

Wise Up...Walking in Wisdom or Folly Scriptures Lesson 2

Summary Page: Guard Your Heart

Proverbs 3:5 "Trust in the Lord with all your heart and lean not on your own understanding."

1) "Trust in the Lord with all your heart." God can and will do what must be done. This is the personal foundation of our relationship with Jesus. We internalize that faith and trust and take it into our heart, our mind, our will and our conscience.

2) "lean not on your own understanding." There is an external consequence to this faith and trust. It affects everything about the way we view every part of our lives; marriage, personal relationships, finances, culture, politics, etc.

Proverbs 3:5 "Trust in the Lord with all your heart and lean not on your own understanding."

Proverbs 4:23 "Guard your heart, it is the wellspring of life." Everything you do flows from it.

1Peter 5:6 "Put (humble) yourselves under God's mighty hand, that He may lift you up in due time." Christians should depend willingly on God. His timing is perfect.

Psalms 139:23 "Search me, O God, and know my heart; test me and know my anxious thoughts." See the integrity of my devotion and keep me true. It is no light matter to be examined by God.

Roman 5:5 "Hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit." Not unfounded optimism, but blessed assurance of God's love for humans.

Proverbs 13:12 "Hope deferred makes the heart sick but a longing fulfilled is a tree of life." Fools detest turning from evil; but walking in right living is reviving and strengthening.

Proverbs 12:25 An anxious heart weighs a man down, but a kind word cheers him up."

Proverbs 28:14 "Blessed is the man who always fears (has awe/respect) the Lord, but he who hardens his heart falls into trouble." A rebellious heart, evil heart will have chaos in life.

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Proverbs 2:10 "For wisdom will enter your heart and knowledge will be pleasant to your soul." Just as the words of a wise man is "sweet" to the soul of another.

Proverbs 3:5 "Trust in the Lord with all your heart and lean not on your own understanding." This is the right thing to do in God's eyes, and will benefit us in our life walk on earth.

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Proverbs 12:25 If we have anxiety issues, are worried and stressed out in our hearts, it is like bowing down, like a prisoner before their master.

Philippians 4:6 "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God."

Proverbs 3:21-25 Read aloud.

Proverbs 14:10 "Each heart knows its own bitterness, no one else can share its joy." Only God truly knows our heart.

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Pr. 23:17-18 "Do not let your heart envy sinners, but always be zealous for the fear of the LORD. There is surely a future hope for you, and your hope will not be cut off."

Envy/jealousy/covetousness If time permits read 1 John 3:11-15 A cold and evil heart

Memory Verse: Proverbs 3:5 "Trust in the Lord with all your heart and lean not on your own understanding."

What warning (information to help us know right from wrong) did God show us?

- 1) Trust in the Lord with all your _____ and lean not on your _____ understanding. Proverbs 3:5
- 2) 2) Guard your _____, it is the wellspring of _____. Proverbs 4:23

What Instructions (actions that we should take) did God give to us?

- 1) Put your _____ (need to control) under _____ mighty hand. 1 Peter 5:6
- 2) Search me O God, and _____ my heart; test me and know my _____ thoughts. Psalm 139:23

What benefits (the results of choosing wisdom) did God tell us about?

- 1) Hope does not _____ us, because God has poured out his _____ into our hearts by the Holy Spirit... Romans 5:5
- 2) A longing fulfilled is a _____ of _____. Proverbs 13:12

What are consequences (results of being a fool) for not choosing God's wisdom?

- 1) An anxious heart _____ a man down. Proverbs 12:25 And changes who _____ are. Isaiah 51:23
- 2) He who _____ his heart falls into _____ Proverbs 28:14 Hope deferred makes the heart _____. Proverbs 13:12

Word Study:

- 1) **Anxious:** greatly worried because of fear of danger or misfortune.
- 2) **Hopeless:** having no hope, desperate, impossible to do.
- 3) **Intentions:** purpose or goal, best of intentions.
- 4) **Isolated:** private, alone, hidden, special.
- 5) **Wellspring:** like a fountain, source, where it comes from.
- 6) **Wholehearted:** sincere, complete, real, zealous.

How important is the heart in the Bible? It is mentioned over 400 times in the Scripture. In Proverbs it is used 75 times. That is about 20% of all the use in the entire Bible. The heart must be a very important part of wisdom to have so much written about it in this book of the Bible that is about wisdom and understanding.

Proverbs 4:23 tells us "Above all else, guard your heart, for it is the *wellspring* of life." We are to guard the "good" deposits as well as *against* those that might bring "harm" to our heart. We are to guard what comes *from* our heart as well.

Why is guarding our hearts so important? It is the place where our motives, reasons, *intentions* and emotions live and serves as the *center of control* for the rest of our body. It is the place of our dearest treasure. It is the "wellspring" of our life.

As we come together I am asking you to allow God into your very private places of your heart. We are not here to learn about and study wisdom for our hearts as we might learn other knowledge we store in our heads and minds. Just as some may recognize that there is a God. Perhaps even that He had a son. They celebrate Christmas and Easter but it's all *head knowledge*. Not a treasure of the heart.

It hasn't yet gotten into their hearts that **Jesus is Lord.**

Let's read Proverbs 2:10 and 3:5.

- 2:10 "For wisdom will enter your _____ and _____ will be pleasant to your _____." Just as the words of a wise man are "sweet to the soul" of another.
- 3:5 "Trust in the Lord with all your _____ and lean not on your own _____." Serve God with *wholehearted* devotion.

Wisdom is in your heart. Because that's where God is. Whatever is in the heart flows into our lives. It flows into our job, our family, our attitude, our relationships and the issues of our lives. It is the wellspring of our lives.

