

Above all else, guard your heart, for everything you do flows from it.

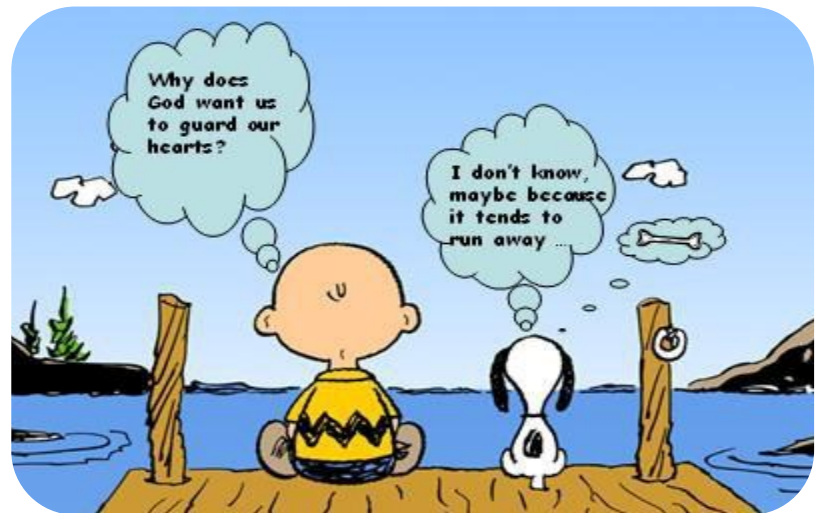
Guard your heart above all else, for it determines the course of your life.

Guard your heart with all diligence, for out of it is the wellspring of life

Proverbs 4: 23

On Sunday, we looked at 5 possessions of the heart that Satan wants to steal, and which the bible exhorts us to assertively guard.

- ◆ Our Faith
- ◆ Our Relationships
- ◆ Our Peace
- ◆ Our Joy
- ◆ Our Destiny



Are you able to identify with any of these from your experiences ?

There are many other aspects of our hearts that we need to guard from theft, such as our time and our health. Our life-style choices can partner with the way God designed our bodies in order to guard our health or open doors for Satan to steal it. **Always a good discussion point!!**

For further discussion, here are some thoughts on how to protect our hearts from being wounded and damaged.

- ◆ Guard our hearts from situations where they are exposed to manipulation, abuse or negativity.
- ◆ Guard your heart when trusting another. Has that person proved themselves trustworthy? Trust actions, not words. Trust should be earned.
- ◆ Guard against giving it away too soon in friendships/relationships or giving it to the wrong person. The heart is of the utmost value. It should only be given to another when you are confident they will treat it well. It's good to be vulnerable, but with the right people in the right situation.
- ◆ Guard against Fantasy. Fantasy avoids reality and crafts a lie, conning you into believing it. Embrace the way things are and live in the present.
- ◆ Guard your desires. Are they flowing from a pure heart, or something more subtle? Greed, lust or jealousy, neediness etc?

