

## D1: The Heart: Guarding My Heart (Prov. 4:23)

### Review—Wellspring Purpose and Disciplines:

#### Guarding My 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." (Charles Bridges, Proverbs)*

#### 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)*

*"In religion the heart is all." - Thomas Watson, The Doctrine of Repentance*

## Seven ways to forsake the wisdom of Proverbs 4:23...

1. **Guard your heart with something less than *all* vigilance** (Ps. 119:9-11; I Tim. 4:16).

Questions:

- Do your daily routines (including entertainment choices, internet use, free time, priorities) reflect that you are guarding your heart above all else?
- How do your prayers reflect the vigilance with which you guard your heart?
- What lures your heart away from God? Do you flee this?

2. **Confuse the current condition of your new heart** (3:5; 20:9; 28:26; Ps. 19:12).

Questions:

- Have you found yourself saying things like, "But I know myself," or "I know for a fact that such and such is going to happen"?
- Are you convinced that it is foolish to trust yourself even after salvation?
- Do you feel good about your motives when the outcome of your actions are beneficial for you?

3. **Walk by sight and not by faith** (3:7, 13-18; Heb. 11:11).

Questions:

- Does the frequency of your prayer life demonstrate an awareness of your own dependence on the Lord?
- Do you often find yourself fretting when the details of your life prove out of your control?

4. **Prioritize something other than seeking, getting and keeping wisdom** (1:7; 4:5-9; 17:24).

Questions:

- Do you have an appetite for God's Word?
- What does your schedule reveal about your current priorities?

5. **Prefer comfort** (1:32; 26:16; Heb. 4:11; II Pet. 1:5-11).

Questions:

- What does your home, dietary habits, recreation choices, etc. reveal about your preference for comfort?
- What opportunities can you leverage to put to death a love of comfort in your life?

6. **Determine that certain things are not worth discerning** (14:16; 16:21; 20:5; I Th. 5:20-22).

Questions:

- Are there any areas of life (entertainment choices, friendships, habits, information outlets, etc.) or recurring events that you have undertaken thoughtlessly or without great care?
- Have you neglected exercising discernment in a certain area because you're anticipating a course of action that you already know you don't want to take?

7. Isolate yourself from others (18:1; Heb. 3:12-15).

Questions:

- Is there anyone in the Body you are currently avoiding? What will you do to restore this relationship?
- Are there wrong priorities, wayward desires, or personal preferences that are distancing you from the church?
- How can you bolster your understanding of the detriment and danger of isolation?

*"If my heart is the source of my sin problem, then lasting change must always travel through the pathway of my heart. It is not enough to alter my behavior or to change my circumstances. Christ transforms people by radically changing their hearts. If the heart doesn't change, the person's words and behavior may change temporarily because of an external pressure or incentive [the pain of discipline]. But when the pressure or incentive is removed, the changes will disappear." – Paul David Tripp, Instruments in the Redeemer's Hands*

## Passage List: The Inner Self (heart, mind, soul, spirit) in the book of Proverbs

*The following is a list of each verse in Proverbs that includes a reference to the heart, mind, soul, and/or spirit, which all refer to the inner, immaterial self. All passages are taken from the English Standard Version (ESV).*

### **Proverbs 2:2**

making your ear attentive to wisdom and inclining your heart to understanding;

### **Proverbs 2:10**

for wisdom will come into your heart, and knowledge will be pleasant to your soul;

### **Proverbs 3:1**

My son, do not forget my teaching, but let your heart keep my commandments,

### **Proverbs 3:3**

Let not steadfast love and faithfulness forsake you; bind them around your neck; write them on the tablet of your heart.

### **Proverbs 3:5**

Trust in Yahweh with all your heart, and do not lean on your own understanding.

### **Proverbs 3:21–22**

My son, do not lose sight of these— keep sound wisdom and discretion, and they will be life for your soul and adornment for your neck.

### **Proverbs 4:4**

he taught me and said to me, "Let your heart hold fast my words; keep my commandments, and live.

### **Proverbs 4:21**

Let them not escape from your sight; keep them within your heart.

### **Proverbs 4:23**

Keep your heart with all vigilance, for from it flow the springs of life.

### **Proverbs 5:12**

and you say, "How I hated discipline, and my heart despised reproof!

### **Proverbs 6:14**

with perverted heart devises evil, continually sowing discord;

### **Proverbs 6:18**

a heart that devises wicked plans, feet that make haste to run to evil,

### **Proverbs 6:21**

Bind them on your heart always; tie them around your neck.

### **Proverbs 6:25**

Do not desire her beauty in your heart, and do not let her capture you with her eyelashes

### **Proverbs 7:3**

bind them on your fingers; write them on the tablet of your heart.

### **Proverbs 7:10**

And behold, the woman meets him, dressed as a prostitute, wily of heart.

### **Proverbs 7:25**

Let not your heart turn aside to her ways; do not stray into her paths,

### **Proverbs 9:9**

Give instruction to a wise man, and he will be still wiser; teach a righteous man, and he will increase in learning.

