

Podcast Episode Notes

Season 1, Episode 3 Guarding Your Heart

We live in a world today where our hearts are under attack. We are wounded by others, we suffer from the consequences of our own sin and we struggle with deep disappointments, betrayal, offenses, rejection and abandonment. These attacks produce hopelessness, cynicism, isolation, anger, a desire for revenge and living life in “survival mode.” But we don’t have to live this way. The ways of God show us how to guard our hearts by running to repentance, being fast to forgive, opting out of offense, holding firm to the fear of the Lord and trending towards trust.

Scriptural References

- Proverbs 4:23 - “Above all else, guard your heart for it is the wellspring of life.”
- Ezekiel 36:26-27 – “And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh. And I will put my Spirit within you, and cause you to walk in my statutes and be careful to obey my rules.”

How to Guard Your Heart

- Run to Repentance – own your sin (remember, the enemy is drawn to darkness), express true humility, invite the Holy Spirit to make the repentance real through restitution, the uncovering of your motives, the revealing of influences in your life that pointed you toward sin
- Be Fast to Forgive -- all of us have been “sinned against,” unforgiveness is like a cancer that consumes from the inside out until it kills us, forgiveness is not leniency or overlooking sin (release, set free, send away)
- Opt Out of Offense – *skandalon* is the Greek word for offense (signifies a bait stick or trigger of a trap, stumbling block), keep away from those who cause divisions, don’t pick up the bait aim to be unoffendable
- Hold Firm to the Fear of the Lord – reverencing and referencing in God in everything - taking God seriously, to hate evil as God does, to seek God first in everything, opposite: the fear of man
- Trend Towards Trust – Proverbs 3:5-6 – “Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make straight your paths.