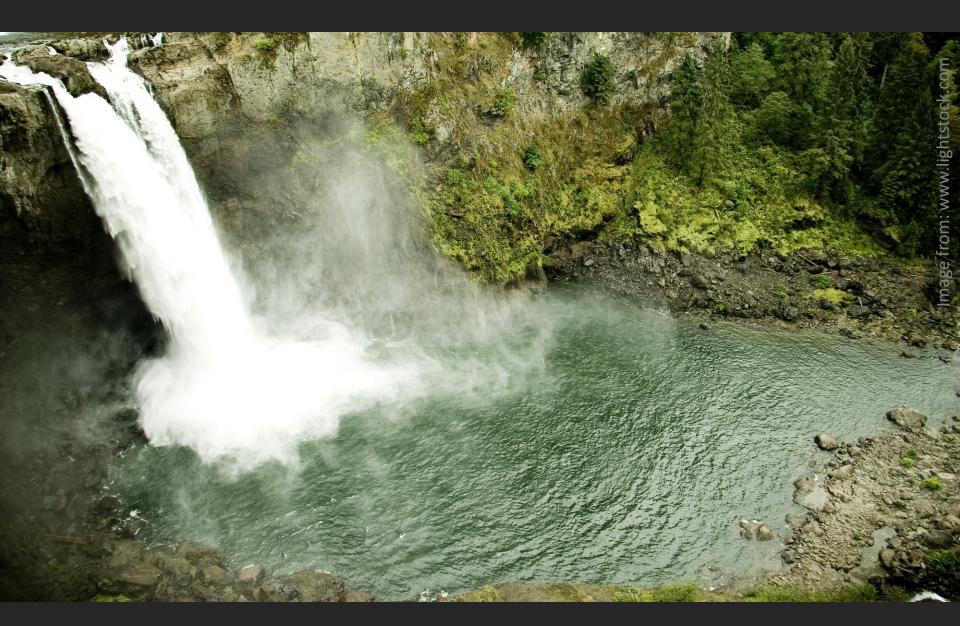
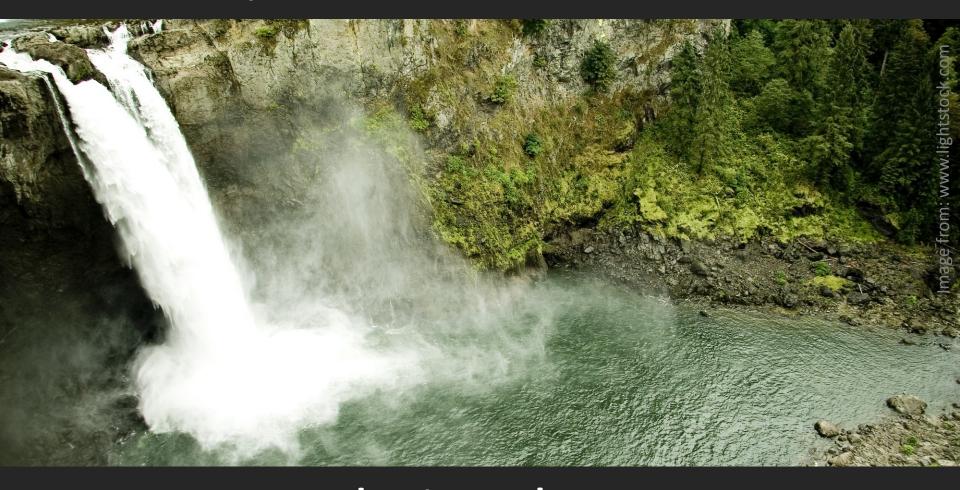
Guard Your Heart



The Importance of the Heart



 Foundational passages for this series:

Proverbs 4:23

²³ Watch over your heart with all diligence, For from it *flow* the springs of life.

