

# **BECOMING A STRONGER CHRISTIAN**

## **Part 6: Guarding Your Heart**

### **THINGS THAT DRAIN STRENGTH (*Joshua 14:7-9 NKJV*)**

- ❖ The importance of guarding your heart (***Proverbs 4:23 NKJV***)
  - ◆ Caleb brought back what was in his heart
    - He did not say I brought back the facts
    - What he brought was what God had been saying all along (***Numbers 13:1-2 NKJV***)
  - ◆ Our words and heart are meant to work together (***Matthew 12:35 NKJV***)
    - Treasure = deposit
    - We are the ones who control what is deposited in our hearts
  - ◆ Wrong words can cause heart melt
    - Courage to fail - this would be a drain of strength (***Psalms 119:28 NKJV***)
    - Right words give strength
  - ◆ Wholly following God was a key to Caleb's strength
    - Involves believing what God has said
    - Holding onto that word in your heart
    - Lining up words and action
  
- ❖ The wrong focus (***Proverbs 4:20-22 NKJV***)
  - ◆ The ten spies brought back a negative report (***Numbers 13:31-33 NKJV***)
    - We can not do what God said we could
    - The people are stronger than we are
    - The land is a devouring land - where God called it a land of milk and honey
    - We look like grasshoppers - negative self identity
  - ◆ Attention to those words had a negative effect (***Numbers 14:1-3 NKJV***)
    - Crying, complaining and coming against God and His goodness
    - No battle had been fought
  - ◆ Caleb brought what was in his heart (***Numbers 14:7-9 NKJV***)
    - It's a great land - a milk and honey land
    - Don't be afraid God will help us
    - With God helping us - we can handle these people
  - ◆ Focusing on the negatives and leaving God out - causes heart melt
    - Steals our courage and strength (***Romans 8:6 NKJV***)