



**GUARD**

*your heart*



## Proverbs 4:23 (NIV)

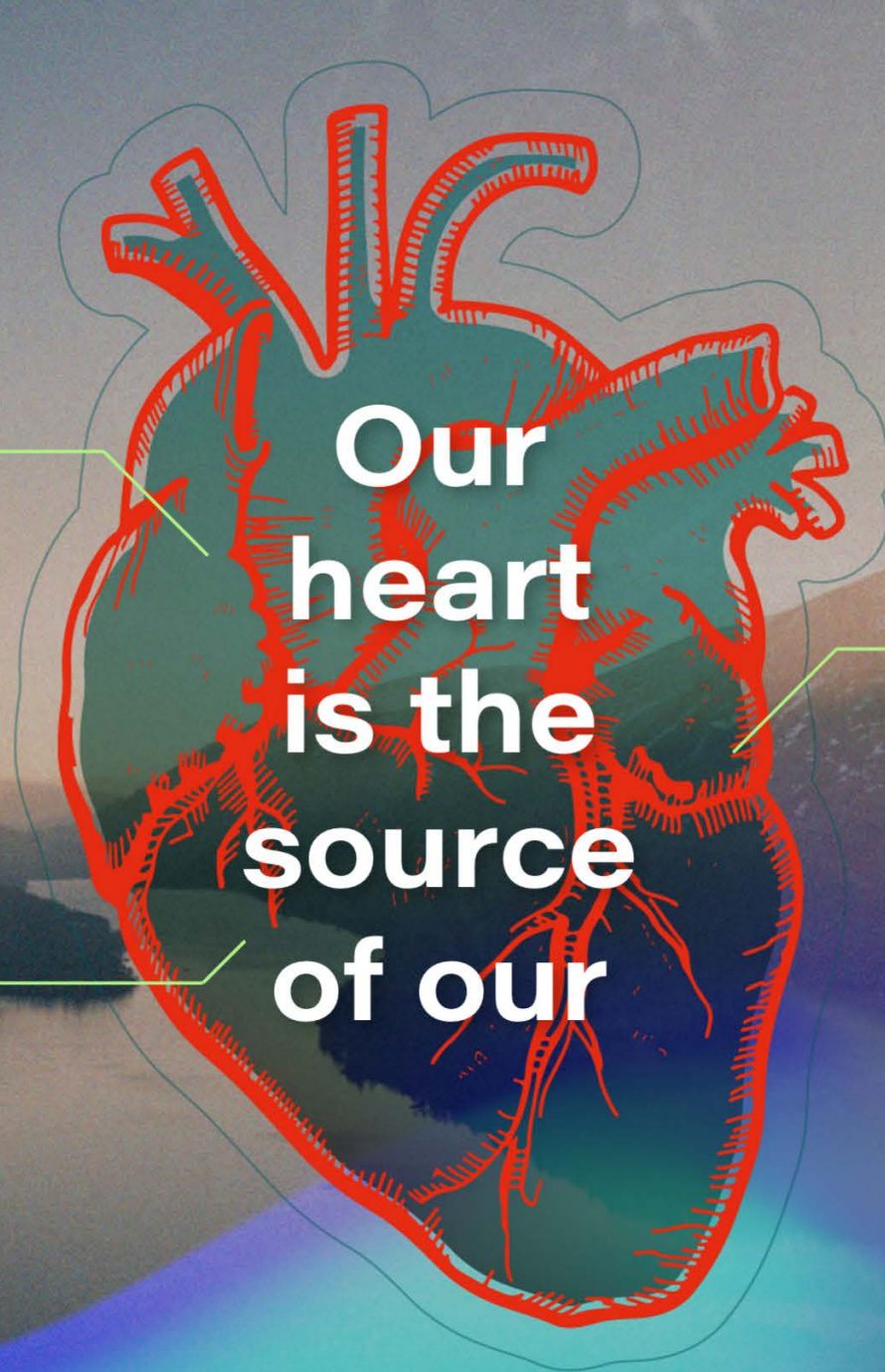
*Above all else, guard your heart, for everything you do flows from it.*

Thoughts

**Our  
heart  
is the  
source  
of our**

Emotions

Actions



The image features a dark, atmospheric background of a prison cell with a barred window. Overlaid on the left side is a stylized brain with intricate red neural pathways. The text is centered over the brain and cell background.

