

# Guard Your Heart

***Above all else guard your heart for everything you do flows from it."(Proverbs 4:23)***

Yogi Berra, Yankee great and member of the Baseball Hall of Fame, was quoted as saying; "If you don't know where you are going, you might wind up somewhere else." It's like the GPS on my iPhone. If I put in the wrong address, I will not get to my planned destination. Oh, I'll get somewhere, but not where I was intending to go.

Our heart is like a GPS. It is the starting point for all activities in life, it determines our course - course of action and course of life. It's our directional heading. And like the GPS, put in the wrong address, you will get to the wrong destination.

God tells us in Proverbs that it is important for us to "guard our heart." Scripture in James tells us that we are tempted by our own evil desires, and that once these temptations or desires are conceived they can give birth to sin and spiritual death (separation from God). Jesus tells us in Matthew to "love the Lord your God with all your heart and with all your soul and with all your mind."

It is clear that God wants us to "guard our heart." So, how do we do it?

First, forgive. Let go of any anger, bitterness, resentment, or regret that we hold in our heart. Second, be mindful of what you think. The mind and heart are connected. What we think about pollutes our heart and effects our inner spirit. Third, watch what we take into our heart. Be mindful of those we hang around with, what we watch on TV and on our electronic devices, the music we listen to, and what we read. Finally, be intentional and decide to produce a healthy heart.

As athletes, we know that it is imperative to train our body properly and watch what we eat and drink. It should be the same with our heart. A healthy heart (and soul) demand intentional and healthy Christ-centered fuel and decisions.

**Challenge:** During the week pay attention to guarding your heart. Ask yourself the following questions: 1) How am I spending my time? 2) What am I thinking about? 3) Am I holding any anger or bitterness towards anyone?

**Reading This Week:** Proverbs 3:5, Matthew 22:37, James 1:13-15

**Prayer:** Lord Jesus, thank you for what you did for me on the cross. May I honor that sacrifice by guarding my heart and surrounding it with your love.

-- Todd Burger – Director, NoVA/DC FCA Baseball