

BECOMING A STRONGER CHRISTIAN

Part 7: Guarding Your Heart (2)

AN EXAMPLE OF STRENGTH (*Joshua 14:7-8 NKJ*)

- ❖ Caleb models spiritual strength
 - ◆ Brought back what was in his heart
 - ◆ The other guys caused heart melt
 - ◆ Caleb wholly followed God

INSTRUCTIONS FOR HEART HEALTH

- ❖ Attention (*Proverbs 4:20-22 NKJ*)
 - ◆ An offensive take - not a casual perspective
- ❖ Not just looking but keeping that perspective
 - ◆ Not losing sight of what God has said
 - ◆ This is what Caleb did
 - He listened to what God had said
 - He kept that word in his heart
 - He continued to keep that in his heart despite the majority pressure
 - ◆ Focused thought is a biblical principle (*Joshua 1:7-8 NLT*)
 - Obedience to God's word is profitable
 - Meditation - to ponder, to mull - gives greater insight
 - Meditation helps us direct our thoughts (*Philippians 4:8 NKJ*)
- ❖ Defensive measures (*Proverbs 4:23-27 NKJ*)
 - ◆ Guard these three and guard your heart
 - ◆ Words - need to have life in them (*Proverbs 18:21 NKJ*)
 - Speaking inline with God's words
 - Includes not speaking badly about others and yourself (*Ephesians 4:29 NKJ*)
 - ◆ Focus - (wavelength) what are you looking at?
 - We need light (*Psalms 119:105 NKJ*)
 - A great way to tell what you are looking at - what is it doing for you (*Romans 8:6 NKJ*)
 - ◆ Walk - what you are putting into action (*James 1:25 NKJ*)
 - Looks - my son attend to my words...
 - Continues - don't let them depart from your eyes...
 - Does - let your ways be established, turn your foot from evil