

Proverbs 4:23

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

*(Verses from 1995 NASB
unless otherwise noted)*

Guarding Our Hearts



Guarding Our Hearts



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A Heart Description Worth Noticing

Isaiah 35:4

⁴ Say to those *who are* fearful-hearted,
“Be strong, do not fear!
Behold, your God will
come *with* vengeance,
With the recompense of God;
He will come and save you.”

(NKJV)

John 14:27

²⁷ Peace I leave with you; My peace I give to you; not as the world gives do I give to you. Do not let your heart be troubled, nor let it be fearful.

(1995 NASB)

The Challenge of Fear



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We all have fears, but sometimes we can allow fear to become a faith issue.

The Challenge of Fear



Some examples:

Numbers 13:25-33

²⁵ When they returned from spying out the land, at the end of forty days, ²⁶ they proceeded to come to Moses and Aaron and to all the congregation of the sons of Israel in the wilderness of Paran, at Kadesh; and they brought back word to them and to all the congregation and showed them the fruit of the land.

Numbers 13:25-33

²⁷ Thus they told him, and said, “We went in to the land where you sent us; and it certainly does flow with milk and honey, and this is its fruit.

²⁸ Nevertheless, the people who live in the land are strong, and the cities are fortified *and* very large; and moreover, we saw the descendants of Anak there.

Numbers 13:25-33

³⁰ Then Caleb quieted the people before Moses and said, “We should by all means go up and take possession of it, for we will surely overcome it.”

³¹ But the men who had gone up with him said, “We are not able to go up against the people, for they are too strong for us.”

Numbers 13:25-33

³² So they gave out to the sons of Israel a bad report of the land which they had spied out, saying, “The land through which we have gone, in spying it out, is a land that devours its inhabitants; and all the people whom we saw in it are men of *great* size.

Numbers 13:25-33

³³ There also we saw the Nephilim (the sons of Anak are part of the Nephilim); and we became like grasshoppers in our own sight, and so we were in their sight.”

Proverbs 29:25

²⁵ The fear of man brings a snare,
But he who trusts in the LORD will be
exalted.

John 12:42-43

⁴² Nevertheless many even of the rulers believed in Him, but because of the Pharisees they were not confessing *Him*, for fear that they would be put out of the synagogue;
⁴³ for they loved the approval of men rather than the approval of God.

Revelation 21:8

⁸ But for the cowardly and unbelieving and abominable and murderers and immoral persons and sorcerers and idolaters and all liars, their part *will be* in the lake that burns with fire and brimstone, which is the second death.”

Matthew 14:28-31

²⁸ Peter said to Him, “Lord, if it is You, command me to come to You on the water.”

²⁹ And He said, “Come!” And Peter got out of the boat, and walked on the water and came toward Jesus.

Matthew 14:28-31

³⁰ But seeing the wind, he became frightened, and beginning to sink, he cried out, “Lord, save me!”

³¹ Immediately Jesus stretched out His hand and took hold of him, and said to him, “You of little faith, why did you doubt?”

How to Build Hearts of Faithful Courage



1) Recite the many Scriptures about it.

Joshua 1:9

⁹ Have I not commanded you? Be strong and courageous! Do not tremble or be dismayed, for the LORD your God is with you wherever you go.”

Proverbs 28:1

¹ The wicked flee when no one is pursuing,
But the righteous are bold as a lion.

How to Build Hearts of Faithful Courage



2) Act courageous until it becomes a habit.

Psalm 56:3

³ When I am afraid,
I will put my trust in You.

How to Build Hearts of Faithful Courage



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3) Engage in purposeful activities.

1 Kings 19

³ And he was afraid and arose and ran for his life and came to Beersheba, which belongs to Judah, and left his servant there.

1 Kings 19

⁴ But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree; and he requested for himself that he might die, and said, "It is enough; now, O LORD, take my life, for I am not better than my fathers."

1 Kings 19

¹⁵ The LORD said to him, “Go, return on your way to the wilderness of Damascus, and when you have arrived, you shall anoint Hazael king over Aram;

¹⁶ and Jehu the son of Nimshi you shall anoint king over Israel; and Elisha the son of Shaphat of Abel-meholah you shall anoint as prophet in your place.

How to Build Hearts of Faithful Courage



4) Pray for it.

Acts 4:29, 31

²⁹ And now, Lord, take note of their threats, and grant that Your bond-servants may speak Your word with all confidence,

Acts 4:29, 31

³¹ And when they had prayed, the place where they had gathered together was shaken, and they were all filled with the Holy Spirit and *began* to speak the word of God with boldness.

How to Build Hearts of Faithful Courage



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5) Remember who God is, and stay close to Him.

Jeremiah 32:27

²⁷ “Behold, I am the LORD, the God of all flesh; is anything too difficult for Me?”

Psalm 27:1

¹ The LORD is my light and my salvation;
Whom shall I fear?

The LORD is the defense of my life;
Whom shall I dread?

Romans 8:31

³¹ What then shall we say to these things? If God *is* for us, who *is* against us?

Fear can
paralyze us,
but faithful
courage
brings growth
and victory.