# **SECURING** Our Thoughts in God

# SECURING Our Thoughts in God



**PAUL**

## SECURING Our Thoughts in God

### Philippians 4:5-9 (NIV)

*Do **not be anxious** about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the **peace of God**, which transcends all understanding, will **guard your hearts and your minds** in Christ Jesus.*

## SECURING Our Thoughts in God

### Philippians 4:5-9 (NIV)

*Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—**think about such things.***

# SECURING Our Thoughts in God

## Philippians 4:5-9 (NIV)

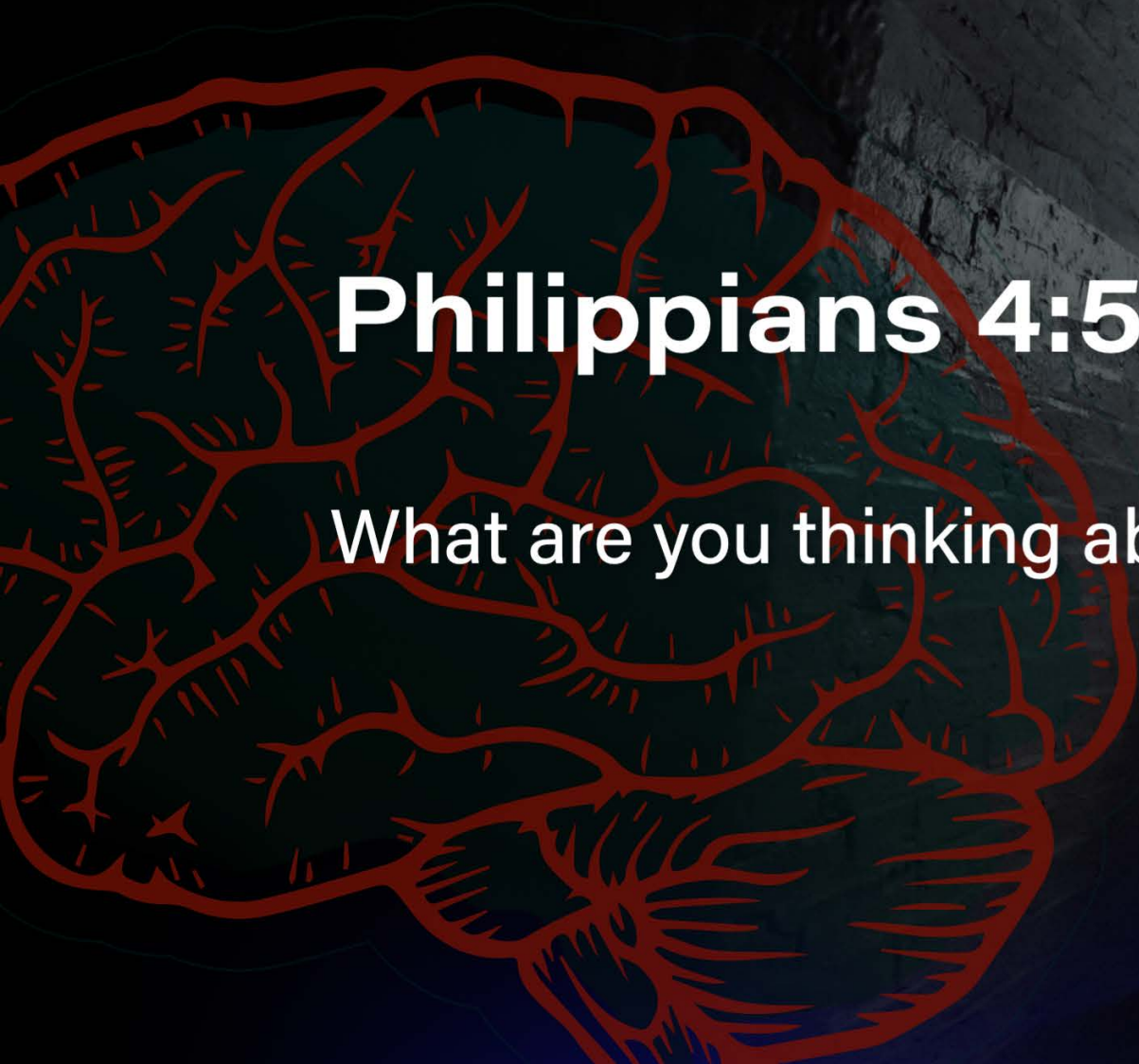
*Whatever you have learned or received or heard from me, or seen in me—**put it into practice.** And the **God of peace will be with you.***



