

Guard Your Heart!

By Proverbs 31 Woman — Contributing Authors, PGAMO Online Bible College

God has given us His Word to help us resist the devil. The book of Proverbs uses practical matters for applying every day life. "Keep thy heart with all diligence; for out of it are the issues of life" (Proverbs 4:23).

God desires for us to have a deeply spiritual life and in doing so, it is important to guard our hearts. Now, you may ask how do I guard my heart? Our thoughts control our attitudes and often times, our attitudes influence our behaviors. "For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee" (Proverbs 23:7).

When we look closely at the verse in Proverbs 23:7, we can see that this verse is referring to a person who is saying one thing, but his heart and attitude are very much different than what he is saying. In guarding our hearts, we must keep a vigilant watch over our hearts and resist the devil! Here are some ways in which we have the ability:

- Replace lies with truth: What lies do I believe about myself or the world around me, and how is that affecting my relationship with God?
- Express thankfulness: Psalms is full of songs of praise and thanksgiving to God. Have a heart of gratitude and thanksgiving to God daily. Take time to let God know you are thankful and grateful.
- Search your heart: What sins or bad habits in my life are weighing me down from a higher moral conduct?

"Be not conformed to this world; but be transformed by the renewing of your mind" (Romans 12:2). According to Matthew Henry's Commentary, believers are to dedicate themselves to God. (1,2) To be humble, and faithfully to use their spiritual gifts, in their respective stations. (3-8) Exhortations to various duties. (9-16) And to peaceable conduct towards all men, with forbearance and benevolence. (17-21).

When God gets ready to change someone, He changes her thought process. Christ desires that we present our bodies and minds to Him that He may transform us. The devil knows how important it is to control the mind, but when God is in our hearts, the devil cannot control our thoughts. "For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end" (Jeremiah 29:11). It is vital to our spiritual health to be cautious what comes into our minds.

When your mind is clear and right with God, when you have the mind of Christ, when you're being transformed by the Word of God, the power of God, and the Spirit of God is evident in

your thoughts, then you will desire to do the will of God. God has a wonderful plan for your life. I encourage you continue to guard your heart and to read the book of Proverbs, in which you will learn His plan for you in having health, wealth, and wisdom.

Original source: <https://proverbs-31-woman.com/articles/guard-your-heart/>