

I. Introduction

The key verse for today is Proverbs 4:23.

To understand what it means to guard our hearts, let's look at two examples:

The (imaginary) day of Sister A from last Sunday.

Jesus guarded His heart in every situation without being shaken.

Joseph, as a type of Christ, also succeeded in guarding his heart.

II. Main Message

Today's passage teaches us three ways to guard our hearts.

1. Listen carefully to God's Word, focus on it, and store it in your heart (vv. 20-22).

What does it mean to guard your heart?

It means to discern and hold fast to God's will for you (Romans 12:2).

Guarding your heart means rejecting anything that hinders God's purpose and focusing only on His Word and His will (John 4:34; 17:4).

At San Antonio Hanmaeum Baptist Church, I was able to guard my heart from both criticism and praise because I was focused solely on building and protecting the church.

"Sister A" failed to guard her heart because she followed her own will, not God's.

People tend to listen more to evil words than to good ones (Proverbs 18:6,8).

What we listen to is like what we eat—it nourishes or poisons us.

(Story: A brother healed from cancer by changing his diet.)

Let's choose to listen to gracious and edifying words, not words of criticism or complaint.

2. Be careful with your words (v. 24).

What comes out of a person's mouth defiles them (Mark 7:15-16).

The tongue is a fire—corrupting and destructive like the fires of hell (James 3:6).

Human speech is full of poison, curses, and bitterness (Romans 3:13-14).

Moses failed to guard his heart because of words of complaint (Numbers 11:4-15).

Grumbling, complaining, and blaming are like poisonous mushrooms - they spread like an infectious disease.

Refrain especially from speaking against God's servants.

3. Watch what you look at and where your feet go (vv. 25-27)

III. Conclusion

Let us remove everything that makes our hearts sick, focus on God's will, and live victoriously by guarding our hearts.

**Bible
Memorization**

A VERSE FOR THIS WEEK

“Above all else, guard your heart, for it is the wellspring of life.” (Proverbs 4:23)

**Bible
Reading**

11/3(Mon)	11/4(Tue)	11/5(Wed)	11/6(Thur)	11/7(Fri)	11/8(Sat)	11/9(Sun)
Luke 12-13	Luke 14-16	Luke 17-19	Luke 20-22	Luke 23-24	John 1-3	John 4-5

QT

Quiet Time Passage

11/3(Mon)	11/4(Tue)	11/5(Wed)	11/6(Thur)	11/7(Fri)	11/8(Sat)	11/9(Sun)
2 Tim. 2:1-13	2 Tim. 2:14-26	2 Tim. 3:1-9	2 Tim. 3:10-17	2 Tim. 4:1-8	2 Tim. 4:9-22	Joshua 1:1-9

**Sharing
Questions**

1. Compare Sister A's example and Jesus' example from the sermon. What does it truly mean to guard one's heart?
2. Share a time when you failed to guard your heart and faced difficulty, and another time when you successfully guarded it and fulfilled God's will.
3. Why shouldn't we listen to complaints, grumbling, or criticism about others? Take turns sharing your thoughts.
4. Read James 3:6 and Romans 3:13-14. Have you ever experienced the destructive or toxic power of words? Share your experiences.