# **SECURING** Our Thoughts in God

## **Philippians 4:5-9**

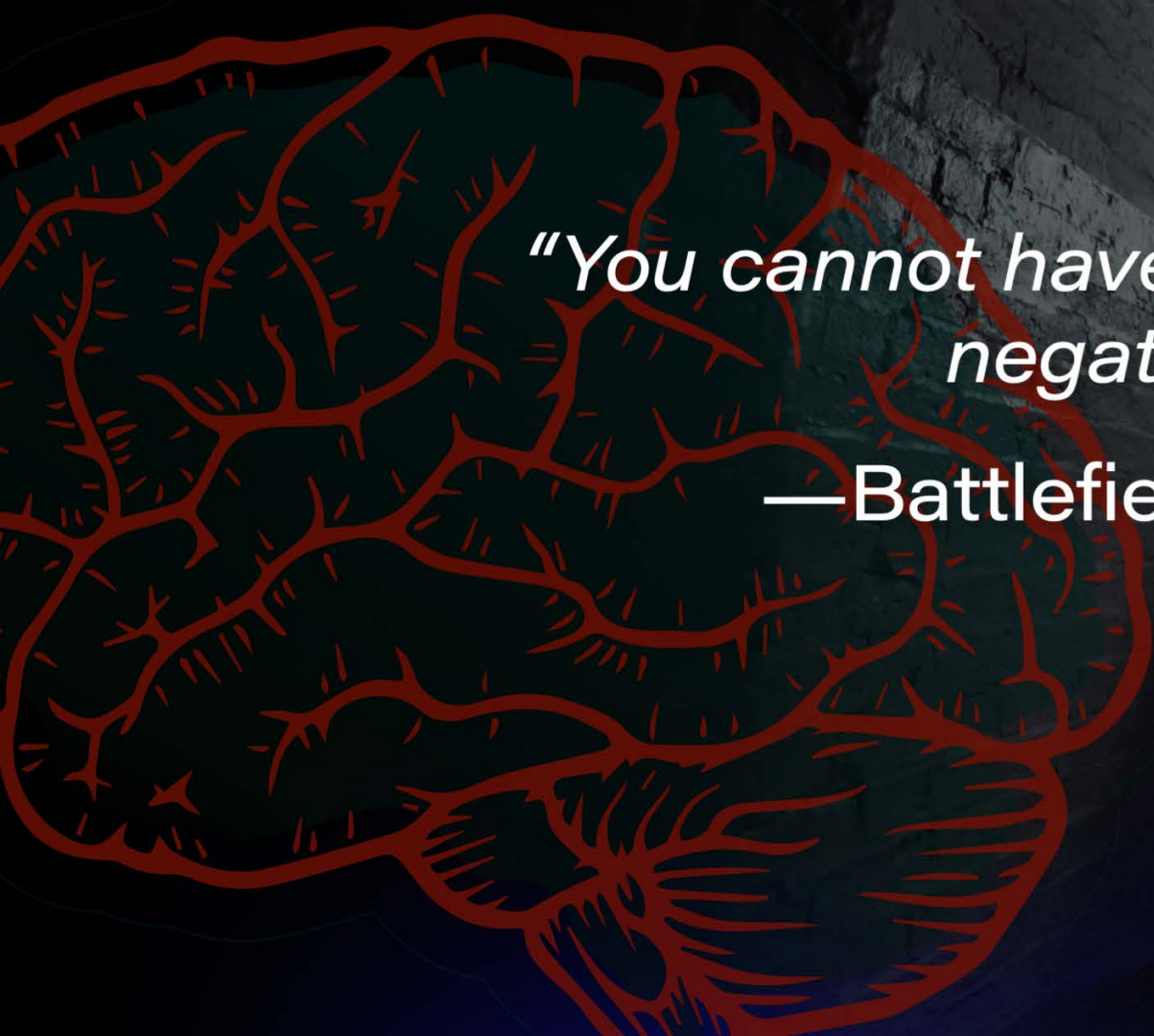
What are you thinking about?



