

**LESSON 2**  
**GUARD YOUR HEART WITH ALL DILIGENCE**  
**PROVERBS 4:23**

**I. INTRODUCTION.**

A. You Have Heard: “You Are What You Eat...”

1. The type of food that goes in your body will affect your body for good or bad.

B. The Bible Teaches: “You Are What You Think...”

1. The type of information that goes into your mind (heart) will affect your actions.
2. Thinking, good or bad, produces actions, good or bad. Thoughts cause feeling/emotions and feelings cause actions. This is a truism even recognized by non-believing counsellors and therapists.
3. Emotions, good or bad, positive or negative, can affect the body (psychosomatic). “They eyes are the window to the soul”, said Shakespeare in his play, Richard III.
4. Our basic emotions are: fear, anger, sadness, disgust, surprise, contentment, and happiness. These emotions lead to conduct.
5. Thoughts can be real or imagined. Either way, they lead to conduct.
6. Our mind is like a computer or a calculator; the input determines the output.
7. Good behavior comes from our mind set on the “mind of Christ” (1 Cor. 2:16; Phil. 2:5).

**II. YOU ARE WHAT YOU THINK.**

A. An Old Testament Principle.

1. Proverbs 4:23 (watch, keep, guard).
  - a) Note the broader context of being guided by God’s word (4:1-19).
  - b) Note the immediate context of what you think (heart), what you hear (ears), what you see (eyes), what you say (mouth), and where you go (feet).
2. Genesis 6:5.
3. Isaiah 55:7.

B. A New Testament Principle.

1. Matthew 12:34-35
2. Matthew 15:18-19 (Mark 7:21-23).
3. Mark 14:72.
4. Acts 26:9.
5. Ephesians 4:17-19.
6. James 2:4; 4:1-3.

**III. APPLICATIONS FOR TODAY.**

A. Become A Christian.

B. Return to Jesus.

- C. Remove Any Negative, Worldly, Hurtful Thinking – “In his right mind” (Lk. 8:35).
1. Psa. 51:10 – “create in me a clean heart ... and renew a right spirit within me”.
  2. Limit your social media use.
  3. Information and actions from worldly (non-Christian) people can damage your mind and thinking.
  4. It one thing to use your phone to get information (like driving directions or restaurant information), and another to use it to get guidance in life.
  5. Limiting watching news, sitcoms, binge watching series, etc.
- D. Put Good Back In (Lk. 11:26).
- E. Practice the Spiritual Disciplines of Jesus (Lk. 2:52; Heb. 5:8).
1. Prayer (private and public).
  2. Singing.
  3. Fasting.
  4. Rest (silence and solitude / meditating / the Sabbath).
  5. Simplicity.
  6. Scripture reading, memorization, and quoting.
  7. Corporate worship (the synagogue).
  8. Submission to his father.
  9. Serving others, doing good, showing compassion.
  10. Welcoming (eating with) and working with all people, including the outcasts.
  11. Telling others about his father and his mission.
  12. Fellowship with others – the apostles.
  13. Disciplined work: preaching, teaching, and defending the kingdom of heaven.
- F. Think More About Godly Things (Phil. 4:8).
1. Minding the things of men (Mt. 16:23; Phil. 3:19; Jas. 3:13-16).
  2. Minding the things of God.
    - a) Mt. 5:2-11.
    - b) Lk. 21:34.
    - c) Jn. 14:1.
    - d) Rom. 12:3.
    - e) 1 Cor. 2:16.
    - f) 2 Cor. 10:5.
    - g) Gal. 5:22-23.
    - h) Col. 3:1-2.
    - i) Phil. 2:5.
    - j) Jas. 3:17-18 (Rev. 17:9).
    - k) 1 Pet. 1:13; 4:1.

- G. Say A Prayer Right When You Get Up (Mk. 1:35) and Right Before You Go to Sleep.
- H. Read God's Word Right When You Get Up and Right Before You Go to Sleep. Meditate on It Throughout the Day (Psa. 1; Lk. 24:45; Acts 17:11).
- I. Good Diet and Exercise (1 Tim. 4:6-8).
  - 1. Kidney is an organ.
  - 2. Pancreas is an organ – too much sugar.
  - 3. Brain is an organ too.

#### **IV. CONCLUSION.**

- A. You Have to Guard Your Heart, No One Else Can Do It for You.
- B. Are Your Heart Defenses Strong or Weak?

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