

Sermon Notes

Spiritual Cardiology: The Keys to a Healthy Heart
Guarding the Heart: The Why and How
Proverbs 4:23

Intro.

Big Idea: We need to be intentional about protecting our heart.

- I. We must guard our heart because our life with God flows from it.

- II. We must guard our heart against attacks.
 1. From our sinful nature. Rom. 7:21-23
 2. From the world. I Jn.2:15,16; Rom. 12:2a
 3. From the devil. I Pet. 5:8-9

- III. We must guard our heart against idleness. I Thess. 5:14
 1. By pursuing the knowledge of God and Christ.
 2. By practicing spiritual disciplines.
 3. By investing in experience of renewal.
 4. By taking time for personal evaluation.

Concl.