

Gathering

PROTECTION

The heart is the core of our spiritual being. Everything we do, say or think originates from it. You've probably heard it said that "*from the abundance of the heart, the mouth speaks.*" Whatever our hearts feel, our actions project. Therefore, it is important that we protect our hearts daily for the condition of it greatly determines the quality of our spiritual lives.

Proverbs 4:23 tell us to: "*Above all else, guard your heart, for it is the wellspring of life*"

To guard something is to protect it. It is being alert and cautious of what enters or comes near it that can bring harm. We guard our hearts by reading God's word, allowing the Holy spirit to examine our motives. We guard our hearts by nourishing our minds with things that are good, pure and holy. When we do this, we'll experience a healthy life, rich in God's peace, joy and abundance.

If we fail to guard our hearts, we expose our lives to harmful elements like bitterness, anger, doubt or despair that can settle in, sickening our souls and weakening our faith. So, guard your heart daily to enjoy the fullness of life that God intends for you!

After reading Scripture, consider these questions.

- What do you understand by the statement "*guard your heart*"?
- How often do you guard your heart?
- What comes to mind when you hear the words "*wellspring of life*"?
- Take a moment to do a quick inventory of what's in your heart. Acknowledging how not guarding our hearts affects our life, what can you do?

Complete your monthly report and turn it in to the Corps Officer.



Proverbs 4:23

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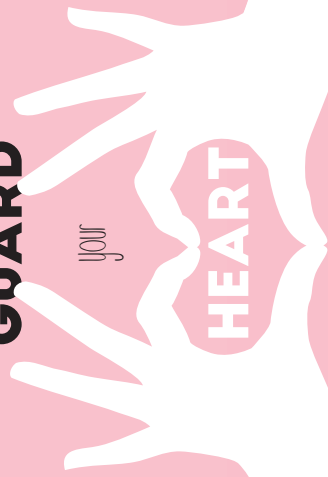
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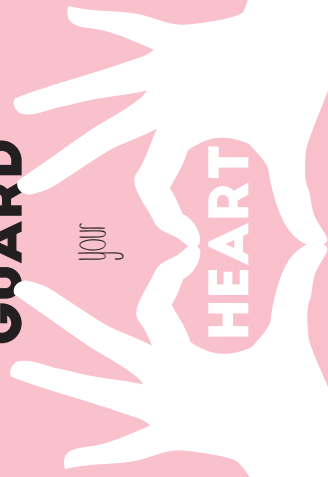


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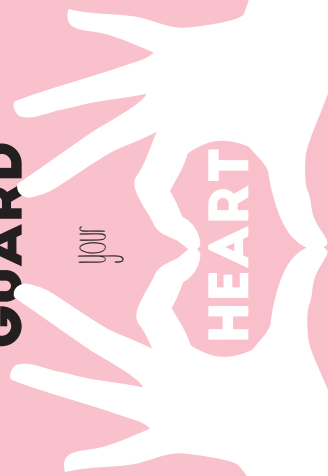


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With today's teaching, we may realize there are things we've kept in our hearts unguarded that may be damaging our spiritual health. Consider the following verses to further explore the concept of "guarding your heart". At the end, write your personal daily protection plan!



1) PHILIPPIANS 4:8-9

What do these verses say about the influence of the mind into our actions?

2) PSALMS 19:14 & PROVERBS 4:24

These verses relate the words of our mouth with the content of our hearts. What insight do we get when examining our words and thoughts lately?

3) MATTHEW 5:8 & PROVERBS 3:1-3

Consider the similarities between these verses and the one we have studied. What seems to be the relevance of what comes from/stays in the heart?



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