# SECURING Our Thoughts in God

*“You cannot have a positive life and a negative mind.”*

—Battlefield of the Mind



# SECURING Our Thoughts in God

## 2 Corinthians 10:5

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we **take captive every thought to make it obedient to Christ.**

# SECURING Our Thoughts in God

## Philippians 4:8

- Take captive our thoughts and make it obedient to Christ (*2 Corinthians 10:5*)
- Think about what is true, good, edifying and encouraging
- Make every effort to replace negative thoughts
- Keep practicing

# SECURING Our Thoughts in God

## Assess the thoughts

- Is it true according to God's Word?
- Is it edifying and encouraging?
- How is it shaping me?

# SECURING Our Thoughts in God

## Romans 8

- No condemnation in Christ Jesus (v1)
- Jesus paid the price of sin (v3)
- Mind governed by the Spirit is life and peace (v6)
- Christ gives life ; the Spirit lives in you (v11)
- Spirit in you testifies you are child of God (v16)

# SECURING Our Thoughts in God

## Romans 8

- Spirit helps us in our weakness and intercedes for us (v26, 27)
- All things work for the good of those who love God (v28)
- We are more than conquerors. If God is for us, who can be against us (v31)
- Nothing can separate us from the love of God (v38, 39)



# SEALING God's Word in our Hearts

42 Then you answered the Lord, and said, I know that thou canst do all things, and that thou shalt not be hindered from anything. Why hidest thou thy counsel without knowledge? Therefore have I uttered that I saw not, and things that I heard not, I have said: I have not hid thee from me, nor have I hid thy covenant from me. After the Lord had spoken these words unto me, I said, I will be silent; for I have heard the Lord, and I will stand in awe of him. My wrath is kindled after thee, O Lord, and I have been angry because thou art not true. My wrath is kindled against thee, because thou hast not been true. My wrath is kindled against thee, because thou hast not been true.

The Death of Job  
19 After this I had heard that the Lord had spoken to Job, and I was glad. I said, I will not be angry with the Lord, nor will I reprove him. I have heard that thou hast spoken to me, and I am glad. I have heard that thou hast spoken to me, and I am glad. I have heard that thou hast spoken to me, and I am glad.