### **Proverbs 10:8**

The wise of heart will receive commandments, but a babbling fool will come to ruin.

### **Proverbs 11:13**

Whoever goes about slandering reveals secrets, but he who is trustworthy in spirit keeps a thing covered.

### **Proverbs 11:20**

Those of crooked heart are an abomination to Yahweh, but those of blameless ways are his delight.

### **Proverbs 11:29**

Whoever troubles his own household will inherit the wind, and the fool will be servant to the wise of heart.

### **Proverbs 11:30**

The fruit of the righteous is a tree of life, and whoever captures souls is wise.

### **Proverbs 12:8**

A man is commended according to his good sense, but one of twisted mind is despised.

**Proverbs 12:20**

Deceit is in the heart of those who devise evil, but those who plan peace have joy.

**Proverbs 12:23**

A prudent man conceals knowledge, but the heart of fools proclaims folly.

**Proverbs 12:25**

Anxiety in a man's heart weighs him down, but a good word makes him glad.

**Proverbs 13:4**

The soul of the sluggard craves and gets nothing, while the soul of the diligent is richly supplied.

**Proverbs 13:12**

Hope deferred makes the heart sick, but a desire fulfilled is a tree of life.

**Proverbs 13:19**

A desire fulfilled is sweet to the soul, but to turn away from evil is an abomination to fools.

**Proverbs 14:10**

The heart knows its own bitterness, and no stranger shares its joy.

**Proverbs 14:13**

Even in laughter the heart may ache, and the end of joy may be grief.

**Proverbs 14:14**

The backslider in heart will be filled with the fruit of his ways, and a good man will be filled with the fruit of his ways.

**Proverbs 14:30**

A tranquil heart gives life to the flesh, but envy makes the bones rot.

**Proverbs 14:33**

Wisdom rests in the heart of a man of understanding, but it makes itself known even in the midst of fools.

**Proverbs 15:4**

A gentle tongue is a tree of life, but perverseness in it breaks the spirit.

**Proverbs 15:7**

The lips of the wise spread knowledge; not so the hearts of fools.

**Proverbs 15:11**

Sheol and Abaddon lie open before Yahweh; how much more the hearts of the children of man!

**Proverbs 15:13**

A glad heart makes a cheerful face, but by sorrow of heart the spirit is crushed.

**Proverbs 15:14**

The heart of him who has understanding seeks knowledge, but the mouths of fools feed on folly.

**Proverbs 15:15**

All the days of the afflicted are evil, but the cheerful of heart has a continual feast.

**Proverbs 15:28**

The heart of the righteous ponders how to answer, but the mouth of the wicked pours out evil things.

**Proverbs 15:30**

The light of the eyes rejoices the heart, and good news refreshes the bones.

**Proverbs 16:1**

The plans of the heart belong to man, but the answer of the tongue is from Yahweh.

**Proverbs 16:2**

All the ways of a man are pure in his own eyes, but Yahweh weighs the spirit.

**Proverbs 16:5**

Everyone who is arrogant in heart is an abomination to Yahweh; be assured, he will not go unpunished.

**Proverbs 16:9**

The heart of man plans his way, but Yahweh establishes his steps.

**Proverbs 16:18**

Pride goes before destruction, and a haughty spirit before a fall.

**Proverbs 16:19**

It is better to be of a lowly spirit with the poor than to divide the spoil with the proud.

**Proverbs 16:21**

The wise of heart is called discerning, and sweetness of speech increases persuasiveness.

**Proverbs 16:23**

The heart of the wise makes his speech judicious and adds persuasiveness to his lips.

**Proverbs 16:24**

Gracious words are like a honeycomb, sweetness to the soul and health to the body.

**Proverbs 16:32**

Whoever is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city.

**Proverbs 17:3**

The crucible is for silver, and the furnace is for gold, and Yahweh tests hearts.

**Proverbs 17:20**

A man of crooked heart does not discover good, and one with a dishonest tongue falls into calamity.

**Proverbs 17:22**

A joyful heart is good medicine, but a crushed spirit dries up the bones.

**Proverbs 17:27**

Whoever restrains his words has knowledge, and he who has a cool spirit is a man of understanding.

**Proverbs 18:7**

A fool's mouth is his ruin, and his lips are a snare to his soul.

**Proverbs 18:12**

Before destruction a man's heart is haughty, but humility comes before honor.

**Proverbs 18:14**

A man's spirit will endure sickness, but a crushed spirit who can bear?

**Proverbs 18:15**

An intelligent heart acquires knowledge, and the ear of the wise seeks knowledge.

**Proverbs 19:3**

When a man's folly brings his way to ruin, his heart rages against Yahweh.

**Proverbs 19:8**

Whoever gets sense loves his own soul; he who keeps understanding will discover good.

**Proverbs 19:18**

Discipline your son, for there is hope; do not set your heart on putting him to death.

**Proverbs 19:21**

Many are the plans in the mind of a man, but it is the purpose of Yahweh that will stand.

