

## HOW DO I GUARD MY HEART

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

**Proverbs 4:23 (NLT)**

*As a man thinketh in his heart, so is he.*

**Proverbs 23:7**

*For from within, out of a person's heart, come evil thoughts, sexual immorality, theft, murder, adultery, greed, wickedness, deceit, lustful desires, envy, slander, pride, and foolishness. All these vile things come from within; they are what defile you.*

**Mark 7:21-23 (NLT)**

*I have hidden your word in my heart that I might not sin against you.*

*How can a young person stay on the path of purity? By living according to your word.*

*I seek you with all my heart; do not let me stray from your commands.*

**Psalms 119:11, 9-10 (NIV)**

### 1. CONTROL YOUR TONGUE

*Avoid all perverse talk; stay away from corrupt speech.*

**Proverbs 4:24 (NLT)**

*The words of the reckless pierce like swords, but the tongue of the wise brings healing.*

**Proverbs 12:18 (NIV)**

*The tongue can bring death or life; those who love to talk will reap the consequences.*

**Proverbs 18:21 (NLT)**

*A gentle answer deflects anger, but harsh words make tempers flare.*

**Proverbs 15:1 (NLT)**

*A gossip goes around telling secrets, but those who are trustworthy can keep a confidence.*

**Proverbs 11:13 (NLT)**

*A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. What you say flows from what is in your heart.*

**Luke 6:45 (NLT)**

### 2. FIX YOUR EYES

*Look straight ahead, and fix your eyes on what lies before you.*

**Proverbs 4:25 (NLT)**

*We look away from the natural realm and we focus our attention and expectation onto Jesus who birthed faith within us and who leads us forward into faith's perfection...*

**Hebrews 12:2a (TPT)**

### 3. SUBMIT YOUR STEPS

*Mark out a straight path for your feet; stay on the safe path. Don't get sidetracked; keep your feet from following evil.*

**Proverbs 4:26-27 (NLT)**

*We can make our plans, but the Lord determines our steps.*

**Proverbs 16:9 (NLT)**

*For those who find me find life and receive favor from the Lord. But those who fail to find me harm themselves; all who hate me love death.*

**Proverbs 8:35-36 (NIV)**