personality - mind will and emotions.

Spirit: our core - meaning and purpose (*Spirit of God*).

We have five senses known as sight, touch, taste, smell and hearing.

The way we understand, know and perceive the world around us is through our five sensory organs - the eyes, ears, tongue, skin, and the nose.

Each of the five sense organs contain receptors that relay stimuli or information through sensory neurons via pathways to different parts of the brain.

Why do we need to know this?

- Our sensory organs through the five senses are the entry point of influence into our life.
- Our sensory receptors are on the ‘*look out*’ to satisfy the cravings of our appetites.

1 John 2:16 NIV For everything in the world - the lust of the flesh, the lust of the eyes, and the pride of life - comes not from the Father but from the world.

Whatever captures our heart captures us!

Proverbs 4:23 NIV Above all else, guard your heart, for everything you do flows from it.

Our heart becomes conditioned to what our receptors allow in.

- **Words condition our heart**

People are shaped by the words spoken to them and over them.

The condition of our heart determines the content of our words.

Matthew 12:34b TEV ... For the mouth speaks what the heart is full of.

Matthew 12:34-35 CEV "You snakes! You are evil people, so how can you say anything good? The mouth speaks the things that are in the heart. ³⁵ Good people have good things in their hearts, and so they say good things. But evil people have evil in their hearts, so they say evil things."

Careless words come from the heart.

Our "careless" words reveal the condition of our inner self!

*Proverbs 15:4 NLT Gentle words are a tree of life; a deceitful tongue **crushes** the spirit.*

*Ephesians 4:29 GNT Do not use **harmful words**, but only **helpful words**, the kind that build up and provide what is needed, so that what you say will do good to those who hear you.*

- **Attitudes conditions our heart**

Toxic thoughts left alone become like toxic waste that sinks into our heart.

*2 Corinthians 10:5b GW ...take every thought **captive** so that it is obedient to Christ.*

If we allow the words and actions of others to shape how we think about ourselves, our mindset will be distorted, and heart will become hard.

If we allow unforgiveness to grow in our hearts we will lose our spiritual vitality and see life through a negative perspective.

Hebrews 12:15 NLT ...watch out that no poisonous root of bitterness grows up to trouble you, corrupting many.

Guarding our heart is living smart!

Psalms 51:10 ESV Create in me a clean heart, O God, and renew a right spirit within me.

Psalms 34:18 NIV The Lord is close to the brokenhearted and saves those who are crushed in spirit.

Psalms 147:3 NIV He heals the brokenhearted and binds up their wounds.

Proverbs 4:23 NIV Above all else, guard your heart, for everything you do flows from it.