

SINGLE ALLIANCE

01/31/10

The 4:8 Principle- Guard Your Heart

I. Introduction

A. We are continuing to talk about the 4:8 Principle.

1. **Phil. 4:8**

B. Last week we talked about getting the RATS [Really Awful Thoughts] out of our attic [minds/thoughts].

C. This week we will look at the importance of guarding our hearts

D. Everyone should guard their heart because out of the heart comes the boundaries of our lives.

II. Guarding Your Heart- Proverbs 4:23

A. We are to guard our heart above all else- more than house, car, jewelry, money...

B. Our heart is our inner man [spirit and soul]. The only thing that can separate these is the Word of God- [**Heb. 4:12**]

C. Before salvation we had a single heart away from God. At salvation we got a divided heart. Our spirit is towards God and our soul is still largely away. The goal of the Christian life is to once again have a single heart towards God by renewing our mind.

D. God guards our spiritual heart. He seals our spirit at salvation- [**2 Cor 1:22, Eph. 1:13, Eph. 4:30**] We are to guard our soulish heart [mind- sub-conscious and conscious mind]

E. "Issues" in Hebrew means boundaries. The thought patterns of our heart determine out far we go and how high we can go.

B. The heart contains our set points where we sub-consciously will act to maintain and resist if circumstances are not in line with it.

1. Ex. elephants are staked when they are young and they will not try to pull away when they get older

2. This is why new government apartments get trashed out often.

3. This is why many lottery winners lose it all quickly

4. This is why a young woman goes from one abusive relationship to another even though she hates it.

C. In the garden God told Adam to guard and tend the garden. This is what we are responsible to do with our heart. We need to tend it- sow

the right things in it and guard it from the enemy and from what he wants to sow in it.

D. The enemy wants to place his set points in our heart- defeat, lack, inability, unrighteousness, worthlessness, and shame.

E. The enemy uses different means to get his set points in our heart

1. family members
2. other Christians
3. Unbelievers
4. Media- lack [economy], sickness [many commercials for medicine for sickness], fear, moral standards [fornication, homosexuality]

F. We have two main safe guards to our heart

1. The Word of God- **Philippians 4:8**- We should monitor input we receive from family, other Christians, unbelievers, and media through Philippians 4:8- This will narrow down many of your movie, t.v. and internet choices!
2. Our conscience- this can be dulled by compromise!

III. Enemies that place limits in your heart

A. Fear- **1 John 4:18**- Love casts out fear.

B. Immorality- **Thess 4:3**- Immorality will damage your heart. It will bring shame and guilt.

C. I can't...- **Phil 4:13**

D. I don't have...- **1 Cor. 3:21-22**

E. Self Pity- The devil tried to get Jesus to pity himself- He turned His back on him!- **Matthew 16:22**

F. The devil places these set points through repetition! We place new set points that replace them by the same principle- repetition. We just use the Word of God instead of the lies of the enemy. We must use the repetition of confession and choosing to see ourselves in line with that confession in our mind's eye [the eyes of our heart]