Keep Your Heart
Proverbs 4:23

Main Point:
Diligently keep your heart so that you follow Christ and His Word.

1. Your heart is the source of everything in your life.

2. Thus, to follow Christ and His Word, you must keep your heart.

3. Diligence is required in the process due to the challenges and importance.

Matthew 12:31 34 … Out of the abundance of the heart the mouth speaks. (NKJV)

Proverbs 16:9 9 A man's heart plans his way, But the LORD directs his steps. (NKJV)

Matthew 15:19 19 For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies. (NKJV)

Matthew 12:35 35 A good man out of the good treasure of his heart brings forth good things … (NKJV)

Charles Bridges "It is the great vital spring of the soul, the fountain of actions, the center and the seat of both sin and holiness …"

Matthew 26:41 41 Watch and pray, lest you enter into temptation. The spirit indeed *is* willing, but the flesh *is* weak." (NKJV)

John Gill "All the avenues to it [are] to be watched, that nothing hurtful enters, or evil comes out …"

John Gill "It is to be kept by all manner of means that can be thought of, by prayer, hearing, reading, meditation; and, above all, by applying to Christ for his grace and Spirit to sanctify, preserve, and keep it."

Gary Brady "The keeping and right managing of the heart … is one great business of a Christian's life."

John Flavel "The greatest difficulty in conversion is to win the heart to God, and after conversion to keep it with him."

John Gill "Great care … should be taken of the heart, since so much depends upon it …"

Gary Brady "This is hard work, constant work and important work, but God's glory, sincere faith, a beautiful life, real peace, improved graces and stability in the face of temptation depend on it."

John Flavel "… By keeping the heart, understand the diligent and constant use and improvement of all holy means and duties, to preserve the soul from sin, and maintain its sweet and free communion with God."