How is your heart? Not how are you or how is your job or your family. But, how is your heart?

Nothing is any dearer or deeper than the heart. When we misuse it, it costs us a lot. Why you might ask? If we do not know the weak areas of our heart then our hearts can be in danger and can also be dangerous. Each chamber or part of our heart hides folly. We need and want the eyes of our heart to be opened so we might understand the outward flow and the wellspring where our treasure is buried. **In our heart.**

Proverbs helps us understand the many kinds of issues found in our hearts.

Proverbs 12:25 "An **anxious** heart weighs a man down....". If we have anxiety issues, are always worried and stressed out in our hearts, it is like _____ down like _____ before their master."

Isaiah 51:23 tells us that anxiety changes who we are. It causes us to "fall" flat making our "back like the ground, like a street to be walked over".

Anxiety is the struggle of our inner self to be in control. It is our need to **be God.** 1Peter 5:6 says to put our anxiety "under God's mighty hand". Philippians 4:6 says "Do not be anxious about anything, but in everything, by _____ and petition, with _____, present your requests to _____."

It doesn't say to give it to God and then tell Him how to do it!!! All anxiety is about losing control. It turns to fear when we recognize we are *not* in control. If you can't change your circumstance then your attitude is the *only* thing you can change. **Relief comes when God is in control. We don't have a knowledge problem we have an obedience problem.**

Let's read Proverbs 3:21-25. How does each verse speak to you? If you can't sleep don't count sheep. "Talk to the Shepherd."

Proverbs 14:10 talks about an **isolated** heart. Each of our hearts is different. We each have a different personality, natural genetics, i.e. our DNA, our life influences and experiences, health and many other characteristics.

This causes certain feelings of both joy and sorrow, for us to be unable to tell to others so that they can fully understand the deepest parts of our heart. Others may have life experiences much like ours and they may be able to have great **sympathy**. Each of us has in some part an isolated path to walk and may not be fully understood by others, even those closest to us. St. Augustine described God as being "closer to me than I am to myself". *Only God truly knows our heart.*

Psalm 139:23 tells us “ Search me, O God, and know my heart; test me and know my anxious thoughts.” Two women may have the same or similar circumstances but they come to it with a different heart. Some roads we can only travel with God.

Proverbs 13:12 speaks to the **hopeless** heart. Let’s read it. Hope deferred (put off) is envy for something that someone else already has. Often times we want our own way and make poor decisions because we don’t seek God’s wisdom. We want what we want.

But, Proverbs 23:17-18 warns us about envy. Let’s read what it says. We are to be “zealous for the fear of the Lord.” We are to be a prayer warrior for God.

Romans 5:5 tells us to put our hope in God and He will not disappoint! Make the desires of your heart *what God desires for you* .

Don’t substitute a “security blanket” for God. This is folly. What is this?

Proverbs 28:14 says “ Blessed is the man who always fears the Lord, but he who **hardens** his heart falls into trouble” This is someone who cuts off her heart from the Lord. Let’s read the story of Cain and his brother Abel in 1John3:11-15. This is physical murder from a cold and evil heart.

For a woman a cold heart simply says *I don’t care*. It is emotional murder. To act like you don’t care is like cutting someone’s throat. Guarding your heart does not mean to grow hard in your heart. If our hearts are ailing we need to bring them to health by seeking the Great Physician . We are to love, have passion and joy.

A small child will often *try your patience*, make you mad, just to see if you have passion for them. They want to know if you care?!

We are to pray for those who we might like to simply dismiss from our lives because they are too much of a challenge for us. But the heart of wisdom is called to love in actions and in truth.

We are to guard against hearts that are _____, isolated, have hopelessness, or become _____. We must ask God to search our hearts and seek His help in making our hearts healthy. We are to deposit God’s _____ and truth in the deepest part of our hearts. This provides a wellspring of wisdom from _____ to flow into our jobs, families, relationships, attitudes and issues of our lives.

ANSWER

"Blessed are the pure in heart, for they will see God" (Matthew 5:8). Jesus spoke this during His famous Sermon the Mount. So what did He mean by "pure in heart?"

The Greek word for "pure" in Matthew 5:8 is *katharos*. It means to be "clean, blameless, unstained from guilt." Interestingly, the word can refer specifically to that which is purified by fire or by pruning. John the Baptist told people that Jesus would baptize with the Holy Spirit and fire (Matthew 3:11). Malachi speaks of the Messiah as being like a "refiner's fire" (Malachi 3:2). Jesus refers to believers as being the branches and to Himself as being the vine (John 15:1-17). For a vine to produce fruit, it must be pruned. Those who are truly "pure," then, are those who have been declared innocent because of the work of Jesus and who are being sanctified by His refining fire and His pruning.

The Greek word for "heart" in Matthew 5:8 is *kardēeah*. This can be applied to the physical heart. But it also refers to the spiritual center of life. It is where thoughts, desires, sense of purpose, will, understanding, and character reside. So, to be pure in heart means to be blameless in who we actually are.

Being pure in heart involves having a singleness of heart toward God. A pure heart has no hypocrisy, no guile, no hidden motives. The

is marked by transparency and an uncompromising desire to please God in all things. It is more than an *external* purity of behavior; it is an *internal* purity of soul.

The only way we can be truly pure in heart is to give our lives to Jesus and ask Him to do the cleansing work. Psalm 51:10 says, "Create in me a pure heart, O God, and renew a steadfast spirit within me." God is the one who makes our hearts pure – by the sacrifice of His Son and through His sanctifying work in our lives (see also 1 John 3:1-3).

FOR FURTHER STUDY

- Jesus' Sermon on the Mount: And His Confrontation with the World by D.A. Carson
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