

“Heart Health” (Proverbs 4:23)

Introduction

Thesis I am going to ask and answer three questions concerning our “watch over” our hearts so that we might be challenged to faithfully follow Solomon’s wise counsel

I. _____ are we to watch over our heart?

II. _____ are we to watch over our heart?

III. _____ are some biblical principles for watching over our heart?

A.

B.

C.

D.

E.

F.

Conclusion

Text:

Proverbs 4:23

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

Related Texts

Jeremiah 17:10

“I, the LORD, search the heart, I test the mind, Even to give to each man according to his ways, According to the results of his deeds.

1 Samuel 16:7

But the LORD said to Samuel, “Do not look at his appearance or at the height of his stature, because I have rejected him; for God sees not as man sees, for man looks at the outward appearance, but the LORD looks at the heart.”

Proverbs 23:6-7

Do not eat the bread of a selfish man, Or desire his delicacies; For as he thinks within himself, so he is. He says to you, “Eat and drink!” But his heart is not with you.

Matthew 12:34

You brood of vipers, how can you, being evil, speak what is good? For the mouth speaks out of that which fills the heart.

Romans 10:9-10

that if you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you will be saved; for with the heart a person believes, resulting in righteousness, and with the mouth he confesses, resulting in salvation.

Proverbs 28:13

He who conceals his transgressions will not prosper, But he who confesses and forsakes *them* will find compassion.

Hebrews 3:12-13

Take care, brethren, that there not be in any one of you an evil, unbelieving heart that falls away from the living God. But encourage one another day after day, as long as it is *still* called “Today,” so that none of you will be hardened by the deceitfulness of sin.

Psalms 119:9,11

How can a young man keep his way pure? By keeping *it* according to Your word... Your word I have treasured in my heart, That I may not sin against You.

Psalms 139:23-24

Search me, O God, and know my heart; Try me and know my anxious thoughts; And see if there be any hurtful way in me, And lead me in the everlasting way.

Proverbs 28:26

He who trusts in his own heart is a fool, But he who walks wisely will be delivered.

Proverbs 3:5-6

Trust in the LORD with all your heart And do not lean on your own understanding. In all your ways acknowledge Him, And He will make your paths straight.