



PART 2
THE BATTLE FOR
YOUR HEART
PROVERBS 4:23

“Watch over your heart with all diligence, For from it flow the springs of life.”

Proverbs 4:23

With All Diligence...

In other words, make this your greatest priority.

Watch Over Your Heart...

“Watch Over,” or some may have the word, "guard." It means to *diligently protect against the enemy*. When we are commanded to guard, an enemy is assumed. When your guard is up, you aren't passive. You are pro-active. You have set up a defense.

From It Flows...

In Hebrew culture, the heart was seen differently. It was a metaphor for the center or core of a personality. It was the spiritual hub, and your life flowed from its orientation. Here's an example of the Hebrew idea: **“As in water face reflects face, So the heart of man reflects man.” (Proverbs 27:19).**

Let's talk about some practical ways that we can build up our defenses:

1. Accountability

“Therefore, confess your sins to one another, and pray for one another so that you may be healed.” (Jas 5:16)

2. Prayer

“Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.” (Php 4:6–7)

3. Scripture Meditation

It's not just about what we guard our hearts from, it's what we open up our hearts to. David prayed in the Psalms, **“Your word I have treasured in my heart, That I may not sin against You.” (Ps 119:11)**

4. Practice Holy Thinking

When Paul wraps up Philippians he tells the people in **Philippians 4:8**, **“Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.” (Php 4:8)**