

Bible Study 10-01-2025

Proverbs 4:20-27 KJV

Title: Staying Heart Healthy

We must be cautious of how we care for our hearts. Our society is fully aware these days about taking care of the physical heart by eating right, exercising, and getting sufficient rest. The spiritual heart however is often ignored or viewed as one's own business. Clearly, the corruption and decay going on in the world spiritually and morally, at what seems to be a rapid pace, cannot be good for the spiritual heart.

Certain foods are advertised and marked as "heart healthy." An individual with concerns about his or her heart will search high and low for such a label. Wouldn't it be nice if our television shows, movies, music, books, people, etc. came with a spiritual heart "Unhealthy Warning" attached? If only before you started watching, listening, reading or engaging with one of these, an alarm would sound as if to say, "Careful, this is bad for your heart."

Good news! The Bible is meant to serve as that kind of alarm. But it has to become a part of our spiritual heart to the point that we know it well enough to call on it for guidance in times of temptation, tragedy, or other circumstances that have the *potential* to draw our hearts away from God.

Psalm 119:37 NIV *"Turn my eyes away from worthless things; preserve my life according to your word."*

Proverbs 4 KJV

20 My son, attend to my **words**; incline thine ear unto my sayings.

The repetitiveness of Solomon's call for his son to pay attention, tune his ears to hear and listen are intentional.

21 Let them *not* depart from thine eyes; keep them in the midst of thine heart.

KEEP my message of wisdom in plain view at all times. Concentrate. Learn it by heart. Above all else, guard your heart.

22 For they are life unto those that find them, and health to all their flesh.

Why? Because those who discover these words live, really live: body and soul, they're bursting with health. (MSG)

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

The heart is so important because it is the source of life. The heart encompasses the desires and affections which moves us forward and shapes our personality. Set boundaries. Be wise.

Jesus taught in **Luke 6:45 KJV** "A good man out of the treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh."

Good and evil are produced from what is "stored up" in it, so nothing in your life deserves more constant care and attention than your heart. Whatever is stored up inside it will dictate what you speak.

Christ says that a man's words **expose** his heart:

*The kind of person he or she is, their true nature beneath the surface.

*What he is down deep within his heart: his motives, desires, and ambitions.

Every tree is known by its fruit, its nature. Every tree from time to time will produce some bad fruit, yet the tree is not cast away nor rejected unless it leans toward bad fruit. During inspection, we must observe not single acts here and there; but tenor, the lean, the whole behavior of their lives.

Psalms 139:4 KJV "*For there is not a word in my tongue, but lo, O Lord, thou knowest it altogether.*"

Before a word is formed on your tongue, God knows what you will say.

Note: Idle words are unprofitable. **Romans 14:19 KJV** "*Let us therefore follow after the things which make for peace, and things wherewith one may edify another.*"

24 Put away from thee a froward mouth, and perverse lips put far from thee. (Your words matter.)

25 Let thine eyes look right on, and let thine eyelids look straight before thee.

26 Ponder the path of thy feet, and let all thy ways be established.

Watch and think about where you're going and the consequences of your actions. Ponder your path, where are you headed?

27 Turn not to the right hand nor to the left: remove thy foot from evil.

Remain on the straight and narrow way. In the world today there is so much spiritual darkness that poses a grave threat to the health of our spiritual hearts. Stay focused. Turn to the Great Physician. Invite Him to come into every aspect of your life to keep your spiritual heart healthy.

The best exercise for a healthy heart is to walk daily in the way of wisdom, guard your heart, govern your mouth, fix your eyes on Jesus and carefully consider your path.