

# Caring for Your Heart

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## *Proverbs 4:23*

- I. **Many people are aware of the consequences that come from not caring for their physical heart. But not caring for your spiritual heart has even more severe consequences.**
  - A. By heart, the Bible means the human spirit God made to dwell in you. It lasts for eternity.
  - B. From the Hebrew we derive two basic thoughts from Proverbs 4:23.
    1. We are to guard, watch over (NASB), take care of our spirit.
    2. Whatever happens in our life and beyond flows from how we handle our heart.
  - C. Many people don't realize how powerful their heart is until it is wounded or compromised through difficult circumstances.
  
- II. **Your heart was made to be born again (John 3:3-7), filled with God's Holy Spirit (Acts 1:4-5; 2:1-4), and loved with the love of the Father (Romans 5:5; 8:15-16).**
  
- III. **Basic heart health**
  - A. Your heart yearns for eternity (Ecclesiastes 3:11; II Corinthians 4:13-18; I Thessalonians 4:13-14).
  - B. Your heart loves to do the impossible (Matthew 17:20-21; Hebrews 11:6).
  - C. Your heart was made for a specific purpose (Ephesians 2:10).
  - D. Your heart thrives on the truth (John 8:31-32; Luke 24:32).
  - E. Your heart was made to hear God's voice (Matthew 4:4; 13:15; Acts 2:17-18).
  - F. Your heart was made to give and forgive, and for abundance (Luke 6:37-38; Matthew 6:14-15).
  - G. Your heart feeds on fellowship and Christian community (Acts 2:42-47).
  - H. Your heart loves to commune with God (Acts 2:42-47; Philippians 4:4-7; Psalm 27:4).

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