**Proverbs 20:5**

The purpose in a man's heart is like deep water, but a man of understanding will draw it out.

**Proverbs 20:9**

Who can say, "I have made my heart pure; I am clean from my sin"?

**Proverbs 20:27**

The spirit of man is the lamp of Yahweh, searching all his innermost parts.

**Proverbs 20:30**

Blows that wound cleanse away evil; strokes make clean the innermost parts.

**Proverbs 21:1**

The king's heart is a stream of water in the hand of Yahweh; he turns it wherever he will.

**Proverbs 21:2**

Every way of a man is right in his own eyes, but Yahweh weighs the heart.

**Proverbs 21:4**

Haughty eyes and a proud heart, the lamp of the wicked, are sin.

**Proverbs 21:10**

The soul of the wicked desires evil; his neighbor finds no mercy in his eyes.

**Proverbs 22:5**

Thorns and snares are in the way of the crooked; whoever guards his soul will keep far from them.

**Proverbs 22:11**

He who loves purity of heart, and whose speech is gracious, will have the king as his friend.

**Proverbs 22:15**

Folly is bound up in the heart of a child, but the rod of discipline drives it far from him.

**Proverbs 22:17**

Incline your ear, and hear the words of the wise, and apply your heart to my knowledge,

**Proverbs 23:6–7**

Do not eat the bread of a man who is stingy; do not desire his delicacies, for he is like one who is inwardly calculating. "Eat and drink!" he says to you, but his heart is not with you.

**Proverbs 23:12**

Apply your heart to instruction and your ear to words of knowledge.

**Proverbs 23:14**

If you strike him with the rod, you will save his soul from Sheol.

**Proverbs 23:15**

My son, if your heart is wise, my heart too will be glad.

**Proverbs 23:16**

My inmost being will exult when your lips speak what is right.

**Proverbs 23:17**

Let not your heart envy sinners, but continue in the fear of Yahweh all the day.

**Proverbs 23:19**

Hear, my son, and be wise, and direct your heart in the way.

**Proverbs 23:26**

My son, give me your heart, and let your eyes observe my ways.

**Proverbs 23:33**

Your eyes will see strange things, and your heart utter perverse things.

**Proverbs 24:2**

for their hearts devise violence, and their lips talk of trouble.

**Proverbs 24:12**

If you say, "Behold, we did not know this," does not he who weighs the heart perceive it? Does not he who keeps watch over your soul know it, and will he not repay man according to his work?

**Proverbs 24:13–14**

My son, eat honey, for it is good, and the drippings of the honeycomb are sweet to your taste. Know that wisdom is such to your soul; if you find it, there will be a future, and your hope will not be cut off.

**Proverbs 24:17–18**

Do not rejoice when your enemy falls, and let not your heart be glad when he stumbles, lest Yahweh see it and be displeased, and turn away his anger from him.

**Proverbs 25:3**

As the heavens for height, and the earth for depth, so the heart of kings is unsearchable.

**Proverbs 25:13**

Like the cold of snow in the time of harvest is a faithful messenger to those who send him; he refreshes the soul of his masters.

**Proverbs 25:20**

Whoever sings songs to a heavy heart is like one who takes off a garment on a cold day, and like vinegar on soda.

**Proverbs 25:25**

Like cold water to a thirsty soul, so is good news from a far country.

**Proverbs 26:23**

Like the glaze covering an earthen vessel are fervent lips with an evil heart.

**Proverbs 26:24–26**

Whoever hates disguises himself with his lips and harbors deceit in his heart; when he speaks graciously, believe him not, for there are seven abominations in his heart; though his hatred be covered with deception, his wickedness will be exposed in the assembly.

**Proverbs 27:9**

Oil and perfume make the heart glad, and the sweetness of a friend comes from his earnest counsel.

**Proverbs 27:11**

Be wise, my son, and make my heart glad, that I may answer him who reproaches me.

**Proverbs 27:19**

As in water face reflects face, so the heart of man reflects the man.

**Proverbs 28:14**

Blessed is the one who fears Yahweh always, but whoever hardens his heart will fall into calamity.

**Proverbs 28:26**

Whoever trusts in his own mind is a fool, but he who walks in wisdom will be delivered.

**Proverbs 29:11**

A fool gives full vent to his spirit, but a wise man quietly holds it back.

**Proverbs 29:17**

Discipline your son, and he will give you rest; he will give delight to your heart.

**Proverbs 29:23**

One's pride will bring him low, but he who is lowly in spirit will obtain honor.

**Proverbs 31:11**

The heart of her husband trusts in her, and he will have no lack of gain.





5. Are there other topics/lessons that you would find beneficial?

6. Do you have any other thoughts or suggestions you would like to share?

7. Do you have an interest in serving in Thursday Wellspring kids next year? **If so, please include your name at the top.**

8. Are you willing to serve in any other way in Wellspring next year? If so, where? **If so, please include your name at the top.**

9. Do you plan on attending Wellspring next year?