(Verses from 1995 NASB)

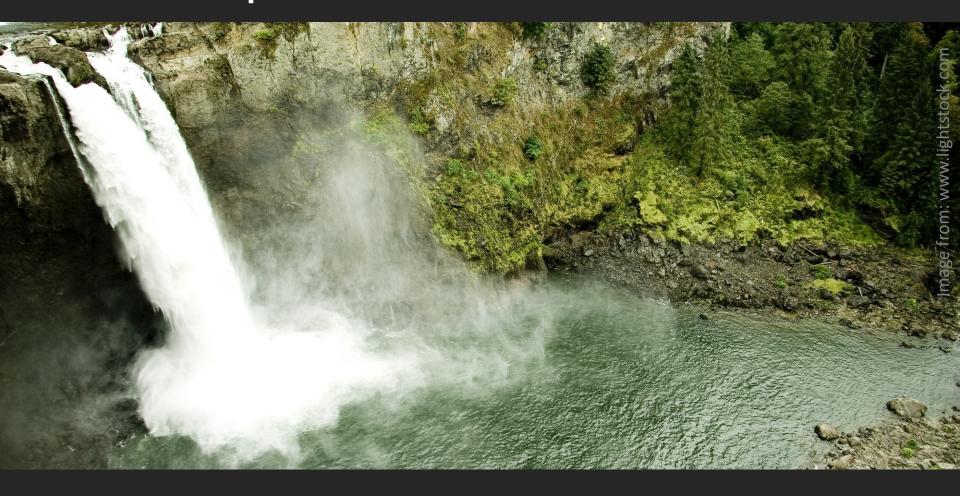
Mark 7:21-23

²¹ For from within, out of the heart of men, proceed the evil thoughts, fornications, thefts, murders, adulteries,

Mark 7:21-23

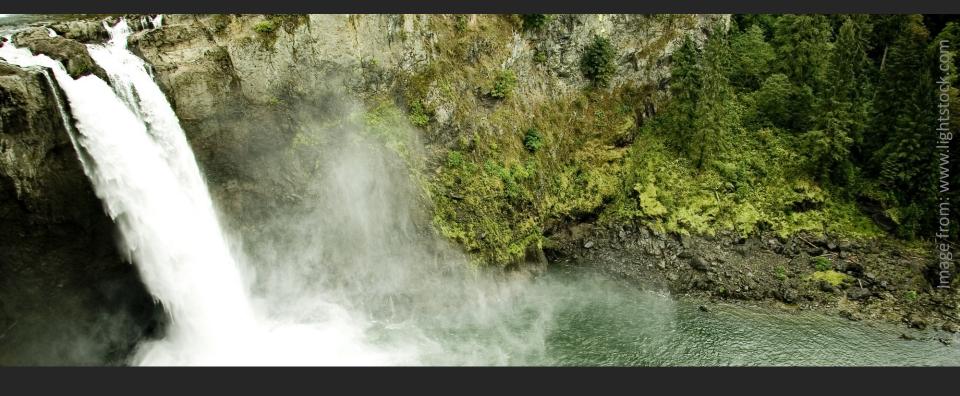
- deeds of coveting *and* wickedness, *as* well as deceit, sensuality, envy, slander, pride *and* foolishness.
- ²³ All these evil things proceed from within and defile the man."

The Importance of the Heart



• Our <u>heart</u> will <u>guide</u> our life!

The Importance of the Heart



• The difficulty about heart issues: they can't always be <u>seen</u>, so we don't take them <u>seriously</u> enough.

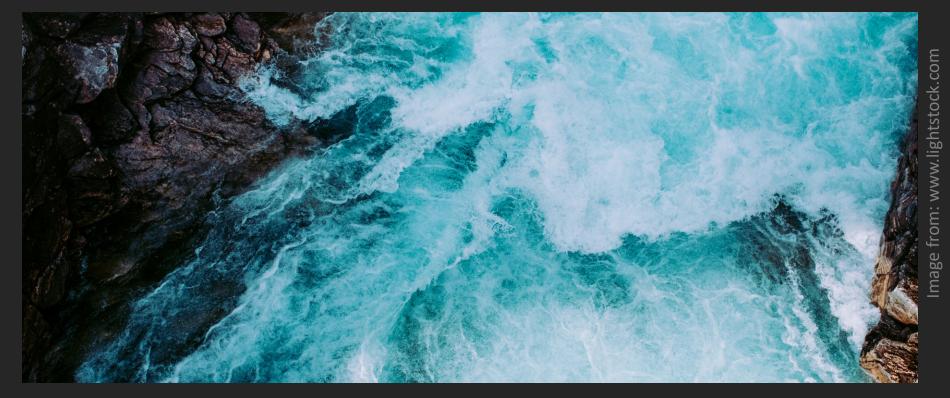
Mark 7:21-23

²¹ For from within, out of the heart of men, proceed the evil thoughts, fornications, thefts, murders, adulteries,

Mark 7:21-23

- deeds of coveting *and* wickedness, *as* well as deceit, sensuality, <u>envy</u>, slander, pride *and* foolishness.
- ²³ All these evil things proceed from within and defile the man."

