

1 **FOUNDATION OF FAITH**

“GUARD YOUR HEART”

PROVERBS 4:23

2 **I. YOU ARE WHAT YOU THINK**

- You can have a good conscience and be wrong (Acts 26:9; Phil. 3:6)
- What we have inside our hearts comes out in words and deeds (Matt. 15:18-20; Mark 7:21-23)
- Abominations from within (Ezekiel 8:6-18)
- Focus on the inner man more (1 Pet. 3:3-6)
- Prov. 23:7 “As a man thinketh...

3 **II. EMPHASIS:ATTITUDE**

- Our attitude shows who we are (Gal. 5:19-21)
- Love conquers all (1 Cor. 13:4-8)
- The story of the prodigal (Lk 15:11-32)
- Its not the outside that matters, but the inside (Matt 23:27,28)

4 **III. OUR THOUGHTS**

- Do you think gloom and doom ?
- Do you think with anger, envy, hate ?
- Do you think cowardly ?
- Do you think as God would want you to?

5 **IV. CONTROL YOUR THOUGHTS**

- Jeremiah 17:9 Our hearts are deceitful
- Put away evil thoughts (2 Cor. 10:5; Ps. 119:11)
- Pray as the Psalmist did! (Ps. 139:23,24)
- David's plea: Psalms 51:10
- Change your thinking (Rom 12:2; 2 Tim 2:15)
- God's Word is the answer. (Heb 4:12)

6 **V. WHAT DO YOU PRACTISE?**

- Do you study daily? (Acts 17:11; Heb 5:12-14)
- Do you pray daily? (Ps 55:15; 1 Thess 5:17)
- Do you have daily family devotions? (Deut 6:4-9)
- Do you attend church faithfully? (Ps. 122:1; Heb 10:25)

7 **VI. WHAT NOT TO PRACTISE**

- Drinking (Prov 23:29-32)
- Tobacco (1 Cor 6:19,20)
- Swearing (Eph 4:29)
- Gossiping (1 Tim 5:11-13; Prov. 18:8)
- Finger pointing (Matt 7:15)

- Worrying (Matt 6:24-34)

8 PSALMS 139:23,24

“Search me, O God, and know my heart: try me, and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting”