



GUARD YOUR HEART

Read Proverbs 4:23.

What is Proverbs 4:23 instructing us to guard, to keep, to protect?

I'm not sure which translation of the Bible you're reading from, but I want to share two translations that I really love:

- Guard your heart above all else, for it determines the course of your life (Proverbs 4:23NLT).
- Above all else, guard your heart, for everything you do flows from it (Proverbs 4:23NIV).

I feel like these two verses really puts things into perspective for us. Our heart determines where our life will go, for good or for evil. Our heart is also our hub, if it is pure, our thoughts, words and actions are more likely to be pure. If it is not pure, neither will our thoughts, words, or actions be.

Matthew Chapter 5 is the start of Jesus's Sermon on the Mount. Matthew 5:3-12 are a part of the Sermon on the Mount, known as The Beatitudes.

Read Matthew 5:1-12.

Write out Matthew 5:8, word for word.





From the Old Testament to the New Testament, it is abundantly clear that the purity of our hearts matter. It matters to God, and therefore it should matter to us.

Read 1 Samuel 13:13-14 and Acts 13:22.

Who did God refer to as, a man after His own heart?

God chose David to be king over Israel, after Saul proved to be an unfit king. God chose David because David loved the Lord and sought to honor and obey Him.

If you've never read the books of 1 Samuel and 2 Samuel, I encourage you to take time to read them sometime. What you will learn is, David was far from perfect. *Spoil alert, he's guilty of both adultery and murder, amongst other sins.*

And yet, this is the man God coined as a man after His own heart.

No, David was not perfect. But he did have a heart that desired to please God and obey His commands. Obviously, he fell short of that at times, just like you and I do. But when God convicted him of his sins, he humbled himself and repented.

That is what God is looking for in us. Women who desire and aim to live according to His word. Women who are quick to humble themselves and repent when convicted of sin.

What state is your heart in today?

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Can you honestly say that your life is centered around God and His word? That you aim to do what pleases Him, and when you don't you are quick to humble yourself and repent?

Remember, He's not looking for perfection, He's looking for women who are after His own heart.

Read, write down, meditate on, and memorize Psalm 51:10.

I encourage you to pray this verse regularly over yourself, especially when you are struggling with obedience to God, in any area of your life.

Hebrews 4:12 tells us that the word of God is alive and active. When we read His word, study His word, pray His word, believe His word, and obey His word, His word will begin to work in our lives and we will see the results we desire to see in our life, in our character, and in our relationship with the Lord.

Let's end in prayer: Heavenly Father, create in me a pure heart, O God, and renew a steadfast spirit within me. Father, I want to be a woman after your own heart. Please cleanse me and purify me, until I stand righteous before You. You alone are the one true living God, and I submit my life and my heart to You. In Jesus name I pray, Amen.

