

Guard Your Heart

What Does the Bible Say About Our HEART Condition & about His Word
(The Bible)

Proverbs 4:20–21 CJB

My son, pay attention to what I am saying. Don't let them (*my Words) out of your sight, keep them deep in you heart; for they are life to those who find them and health to their whole being.

Proverbs 4:23 CJB

Above everything else, guard your heart; for it is the source of life's consequences.

Deuteronomy 6:4–6

Hear, O Israel: The LORD our God, the LORD is one. You shall love the LORD your God with all your heart and with all your soul and with all your might. And these words that I command you today shall be on your heart.

Joshua 24:23

He said, 'Then put away the foreign gods that are among you, and incline your heart to the Lord, the God of Israel. (Testimony)

Psalms 136:1–3

And now I am about to go the way of all the earth, and you know in your hearts and souls, all of you, that not one word has failed of all the good things that the Lord your God promised concerning you. All have come to pass for you; not one of them has failed.

1 Samuel 16:7

But the Lord said to Samuel, 'Do not look on his appearance or on the height of his stature, because I have rejected him. For the Lord sees not as man sees: man looks on the outward appearance, but the Lord looks on the heart.'

Romans 10:9-10 Salvation Testimony that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised

Him from the dead, you will be saved. For with the **heart** one believes unto righteousness, and with the mouth confession is made unto salvation.

Psalm 9:1

I will give thanks to the Lord with my whole **heart**;
I will recount **all of your wonderful deeds**.

Psalm 19:8

The precepts of the Lord are right,
rejoicing the **heart**;
the **commandment of the Lord is pure,**
enlightening the eyes.

***Psalm 19:14**

Let the words of my mouth and the meditation of my **heart**
be acceptable in your sight,
O Lord, my rock and my redeemer.

Psalm 86:11

Teach me your way, O Lord,
that I may walk in your truth;
unite my **heart** to fear your name.

Psalm 119:2

Blessed are those who keep **his testimonies,**
who seek him with their whole **heart**.

Psalm 119:7

I will praise you with an upright **heart,**
when I learn your righteous rules.

Psalm 119:10–11

With my whole **heart** I seek you;
let me not wander from your commandments!
I have stored up your word in my **heart,**
that I might not sin against you.

Psalm 119:36

Incline my **heart** to **your testimonies,**
and not to selfish gain!

***Proverbs 3:1–6**

My son, do not forget my teaching,
but let your heart keep my commandments,
for length of days and years of life
and peace they will add to you.

Let not steadfast love and faithfulness forsake you;
bind them around your neck;

write them on the tablet of your heart.

So you will find favor and good success

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 straight your paths.

Proverbs 4:20–21

My son, be attentive to my words;
incline your ear to my sayings.

Let them not escape from your sight;
keep them within your heart.

Proverbs 27:19

As in water face reflects face,
so the heart of man reflects the man.

Joel 2:13

‘Yet even now,’ declares the Lord,
‘return to me with all your heart,
with fasting, with weeping, and with mourning. (Randy last week)

***Matthew 5:8**

Blessed are the pure in heart,
for they shall see God.

Matthew 6:21

For where your treasure is, there your heart will be also.

1. Matthew 22:37

And he said to him, ‘You shall love the Lord your God with all your heart and with all your soul and with all your mind.’

[2.Mark 12:30](#)

And you shall love the Lord your God with all your **heart** and with all your soul and with all your mind and with all your strength.'

[3.Mark 12:33](#)

And to love him with all the **heart** and with all the understanding and with all the strength, and to love one's neighbor as oneself, is much more than all whole burnt offerings and sacrifices.

[Romans 5:5](#)

And hope does not put us to shame, because God's love has been poured into our **hearts** through **the Holy Spirit** who has been given to us.

[Romans 10:9](#)

because, if you confess with your mouth that Jesus is Lord and believe in your **heart** that God raised him from the dead, you will be saved.

[Philippians 4:7](#)

And the peace of God, which surpasses all understanding, will guard your **hearts** and your minds in Christ Jesus.

***Repent! Testimony about not letting resentment into our hearts.**

A Prayer to Guard Our Hearts

Lord, I am helpless without You. Every day, I'm tempted to look and hear things against You, not for You. Give me the [strength](#) and determination of a mighty warrior to guard and defend my heart and mind at all costs, protecting what matters—my walk with You, my witness to others, and the joyful preservation of my family and community.

Author and Perfecter of my faith, thank You for the new heart and new spirit You have placed within me. I pray for Your wisdom and [discernment](#) in showing me what it means to guard my heart so that every thought, every word spoken, and every action will reflect a cleansed and readied heart. Lord, just as the mountains surround Jerusalem and You surround Your people, I ask that You surround my heart with Your protection and help me guard it above all else. Amen.

10 Ways to Guard Your Heart

<https://www.christianity.com/wiki/bible/what-does-guard-your-heart-mean-in-the-bible.html>

Like a good father, God doesn't leave us guessing "[How we can guard our hearts?](#)". Here are some of those ways:

1. **Seek out** (James 1:5 If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.) and retain the wisdom God is giving you (Proverbs 4:5 Get wisdom, get understanding; do not forget my words or turn away from them.)
2. **Take every thought captive to make it obedient to Christ** (2 Corinthians 10:5). We don't allow our minds to wander off. Before allowing thoughts to enter our "command center," we ensure they align with God's Word and are healthy to our whole being. We're not responsible for the thoughts that come to mind, but we are responsible for the thoughts we allow to enter the mind.
3. **Look straight ahead** and fix your gaze directly before you. Don't turn to the left or the right. Walk in what you know to be true (Proverbs 4:25 Let your eyes look straight ahead; fix your gaze directly before you).
4. **Give careful thought to your ways** (Proverbs 4:27).
5. **Desire eternal treasure**, not temporal, for that is where your heart will also be (Matthew 6:21 For where your treasure is, there your heart will be also.).
6. **Cultivate a grateful heart** and tell of God's wonderful deeds (Psalm 9:1 I will give thanks to you, Lord, with all my heart; I will tell of all your wonderful deeds.).
7. **Be content**. Paul tells us godliness with contentment is great gain, warning us not to be eager for money as it has caused some people to wander from the faith and pierce themselves with many griefs (1 Timothy 6:6-12).

8. **Guard your eyes.** Matthew 6:22-24 that says, "The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!?" Consider how many families have been destroyed by pornography alone, or how a glance can quickly become lust, leading to further destruction of families (Psalm 101:3 I will not look with approval on anything that is vile. I hate what faithless people do; I will have no part in it.).

9. **Guard your ears.** Everything we hear, regardless of who is saying it, needs to align with Scripture. When we choose music and podcasts with hope-filled messages, it feeds our souls and helps to guard our hearts against ungodly influences (Proverbs 18:21 The tongue has the power of life and death, and those who love it will eat its fruit.).

10. **Hit stop on the recorder that plays on repeat in your mind.** Hurtful words "recorded" in your mind from the past, either by someone else or yourself, can stop today with God's help. The enemy seeks to destroy your life spiritually and physically, but God longs to heal your every wound and replace them with hope (Jeremiah 29:11 For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.).