

A HEALTHY HEART CHECK-UP

PROVERBS 4:23

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“Above all else guard your heart For it’s the wellspring of life.”

I. What’s the **condition** of your heart?

A. Stress **reveals** the condition of the heart

B. Stress **helps** the heart to grow

♦ Our love for **God** is expressed in our love for **others**

Ezekiel 36:26&27, I John 4:7-12

II. What’s the Old Testament **description** of the heart?

A. All internal **organs**

B. A secret **place**

Job 10:13, I Samuel 16:7, Psalms 119:11

C. The seat of the **emotions**

Judges 16:25, Proverbs 25:20, Lamentations 3:65, Psalms 39:3

D. The center of the **will** and decision making

“devoted” Joshua 24:23

E. The place of our **intellect**

“to speak in one’s heart” Exodus 14:5

F. The home of our **conscience**

“smote” 2 Samuel 24:10

II. How do you guard the **core** of who you are?

A. Be honest about your **priorities**

B. Take a daily, weekly and yearly **Sabbath**

♦ Sabbath means “to **cease**”

C. Filter your **influences**

♦ Deuteronomy 20, I John 2:15

D. Take **responsibility**

♦ Taking care of your heart is **your** job

E. Enjoy the **benefits** of a guarded heart

❖ “Guard the **well** or it will polute everything else downstream”

IV. What’s **attacking** your heart?