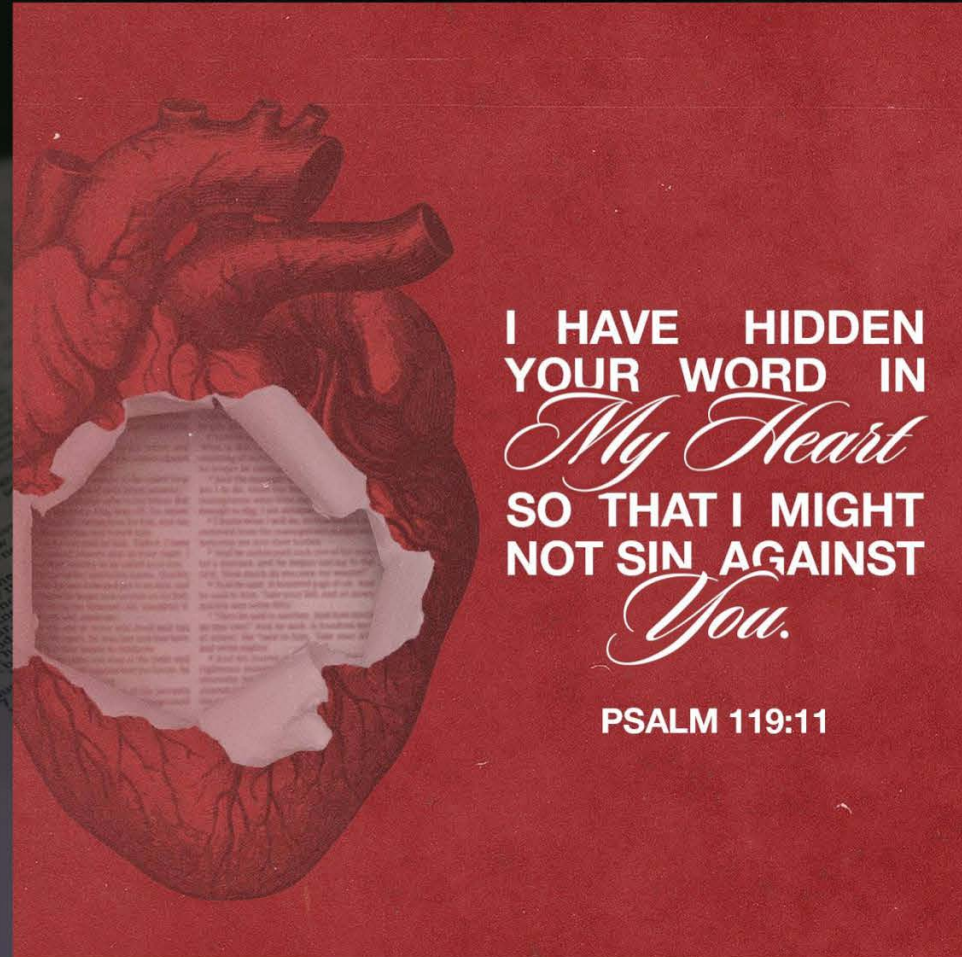
The Book of  
**PSALMS**  
the judgment, nor sitting  
of the righteous.  
For the Lord knoweth  
mine, but the way of the  
righteous is  
PSALM 2  
Why do the heathen  
wonder, and say,  
Where is the Lord?  
Why do they  
say, Where is  
the Lord?  
Why do they  
say, Where is  
the Lord?





