

Guard Your Heart



The Importance of the Heart



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- 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

²² 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



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- Our heart will guide our life!

The Importance of the Heart



- The difficulty about heart issues: they can't always be seen, so we don't take them seriously enough.

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The Challenge of Envy



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- Envy is a type of coveting that has become personal, and it often sneaks up on us.

Galatians 5:26

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

The Challenge of Envy



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- 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



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- It also causes us pain,
and it can change 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.

How to Keep Envy Out of Our Hearts



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

1 Peter 2:1-2

¹ Therefore, 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,

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.

How to Keep Envy Out of Our Hearts



3) Think and act in loving ways to them.

1 Corinthians 13:4

⁴ Love is patient, love is kind *and*
is not jealous; love does not brag
and is not arrogant,

How to Keep Envy Out of Our Hearts



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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.