

Today's Man: Guarding Your Heart

10-03-07

Paul Martin

Guard your heart with all diligence; for from it flow the well-springs of life.” (Proverbs 4:23)

SUMMARY:

The heart-it is vital to our physical health on a moment to moment basis. This fist-shaped muscle in the center of our chest beats some one-hundred thousand times a day. Various types of heart-disease are prevalent today.

Even more epidemic is the problem of spiritual heart-disease. Proverbs alone makes some 65 references to “the heart” in all but three of its chapters. Solomon offers a timely warning to guard against all sorts of carnal coronary conditions.

NOTES:

- I. Definition of the Term ‘HEART’
Hebrew word, ‘leb’means
Greek word is “Kardia”
Latin word is “Cor”
- II. Differences in types of hearts?
- III. Definitive actions prompted by the heart
The heart initiates certain ‘bents’ or ‘responses’:
- IV. Direction Concerning our Heart
 - A. P _____
 - B. P _____
 - C. P _____
 - D. P _____

DISCUSSION POINTS:

Introductory Question: Share with your table an area in which you have struggled in “guarding your heart.”

Discussion:

- Share a victory that you have had recently.
- Suggest some ways that have proven helpful to you in the past
- What are some things that can be done preventatively to ward off “carnal coronary disease?”

Close your table time with prayer.

APPLICATION:

Just as we are more health conscious today concerning the proper physical care of our hearts – proper diet, exercise, check-ups, etc., so too, we need to be more pro-active in a spiritual sense. God’s Word offers appropriate counsel....if we only hear and heed it! Write down one thing you will do in the next seven days for your heart health.

ON YOUR OWN...

Proverbs 4	1 Samuel 16:7
Judges 16:17	Psalms 51:10
Isaiah 26:3	Psalms 139: 23-24
Matthew 6:21	Matthew 15: 6-9
Colossians 3:15	Philippians 4:6-7

Check out: KokomoHUDDLE.org for past messages and discussion outlines.