**SEALING** God's Word in our Hearts

**Psalm 119:9-11**

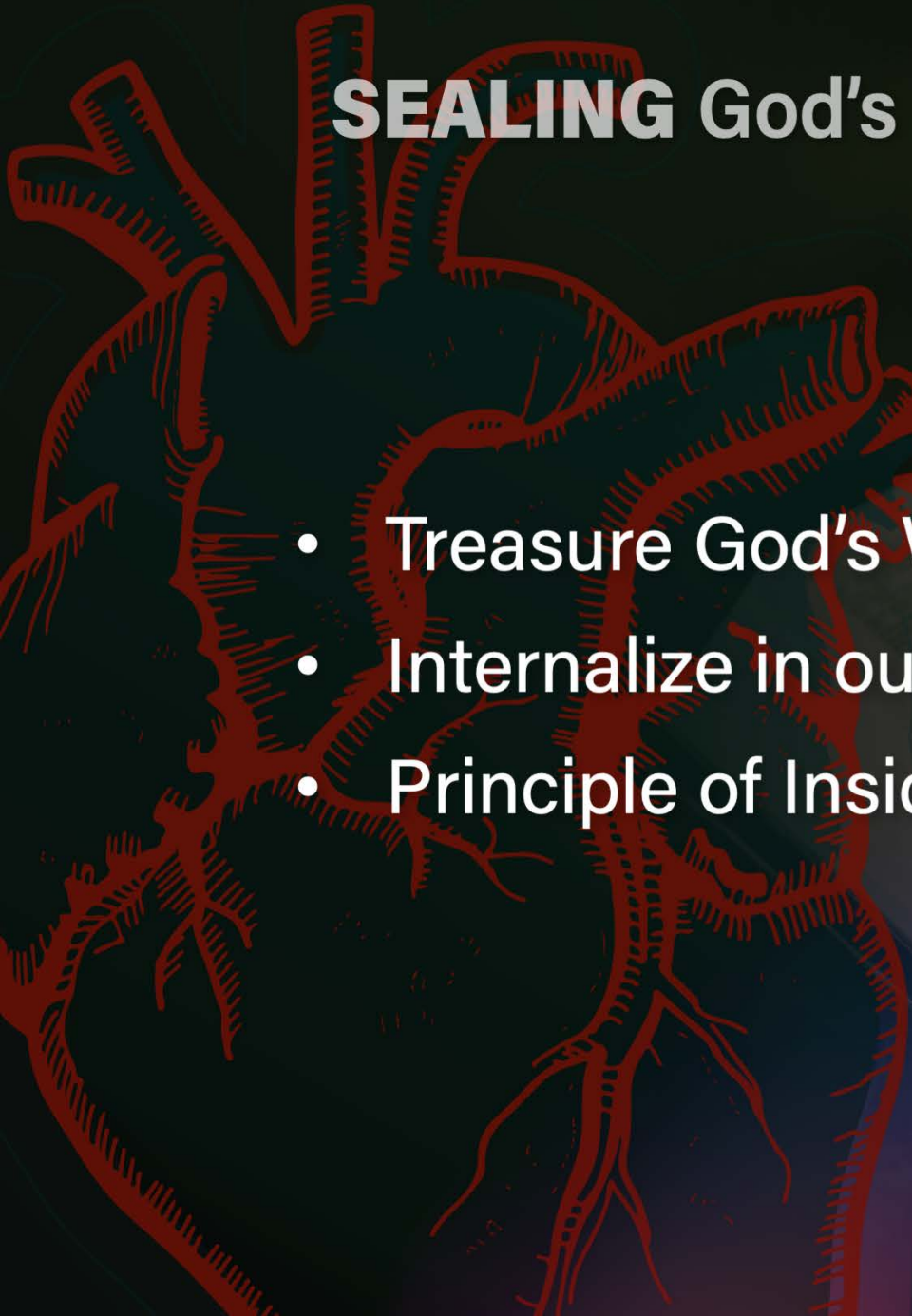


I HAVE HIDDEN  
YOUR WORD IN  
*My Heart*  
SO THAT I MIGHT  
NOT SIN AGAINST  
*You.*

PSALM 119:11

# SEALING God's Word in our Hearts

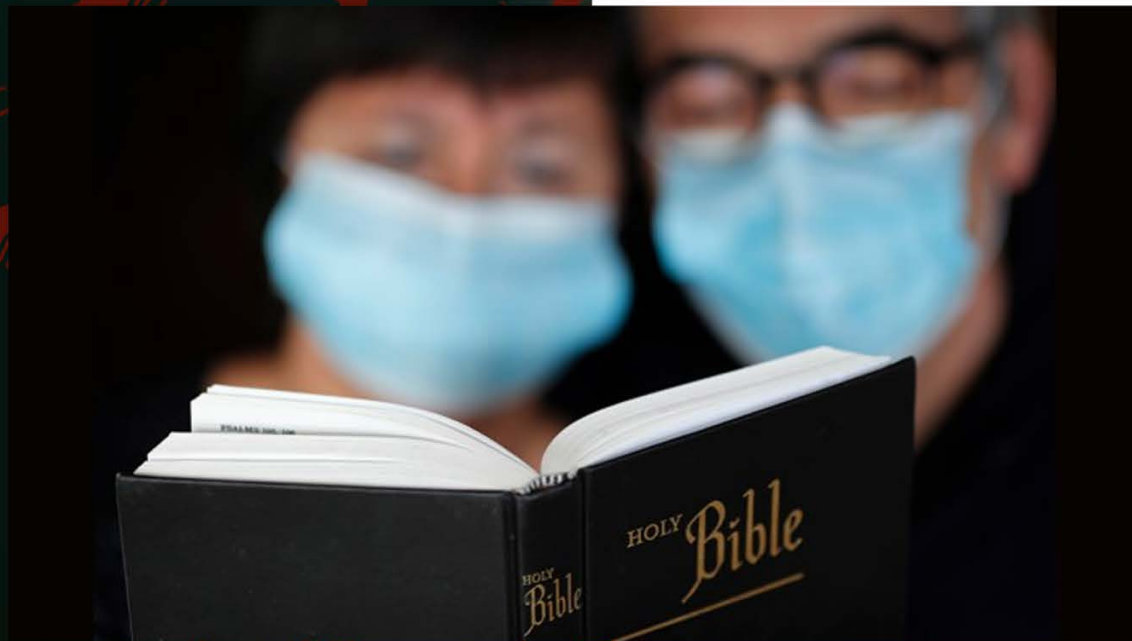
- Treasure God's Word
- Internalize in our hearts
- Principle of Inside, Out



# SEALING God's Word in our Hearts

## Study: Trauma-Informed Bible Reading Reduces Depression, Anxiety, Anger

Research in Virginia jail could help churches deal with emotional impact of the pandemic.



Source:

<https://www.christianitytoday.com/news/2021/may/bible-reading-study-trauma-ptsd-covid19-mental-health.html>



## **SEALING** God's Word in our Hearts

*As a pastor, teacher, and counsellor,  
I have repeatedly seen the transformation  
of inner and outer life that comes simply from  
memorization and meditation upon Scripture.*

*—Willard Dallas, Author of *The Spirit of  
the Disciplines**

Source:

<https://www.christianitytoday.com/news/2021/may/bible-reading-study-trauma-ptsd-covid19-mental-health.html>



**SEALING** God's Word in our Hearts

## Promise of Great Reward

### Psalm 19:10-11 (NIV)

*They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the honeycomb. By them your servant is warned; **in keeping them there is great reward.***

