



“Keep your heart with all diligence; for out of it are the issues of life.” Proverb 4:23

One translation sums it up rather heartily – “above all things guard your heart.” (Amplified). Above all things! Because the very forces of life issue from your heart, what is allowed into your heart will ultimately flow out thus determining your course and destiny. If the popular phrase, “you are what you eat” is true for the body, how much more of a truth is it concerning our heart’s spiritual condition?

To feed upon the pop culture’s diet of sexual freedom, selfish indulgence, and spiritual adultery, ultimately will produce a compromised and anemic faith – actually it has produced an anemic, sick and dying spirituality.

Initially the guarding of your heart must follow a strict regimen. In some cases “fences” must be placed around certain aspects of your life. “Fences” that will keep certain influences out – and you safe! While legalistic methods are not fruitful or helpful in the long run; this discipline is not designed or intended to bind or restrict you but rather to free you into a living walk with Jesus Christ. “He that has My commandments and keeps them; he it is that loves Me; and he that loves Me shall be loved of My Father, and I will love him, and will manifest Myself to him.” (John 14:21).

Soon this necessary discipline will give way or mature into a walk in the Spirit that guards your life flow! “For everyone that uses milk is unskilled in the word of righteousness; for he is a baby. But solid food belongs to them that are of full age, even those who by reason of use have their sense exercised to discern both good and evil.” (Hebrews 5:13 – 13).

Guard your heart! Watch what you look at. Screen what you hear. Be careful of your spiritual, moral and emotional input. These things have and are affecting your life both today and tomorrow!

Ask yourself the question, “What “fences” might be good for me to place around my heart?” Selah!

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