



THE

Heart

south shore
community
church



- How do you take a spiritual pulse? How do you measure spiritual health? (beliefs; knowledge; attendance; service; giving; outreach; obedience; love)
- God looks at the heart. (Samuel) (Biblical view of the heart)
- Proverbs 4:23, “Above all else, guard your heart, for it is the wellspring of life.”



- **Why is it so important to guard the heart?**
According to the Proverb writer, the single most important thing you can do on your spiritual journey is guard the condition of your heart. He says, “Above all else, guard your heart, for it is the wellspring of life.”
- Everything flows from the condition of your heart. (Pharisees & washing of hands)



- **Why is it so important to guard the heart?**
- Matthew 15:17-20, “Don’t you see that whatever enters the mouth goes into the stomach and then out of the body? But the things that come out of the mouth come from the heart, and these make a man ‘unclean.’ For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, and slander. These are what make a man ‘unclean’; but eating with unwashed hands does not make him ‘unclean.’”



- **Why is it so important to guard the heart?**
- It is out of the overflow of the heart that people speak & people act. As goes the heart, so goes the person. (heart like a fountain – properly connected to God)
- Think of your heart like a foundation; if your foundation is in disrepair, the house is in trouble. (e.g., hurt – double anger – offense & grumbling - comfort sins) (reversed – Corrie)



- **How do you guard your heart?**
- Parable of the Sower, Mt 13 – path, rocky soil, thorny soil, good soil.
- The seed is the message of the kingdom – never changes. The king of the kingdom never changes. The only variable in the parable is the soil. The soil is the condition of the heart. The rocky soil & the thorny soil give us insights into what hardens the heart.



- **How do you guard your heart?**
- Parable of the Sower, Mt 13 – The rocky soil
- Matthew 13:20-21, “The one who received the seed that fell on rocky places is the man who hears the word and at once receives it with joy. But since he has no root, he lasts only a short time. When trouble or persecution comes because of the word, he quickly falls away.”



- **How do you guard your heart?**
- When we don't process hardship properly, it can harden our hearts. Processing Hardship:
- We must *forgive* those who sin against us. So much of hardship involves getting hurt.
- We must *surrender* to God. (kids & discipline; taking offense; focused on the cross)
- We must *suffer redemptively*. (Rom 8; Ja 1)



- **How do you guard your heart?**
- Parable of the Sower, Mt 13 – thorny soil.
- Matthew 13:22, “The one who received the seed that fell among the thorns is the man who hears the word, but the worries of this life and the deceitfulness of wealth choke it, making it unfruitful.”



- **How do you guard your heart?**
- Sometimes our hearts are hardened because we get distracted from the eternal by our attachments to the temporal. (busyness; slow slide) (dulling spiritual hunger)
- Above all else guard your hearts. Above your schedule; above your entertainment choices; above your job, and your bill paying. Above all else. Guarding your heart requires diligence. (cultivating hunger) (garden of your heart)



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