

A HEART FULL OF THE WORD – Guarding Your Heart – Friday, July 30th

- **Guard your heart above all else-***Pr4:22-Keep and guard your heart with all vigilance and above all that guard; **GW**-Guard your heart more than anything else; **MS**-Keep vigilant watch over your heart; that's where life starts*
 - Guarding our hearts should be at the top of the list in the life of a believer
 - Take this seriously-It's easy to brush past this and not acknowledge the weightiness of it
 - God said do this above all else: Why?-Your life is connected to what you allow into your heart; I choose out of there, I believe out of there, I speak out of there, I fight out of there
- **To guard my heart I must guard my mind**
 - Whatever you feed on and focus you will get full of-*Mt6:22-The light (place that admits lights to enter) of the body is the eye (eyes of the mind): **MS**-Your eyes are windows into your body*
 - To guard my heart I must monitor everyday what I'm focusing on, thinking about, feeding on
 - To get full of the Word there are things you cannot allow your mind to feed on
 - Many think they can listen to it, focus/feed on it but it won't fill them and affect them-Satan wants you to buy this lie because while you're thinking that what you're feeding on is filling you
 - You can't feed on something spiritually and it not get in you-Any more than you can eat food and have it not get in your body-*Jer34:3-The ear tries words as the mouth tasted meat; Jer15:16-Thy words were found and I did eat them; and they word was unto me the joy and rejoicing of my heart*
- **You guard your mind with your will and with your words**
 - With your mouth you can direct your focus-*Js1:8-This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success.*
 - Learn the art of mediation-Decided what you want to feed on and then mutter and utter
 - Cut the flow off of anything you don't want your heart to be full of-*Js1:21-Lay apart all filthiness and superfluity of naughtiness and receive with meekness the engrafted word which is able to save your souls*