

GUARD
WHAT
MATTERS
MOST

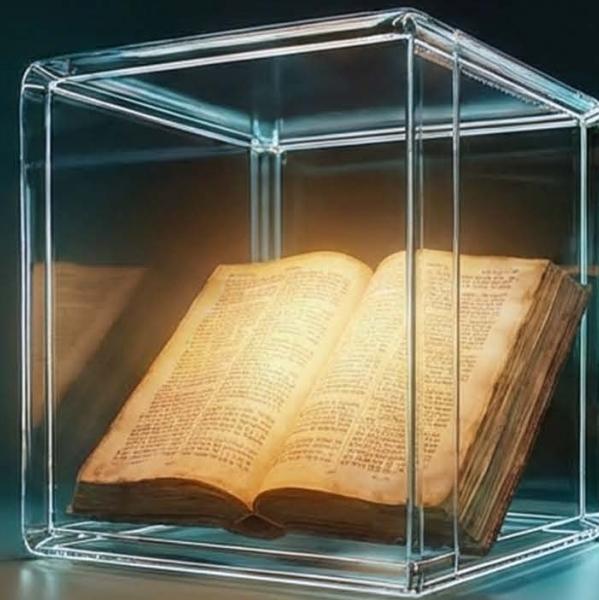




PROVERBS 4:23



HIDE GOD'S WORD



IN YOUR HEART

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



PSALM 119:11 NIV

GOD'S WORD



Protects us from sin PSALM 119:11

Provides us with wisdom for life PSALM 119:105

Strengthens our faith ROMANS 10:17



Giving God our time



Identify blocks of time to dedicate to God,
e.g. Spend half your mealtime or first 30
minutes of the day before work or the day itself
to pray, read the Bible and/or worship.



Set aside additional time for longer,
unhurried Time Alone with God (TAWG).



Take leave to go for an MIT trip
and/or attend church camp.

FILL YOUR HEART



WITH THANKSGIVING

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.



PHILIPPIANS 4:6-7 NIV

THANKSGIVING



Refocuses our attention on God's faithfulness
Shifts us from desperation into trust
Invites God's peace to guard our hearts



RECEIVE HEALING



FOR YOUR HEART

He **heals** the brokenhearted
and binds up their wounds.



PSALM 147:3 NIV

HEALING



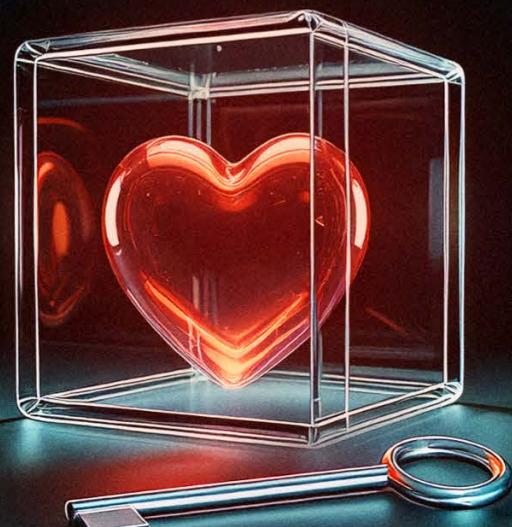
Acknowledge the wound
Invite God to heal your heart
Release forgiveness
Seek help

GUARD YOUR HEART

Hide God's Word in your Heart

Fill your Heart with Thanksgiving

Receive Healing for your Heart



The First & Greatest Commandment



Love the Lord your God
with all your heart and
with all your soul and
with all your mind.

MATTHEW 22:37-38