Keeping the Heart

“Keep thy heart with all diligence; for out of it are the issues of life.”

Proverbs 4:23
Keeping the Heart

• Proverbs 4:23 may be Solomon’s single best proverb.

• Our original commentary, unhappily, was quite poor.

• The revision sent to the world 6/4/2013 was better.

• This study is the outgrowth of seeking to improve it.

• A complete study of the heart would take 40+ hours.
 Keeping the Heart (2)

- The greatest thing you can do to please God is this!
- The greatest thing you can do for yourself is this!
- The greatest love for any person is by this matter!
- I have preached extensive sermons on this subject.
- As your pastor, there is nothing more important.
The Issues of Life

• Fully everything you think, say, and do comes from it!

• Speech, moods, marriage, and time management!

• Relationships, health, spending, sex, and worship!

• Pleasing God and men totally depends on your heart.

• Prosperity, reputation, and success all depend on it.
The Issues of Life (2)

• You will not be forgiven (Ps 34:18; 51:17; Is 55:15; 66:2).

• You will be miserable (Pr 15:13,15; 17:22; 12:25; 18:14).

• Are a serial rapist and killer (Mat 5:21-30; 15:19; 18:35).

• God judges accordingly (II Ch 16:9; Pr 14:14; Eze 14:1-11).

• Your worship stinks (Matt 15:8; Is 29:13; Ezek 33:30-33).
The Issues of Life (3)

- You will lose professionally (Ep 6:5-9; I Sa 16:7; Dan 1:8).

- Your prayers will go nowhere (Ps 66:18; Job 27:8-9).

- Even your health is affected (Pr 3:8; 14:30; 17:22).


- Consider “A Pure Heart” and “The Heart of David.”
What Is the Heart?

• For this study, we assume short and simple terms.

• It is the affections, ambitions, and fears inside you.

• It directs your mind more than your mind directs it.

• But keeping your heart is a mental choice to change.

• Alter your heart by choice and inputs, by God’s help.
You Must Keep It

• If you follow your heart, it will go to sin (Jer 17:9).

• You must keep it diligently – meaning constant effort!

• You must root out idols and redirect it toward God.

• You must direct and arouse affections toward God.

• It defaults to folly and sin, but it can be made better!
How Does a Man Get Promoted?

- “He that loveth pureness of heart” (Pr 22:11).

- “For the grace of his lips” (Pr 22:11).

- “The king shall be his friend” (Pr 22:11).
How did Amnon commit Incest?

- He looked at his sister Tamar with lustful thoughts.
- He let thoughts of sex with her entertain his mind.
- He allowed these thoughts to continue to sickness.
- He let wicked friends give him ideas how to do it.
- He did it ... and immediately learned sin is hateful!
How Does a Man Commit Sin?

• “But every man is tempted” (Jas 1:14).

• “He is drawn away of his own lust, and enticed.”

• “When lust hath conceived, it bringeth forth sin.”
How did Solomon worship Molech?

- He thought in his heart that he was quite a stud.
- He thought in his heart he could afford more wives.
- He thought in his heart God loved polygamous David.
- He thought God approved of Pharaoh’s daughter.
- He broke many commands regarding pagan wives.
Why do women dress immodestly?

• She thinks in the heart to attract men like 8th graders.

• She wishes she could have a more exciting marriage.

• She hangs around people and places stressing looks.

• She shops at places that are worldly cool and popular.

• Her conscience is dead as she dresses whorishly.
How Can Communion Kill?

• Living carnally six days a week will kill your heart.

• With unconfessed sins, you will just do the motions.

• With unconfessed sins, you trample the Son of God.

• With unconfessed sins, you do not discern His body.

• He justly and righteously puts such hearts to death.
Look at a Virtuous Woman’s Heart

• “God made me to be a helper and lover to one man.”

• “God gave me the man He chose and I also chose.”

• “God, help me today to be special for my man.”

• “Let my desires be His desires; help me adore him.”

• “I will treat him today as if he were Jesus Christ.”
Destroy Yourself with Misery

- Allow a bitter, critical, hateful spirit to exist in heart.
- It will raise many negative thoughts, hurting only you.
- It will remember evil deeds of others, forgetting good.
- It will give you a murderous perspective on others.
- It will come out in hateful speech and foolish deeds.
You Must Get to One Heart

• A double heart is a terrible thing (I Chr 12:33; Ps 12:2).

• You must make your heart/mind single (Jas 1:8; 4:8).

• Two hearts are truly impossible (Mat 6:24; 13:22; 19:22).

• The more single minded you are, the greater to God!

• You press after His things ... while killing your things.
How do I keep my Heart?

• Direct affections where they belong (Co 3:2; Ps 119:112).

• The words of God will direct you (Job 22:21-22; Pr 3:5-6).

• Obedience will strengthen the heart (I Pe 1:22; Co 3:15).

• Beg God for it (Ps 51:10; 86:11; 119:36; 141:4; I Kg 8:57-58).

• Commune with your own heart (Ps 4:4; 63:6; 77:6).
How do I keep my Heart? (2)

• Sober confession, repentance, and repudiation of sins.

• Try something new ... self-examination ... seriously!

• Get rid of all bitterness and envy of every sort, now!

• What does fasting/sackcloth tend to show? Try it!

• Use the links at end of this study for godly homework!
For Further Study

1. A Pure Heart ... [link]
2. Heart of David ... [link]
2. Is Your Heart Perfect? ... [link]
3. Heart Examination (Quiz) ... [link]
4. Daniel at School ... [link]
5. King of Hearts ... [link]