

Wednesday: Lesson 13 Saturday: Lesson I

D1: The Heart—Proverbs 4:23

"If the citadel be taken, the whole town must surrender. If the heart be seized, the whole man—the affections, desires, motives, pursuits—all will be yielded up." "the heart—the citadel of man—the seat of his dearest treasure. It is fearful to think of its many watchful and subtle assailants. Let it be closely garrisoned." (Bridges, C. Commentary on Proverbs)

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"Above all else, guard your heart, for it is the wellspring of life." Proverbs 4:23.

In Proverbs 4:23 There's a what, a why, and a how.

What:

Keep your heart (ESV/NKJV) Watch over your heart (NAS) Guard your heart (HCSB/NET/NIV)

How:

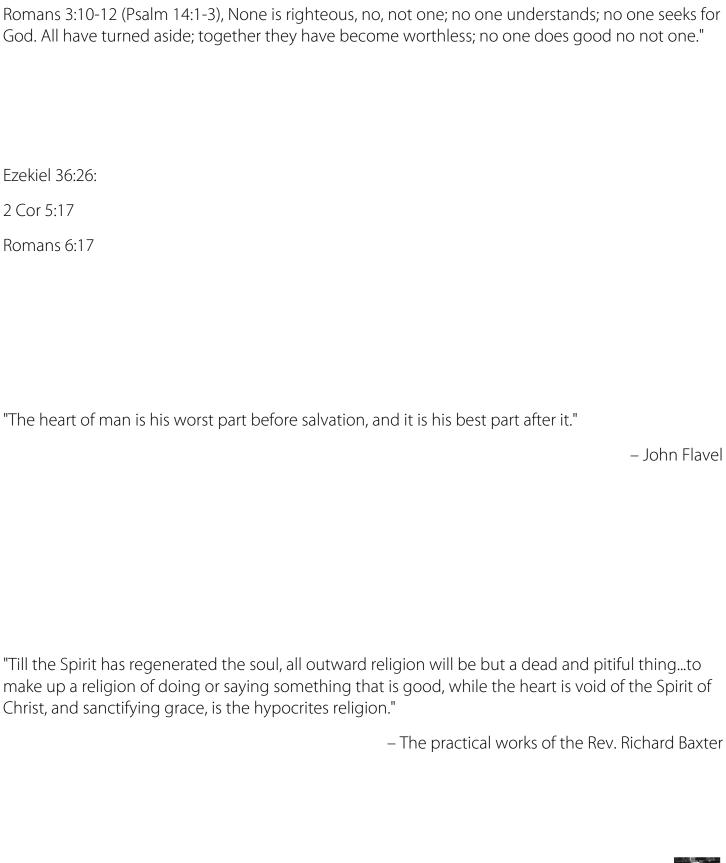
With all vigilance (ESV/NET) Above all else (HCSB/NIV) With all diligence (NAS/NKJV)

Why:

Because From it flow the springs of life (ESV/NAS) It is the source of life (HCSB) It is the wellspring of life (NIV)

Jeremiah 17:9 says: "The heart is deceitful above all things, and desperately sick; who can understand it?"

Gen 6:5, Every intention of his heart was only evil continually





"The poison of the soul is only sin, and this is like to poison in many respects. Poison, wherever it enters, stays not there, but diffuseth itself all over the body, and never ceaseth till it has infected all. Such is the nature of sin; enter where it will it creeps from one member of the body to another, and from the body to the soul, till it has infected the whole man; and then from man to man, till the whole family; and stays not there, but runs like a wildfire, from family to family, till it has poisoned a whole town, and so a whole country, and a whole kingdom. Woeful experience proves this true,"

- Charles Spurgeon, The Treasury of David Volume 6

What: Keep Your Heart

Psalm 119:9

"How can a young man keep his way pure?
By **guarding** it according to your word.
With my whole heart I seek you;
let me not wander from your commandments."



How: With all vigilance			
"If my heart is the source of my sin proble pathway of my heart. It is not enough to a transforms people by radically changing tand behavior may change temporarily be discipline]. But when the pressure or ince	alter my behavior their hearts. If the ecause of an exter	or to change my ci heart doesn't chang nal pressure or ince	rcumstances. Christ ge, the person's words ntive [the pain of
	– Paul David T	ripp, Instruments in	the Redeemer's Hands
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