For the eyes of the Lord run to and fro throughout the whole earth, to show Himself strong on behalf of those ***whose heart is loyal to Him.***
2 Chronicles 16:9

Above all else, guard your heart, for it is the wellspring of life.
Proverbs 4:23 NIV

What the Bible Tells Us About the Heart

The subject of the heart is addressed in the Bible more than any other topic; more than belief, obedience, money, works or grace or even worship. - Heart is used in scripture as the most comprehensive term for the _____.

It is the part of our being where we desire, deliberate, and decide. It has been described as "the place of conscious and decisive spiritual activity," "the comprehensive term for a person as a whole; his feelings, desires, passions, thought, understanding and will," and "the core of a person."

You need to understand your heart. The Bible uses the word "heart" to describe the motivations that you have - your desires, your hopes, your longings, your dreams, your ambitions, your affections, the things you care about, the things you love to do.

All these are composed in your heart.

This is God's connecting point with you and your connecting point with others. Everyone recognizes a person who is living from his or her true core. **It is the genuine you.**

A new heart also will I give you, and a new spirit will I put within you*: and I will take away the stony heart out of your flesh, and I will give you a heart of flesh.* Ezekiel 36:26

When God measures a person, he puts the tape around their heart, not their head; that means **when God looks at you He looks at the condition of your heart.** 1 Samuel 16:7

Do not let your adornment be merely outward - arranging the hair, wearing gold, or putting on fine apparel - ***rather let it be the hidden person of the heart,*** *with the incorruptible beauty of a gentle and quiet spirit,* ***which is very precious in the sight of God.*** 1 Pet. 3:3-4

Core Point: Issues of life are issues of the heart. Your heart is the pivotal center of your life. Learning to live from the heart is vital to living life as God has designed for you.

How to Guard Your Heart

Guard your heart- more than any treasure, for it is the source of all life. Proverbs 4:23 Knox

You're in charge of guarding your own heart. No one else can do it for you including God.

It is a full time job, because we will face hurts, disappointments and situations that can wound us. We need to rely on the ministry of the Holy Spirit to help us guard and keep our heart healthy.

The good news is no matter what your circumstances, you can always control your heart.

Your heart's condition depends on the things you allow into your heart. These things form your thoughts and attitudes, and ultimately, shape the deepest part of your being.

Right in the middle of the worst circumstances, including the difficulty that's going on in the world today, you can keep your heart in the right condition.

The quality of our life, is determined by the quality of our heart.

Blessed are the pure in heart*, for they shall see God.* Matthew 5:8

Do you want to see God in all things in your life? Keep your heart pure. Do you want to know God's answers for your life? Keep your heart pure.

How?

- Deal with hurts that accumulate. (Prov. 15:13)
- Deal with any unforgiveness that tries to remain. (Matt.10:14)
- Develop a humble heart. (Psa.51:17)
- Have a willing heart. (2 Chron. 25:2)
- Work at having a tender heart. (2 Kings 22:19)
- Keep a transparent heart. (Psa. 139:23-24)
- Maintain a learning heart. (Prov. 22:17)
- Keep a devoted heart. (Psa. 63:1)

Therefore we do not lose heart. *Even though our outward man is perishing, yet the inward man is being renewed day by day. For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory.* 2 Cor. 4:16-18

Core Statement: I will guard and maintain my heart, to keep it safely in devotion to God. I will refuse to allow wrong things to accumulate and work at keeping my heart pure, and I will be blessed!