

“Keep Thy Heart”

Text: Proverbs 4:23

Intro:

- When the Bible speaks of the heart in this particular context, it is not speaking of that fleshy organ that pumps blood throughout the body.
- But of the soul of man.
- According to **1 Thess. 5:23**, the word of God tells us that man consists of three parts – body, soul, and spirit.
- The soul of the believer in the Word of God is referred to as the inner man.
- Paul, the Apostle, tells us in **2 Cor. 4:16**, that our inner man or soul is to be renewed day by day.
- Paul prayed in **Eph. 3:16**, that the believers at Ephesus would be strengthened with might by the Holy Spirit in the inner man.
- According to **Ecclesiastes 12:7**, at death the body returns to the earth from whence it came and the spirit of man returns to God.
- However, the soul according to the Word of God is eternal.
- The soul has a bodily shape.
 - **Turn to Rev. 6:9-11**
 - Notice the following:
 - The souls under the altar were given robes to wear.
 - Therefore, they must have had a bodily shape to wear a robe.
- The soul has all five senses and a memory.
 - This evidenced by the account of the rich man who died and went to hell in **Luke 16**.
 - His body was buried and his spirit returned to God.
 - So, it must be his soul that is in torments in hell.
 - As you read the account of the rich man in hell, you will notice that he could – speak, see, hear, smell, touch.
 - Also, in **Luke 16:25**, we are told that he has a memory because Abraham said to him, “**...son remember...**”

- When we speak of the heart included with soul is the mind.
- You see my dear friend, the soul is the real you that is covered by the outward shell the body or flesh.
- The soul of man is the battleground where the spiritual battle takes places on a daily basis in the Christian's life.
- The Soul is between the regenerated spirit of the believer along with the indwelling Holy Spirit trying to influence the soul to do right and the unsaved flesh trying to influence the soul to do wrong.
- And whoever the believer is yielded to then he will servant to.
 - The believer will either be a servant to in and unrighteousness or a servant to the Lord and righteousness.
- You see it is the soul that our adversary the devil seeks to devour, seeks to take captive at his will and seeks to sift as wheat.
- That is why we call leading someone to Christ and away from the devil, "soul winning".
 - The Bible tells us we are wise to do this – **Prov. 11:30.**
- That is why the Word of God – instructs us, warns, commands us to **"Keep thy heart with all diligence"**
 - In other words, we are to hold onto our hearts do not let it go.
 - We are to do this with all diligence or all care.
 - This is a serious matter and not to be taken lightly.
 - We must guard our hearts with care – 24 hours a day, 7 days a week.
- Why should we keep our hearts with all diligence?
 - The answer is found in the latter part of **Prov. 4:23.**
 - **"for out of it are all the issues of life"**
 - In other words, the issues of life proceed from the heart, creating the particular kind of life that surrounds the individual.
 - We could also look at this another way and say the issues which confront any individual are the products of things that have come from the hearts of other individuals.
 - How we guard our hearts determines how we live our lives.
- We must remember it is the heart that God looks upon.
 - If we listen to society, you will hear how wonderful man is and basicly everyone has a good heart.

- However, the Bible tells us something entirely different in **Jeremiah 17:9** – “**The heart is deceitful above all things, and desperately wicked:...**”
 - The reminds us in **Proverbs 23:7** – “**For as he thinketh in his heart, so is he.**”
 - My dear friend what takes place in your heart determines the kind of individual you will become.
- We need to look at the things that we need to guard against that come from the and defile us.
- **See Matthew 15:19-20**
 - **See Mark 7:20-23**
 - If you have a heart attitude, “Well, I am certainly not capable of any of these things.”
 - That is nothing but pride coming from your wicked heart.
 - The Bible says this in **1 Cor. 10:12** – “**Wherefore let him that thinketh he standeth take heed lest he fall.**”
 - We must remember great men of God like King David, a man after God’s own heart because he did not “Keep his heart will all diligence – allowed adultery, murder, theft, covetousness, deceit to proceed out of his heart.
 - Therefore, defiled himself.
 - The only way he got right with God was with heart felt confession and repentance as recorded in **Psalms 51**.
- I want us to look at how we as believers can “Keep our hearts will all diligence and avoid defiling ourselves from the things that can proceed from the heart.
- **By the Word**
 - **Ps. 119:9** – Not only read it but listen to it and allow it to cleanse use.
 - **James 1:23-25** – Use it as mirror to see what is dirty and out place in your life.
 - **Ps. 119:11** – Memorize to keep you from sinning.
 - **Josh. 1:8** – Meditate on it and let it take root in your heart so it will ever leave you.
 - **Daily Self-Examination**
 - **Ps. 139:23-24**
 - **Prayer**
 - **Ps. 141:1-3**
 - **Ps. 19:14**