The Challenge of Envy



 Envy is a type of coveting that has become <u>personal</u>, and it often <u>sneaks</u> up on us.

Galatians 5:26

²⁶ Let us not become boastful, challenging one another, envying one another.

The Challenge of Envy



How serious is envy?

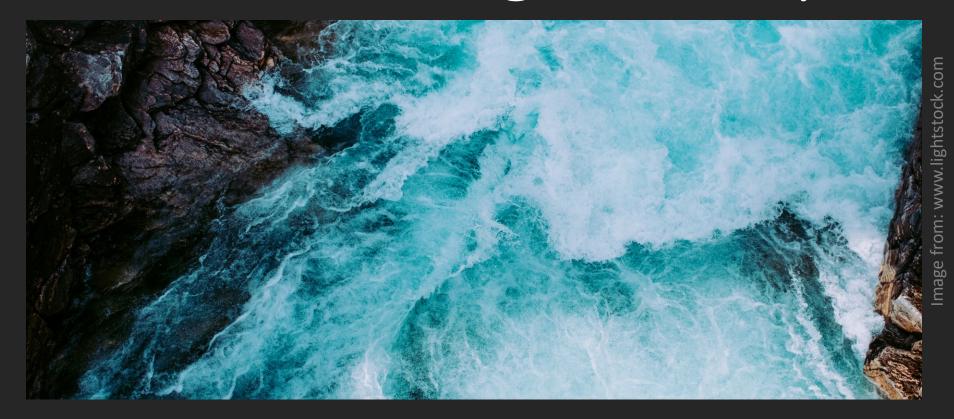
Galatians 5:19-21

¹⁹ Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, ²⁰ idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions,

Galatians 5:19-21

²¹ envying, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, that those who practice such things will not inherit the kingdom of God.

The Challenge of Envy



• It also causes us <u>pain</u>, and it can <u>change</u> us for the worse.

Proverbs 14:30

³⁰ A sound heart *is* life to the body, But envy *is* rottenness to the bones.

(New King James Version)

James 3:16

¹⁶ For where jealousy and selfish ambition exist, there is disorder and every evil thing.

mage from: www.lightstock.com

How to Keep Envy Out of Our Hearts



1) Let's God's word give us perspective.

1 Peter 2:1-2

- ¹Therefore, putting aside all malice and all deceit and hypocrisy and envy and all slander,
- ² like newborn babies, long for the pure milk of the word, so that by it you may grow in respect to salvation,

mage from: www.lightstock.con

How to Keep Envy Out of Our Hearts



2) Like Jesus, be about bigger things.

Romans 13:13-14

¹³ Let us behave properly as in the day, not in carousing and drunkenness, not in sexual promiscuity and sensuality, not in strife and jealousy. ¹⁴ But put on the Lord Jesus Christ, and make no provision for the flesh in regard to its lusts.

mage from: www.lightstock.con

How to Keep Envy Out of Our Hearts



3) Think and act in <u>loving</u> ways to them.

1 Corinthians 13:4

⁴ <u>Love</u> is patient, love is kind *and* is not jealous; love does not brag *and* is not arrogant,

mage from: www.lightstock.con

How to Keep Envy Out of Our Hearts



4) Tell ourselves to "grow up!"

1 Corinthians 3:1-3

- ¹ And I, brethren, could not speak to you as to spiritual men, but as to men of flesh, as to infants in Christ.
- ² I gave you milk to drink, not solid food; for you were not yet able *to* receive it. Indeed, even now you are not yet able,

1 Corinthians 3:1-3

³ for you are still fleshly. For since there is jealousy and strife among you, are you not fleshly, and are you not walking like mere men?

Maybe the best help:

Colossians 2:10

¹⁰ and in Him you have been made complete, and He is the head over all rule and authority;

Maybe the best help: remember we are complete in Christ.