

Steward Our Hearts

The world says “follow your heart” but the Bible tells us to “guard our hearts.”

1 Samuel 16:7 (ESV) - ...“For the Lord sees not as man sees: man looks on the **outward appearance**, but the Lord looks **on the heart**.”

Proverbs 27:19 (NIV) - “As water reflects the face,so one’s life reflects the heart”

- Probably your “Heart” has guided every major decision in your life: for love, to lose, to leave
- The human heart seems to be affected most by *beauty* and *brokenness*.

What is “Heart” Biblically?

Old Testament: *Levav* / New Testament: *Kardia*

1. **Center:** thoughts, emotions, desires
2. **Seat:** directive or control

Key Scriptures:

- **Proverbs 4:23 (NIV)** - “Above all else, guard your heart, for everything you do flows from it.”
- **Psalms 51:10 (NIV)** - “Create in me a pure heart, O God”
- **Hebrews 4:12-13 (NIV)** - “For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Nothing in all creation is hidden from God’s sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.”
- **Matthew 5:8 (ESV)** - “Blessed are the pure in heart, for they will see God.”

Questions:

- How do you know what’s going on in your heart?
- What consumes your heart?
- Is your heart healthy?

A Case Study with King David:

1 Samuel 16:7 (ESV) - “But the Lord said to Samuel, “Do not look on his appearance or on the height of his stature, because I have rejected him. For the Lord sees not as man sees: man looks on the outward appearance, but the Lord looks on the heart.””

What Made King David “a man after God’s own heart”? (1 Samuel 13:14)

1. - David obeyed God when faced with Goliath

- 2. - When confronted for His sin he turned back
- 3. - He continued to go to God for direction, every Psalm reflects this

How do we Steward our Hearts? (Keep it Healthy Spiritually)

1. Guard the Heart

- a. **Proverbs 4:23** *"Above all else, guard your heart, for everything you do flows from it."*
 - b. Practical:
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2. Filling the Heart with God's Word

- a. **Psalm 119:11** *"I have hidden your word in my heart that I might not sin against you."*
 - b. Practical:
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3. Forgiving and Softening the Heart

- a. **Ephesians 4:31-32** *"Get rid of all bitterness, rage and anger... Be kind and compassionate to one another, forgiving each other, just asin Christ God forgave you."*
 - b. Practical:
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4. Loving God with All the Heart

- a. **Matthew 22:37** *"Love the Lord your God with all your heart and with all your soul and with all your mind."*
 - b. Practical:
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5. Fill our Hearts with Gratitude

- a. **Philippians 4:4-9 (ESV)** *"Rejoice in the Lord always. I will say it again: Rejoice! . . ."* b.
 - Practical:
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