

Friday with Fred – October 27, 2017



"Above All - Guard Your Heart with All Diligence"

There are many ways to guard, (watch or protect) your heart. Unfortunately, there are many reasons we must guard our heart. The heart seems to represent the inner being, the core of our self. In Proverbs 4 Solomon doubles down on the command in that he uses two terms that have significant similarity of meaning. "Guard or watch over" and "diligence" have substantial overlap of meaning and hence he may be trying to reinforce the need to watch over by guarding. One way we guard our heart is by what we allow our eyes to focus or gaze on. This includes television, magazines and websites, and of course, books.

The reason we need to watch over, guard and protect our heart is the second half of the biblical proverb. *"Watch over your heart with all diligence, for from it flow the springs (the issues) of life."* (Proverbs 4:23)

As people made in the image of God, we are both physical and spiritual. We possess both an inner man and an outer man. The inner man is guarded and guided by what is called the heart.

It is important that we protect and guard our heart and make sure it is guided by words that are true for as Proverbs 4:4 reminds us: *"Then he taught me and said to me, "Let your heart hold fast my words; Keep my commandments and live."*

It is vital that we learn to focus on and be mindful of God's Word. As Paul exhorts us in Romans 8:6; we are to set our mind on the things of the Spirit. It appears that often Christians are not mindful but mindless as they drift through the day being impacted by the world as opposed to the Word.

I have been fighting the battle of the bulge. At this point I am winning. I have lost 22 pounds since May 5th. (But who's counting? Me!) One of the things I realized I was

doing was engaging in mindless eating. So, I began to be mindful of what I ate. The same is true for our spiritual fitness and mental diet. We need to be mindful of what we watch and think or things can get out of control very fast. We need a full mind for as King David reminds us:

*How can a young man keep his way pure?
By keeping it according to Thy word.
With all my heart I have sought Thee;
Do not let me wander from Thy commandments.
Thy word I have treasured in my heart,
That I may not sin against Thee. (Psalm 119:9-11)*

Serving Him with you
Until He comes for us,
Fred

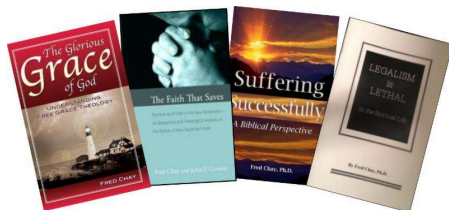
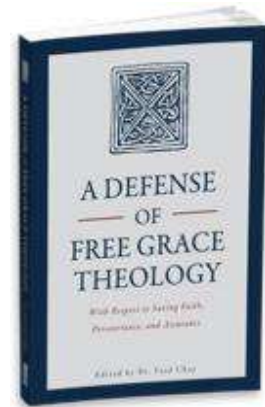
It is what you read when you don't have to that determines
what you will be when you can't help it.
~ Oscar Wilde ~

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