

Above all else, guard your heart, for everything you do flows from it. Keep your mouth free of perversity; keep corrupt talk far from your lips. Let your eyes look straight ahead; fix your gaze directly before you. Proverbs 4:23–25 (NIV)

HOW TO HAVE THE BEST DAY OF YOUR LIFE

1. GUARD YOUR HEART

Above all else, guard your heart, for everything you do flows from it... Proverbs 4:23 (NIV)

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:31–32 (NIV)

When guarding your heart, what should you let in?

- The presence of God
- The power of Christian community
- The protection of a trusted counselor

2. ZIP YOUR LIP

Keep your mouth free of perversity; keep corrupt talk far from your lips. Proverbs 4:24 (NIV)

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. Ephesians 4:29 (NIV)

Those who consider themselves religious and yet do not keep a tight rein on their tongues deceive themselves, and their religion is worthless. James 1:26 (NIV)

All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind, but no human being can tame the tongue. It is a restless evil, full of deadly poison. James 3:7–8 (NIV)

Set a guard over my mouth, Lord; keep watch over the door of my lips. Psalm 141:3 (NIV)

How do you zip your lips?

- Make a covenant with your friends
- Be willing to make people uncomfortable by what you don't say
- Redefine loose talk as “wicked deeds”

Do not let my heart be drawn to what is evil so that I take part in wicked deeds along with those who are evildoers; do not let me eat their delicacies. Psalm 141:4 (NIV)

3. FIX YOUR GAZE

Let your eyes look straight ahead; fix your gaze directly before you. Proverbs 4:25 (NIV)

Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things. Colossians 3:1–2 (NIV)

Fix your thoughts on Jesus, whom we acknowledge as our apostle and high priest. Hebrews 3:1 (NIV)