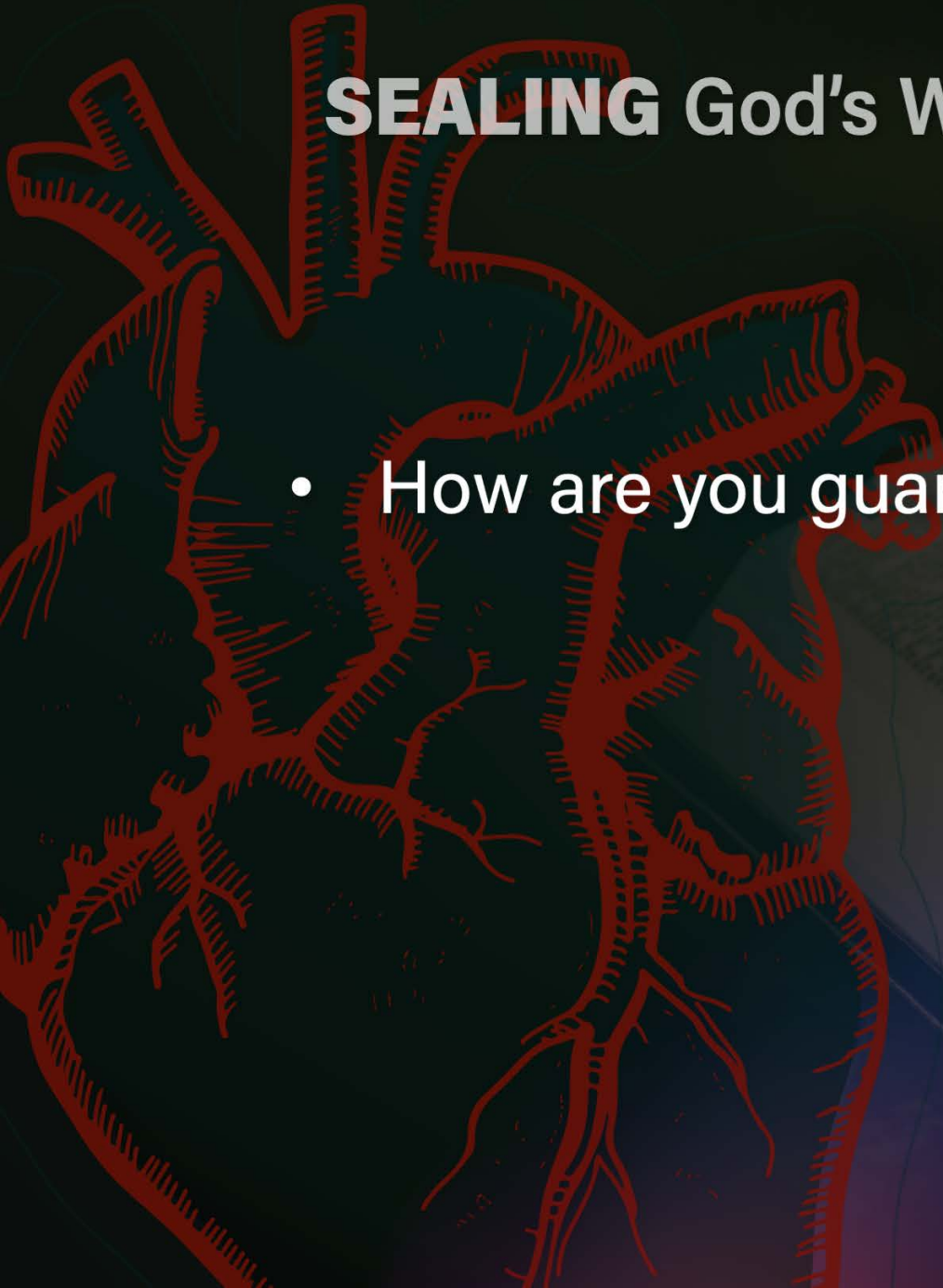
# SEALING God's Word in our Hearts

## Promise of Great Reward

- Overcome the enemy by the truths of God (*Matthew 4:4-10*)
- Sword of the Spirit (*Ephesians 4:17*)
- Increase of Faith (*Proverbs 2:18-19*)

# SEALING God's Word in our Hearts

- How are you guarding your heart?





# SETTING Boundaries



## SETTING Boundaries

### Proverbs 24:5-6 (NIV)

*The wise prevail through great power, and those who have knowledge muster their strength. Surely you need guidance to wage war, and victory is won through many advisers.*

# SETTING Boundaries

## Be wise in your

- Relationships
- Activities
- Choices



## SETTING Boundaries

# Be wise in your relationships

- King Solomon's pagan wives led him astray  
(*1 Kings 11: 1-3*)
- Prophet Nathan to King David
  - David repented when Nathan pointed out his sin  
(*2 Samuel 12 : 1-15*)

**SETTING** Boundaries

**Be wise in your Activities  
and Choices**

**2 Samuel 11:1 (NIV)**

*In the spring, at the **time when kings go off to war**, David sent Joab out with the king's men and the whole Israelite army. They destroyed the Ammonites and besieged Rabbah. **But David remained in Jerusalem.***

**SETTING** Boundaries

# Be wise in your Activities and Choices

King David

- Failed to engage in his season as King
- Made many wrong choices
- Judged by God (*2 Samuel 12:11-12*)
- Lost the son he had in adultery with Bathsheba (*2 Samuel 12: 13-14*)

# SETTING Boundaries

- What season are you in?
- How are you engaging in your season?
- What counsel surrounds you?
- What is your next step to set healthy boundaries in your relationships, activities and choices?



## Proverbs 4:23 (NIV)

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