

June 16, 2025
On Guard
[Proverbs 4:20–27](#)

This week, Dr. David Eldridge continued the series in **Proverbs**. In these verses, he expanded on two points:

- **Our Spiritual Heart Condition**
- **Our Healthy Heart Practices**

GOING DEEPER:

- Pastor David shared that our hearts are the control center of our lives. Our "spiritual" hearts shape the quality and direction for the way we live. (Proverbs 4:23, NIV: *Above all else, guard your heart, for everything you do flows from it.*) What circumstances in your life have taught you this key biblical truth?
- The bad news is that all humans are born with a spiritual heart defect—we have a broken heart. Our hearts will often lead us away from God's standards and purposes ([Proverbs 28:26](#); [Jeremiah 17:9](#)). We are fallen by our nature and by our choices. Jesus' words in [Mark 7:20–23](#) teach us that what is in our hearts will eventually come out in our words, our actions, and our lives. What do your words and behavior reveal about the condition of your heart?
- Pastor David shared the good news that God's answer to our heart condition is a spiritual heart transplant. He gives us a new heart ([Ezekiel 36:26–27](#)), and we become new creations in Jesus ([2 Corinthians 5:17](#)). Our hearts are made alive by the Holy Spirit! Have you received faith in this new heart? Have you realized your sinful condition and trusted Jesus, the only solution?
- In order to cultivate a healthy spiritual heart, there are practices we need to embrace and practices we need to avoid. We embrace cherishing God's Word and regularly applying it to every aspect of our life. We use our gifts and resources in service to others. In addition, we need to avoid things that we see, say, or hear that can, overtime, harden our hearts to sin and dull our love for the Lord ([Philippians 4:8](#)). Do you have a plan for regular engagement with God's Word? Are there boundaries and guard rails around what you stream, scroll, and subscribe to? As you reflect on the last several weeks of your life, how have you left your heart unguarded?

ADDITIONAL RESOURCES:

- To view past sermons, please click [here](#).

The LORD bless you and keep you; the LORD make his face shine on you and be gracious to you; the LORD turn his face toward you and give you peace.

Numbers 6:24–26

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