

Proverbs 4:23

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

**Verses from 1995 NASB*

Guarding Our Hearts



Guarding Our Hearts



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Tonight's Heart Description

Proverbs 14:10

¹⁰ The heart knows its own bitterness,
And a stranger does not share its joy.

Psalm 73:21

²¹ When my heart was embittered
And I was pierced within,

What Can Cause Bitterness?



Ephesians 4:31-32

³¹ Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice.

³² Be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you.

What Can Cause Bitterness?



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➤ The struggle to forgive causes it.

Hebrews 12:12-15

¹⁵ See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled;

What Can Cause Bitterness?



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➤ Life's difficulties can cause it.

Hebrews 12:12-15

¹² Therefore, strengthen the hands that are weak and the knees that are feeble,

¹³ and make straight paths for your feet, so that the limb which is lame may not be put out of joint, but rather be healed.

Hebrews 12:12-15

¹⁴ Pursue peace with all men, and the sanctification without which no one will see the Lord.

¹⁵ See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled;

Psalm 73:21-22

²¹ When my heart was embittered
And I was pierced within,

²² Then I was senseless and ignorant;
I was like a beast before You.

What Can Cause Bitterness?



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➤ Life's unfairness can cause it.

How to Build Better Hearts



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1) Commit yourself: I must move past the various types of suffering in my life.

Ephesians 4:26

²⁶ Be angry, and yet do not sin; do not let the sun go down on your anger.

How to Build Better Hearts



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2) Let's not allow ourselves to become "wound collectors."

Philippians 4:8

⁸ Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

How to Build Better Hearts



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3) We have the privilege of handing
these things to the Judge.

Romans 12:17-19

¹⁷ Never pay back evil for evil to anyone. Respect what is right in the sight of all men.

¹⁸ If possible, so far as it depends on you, be at peace with all men.

Romans 12:17-19

¹⁹ Never take your own revenge, beloved, but leave room for the wrath of God, for it is written, “Vengeance is Mine, I will repay,” says the Lord.

How to Build Better Hearts




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4) Spend time with those who strive to live by the golden rule.

Matthew 7:12

¹² In everything, therefore, treat people the same way you want them to treat you, for this is the Law and the Prophets.



Lived out over time,
the gospel instills joy...