

1. Guard your heart

Proverbs 4:23

Guard your heart with all vigilance, for from it flow the springs of life.



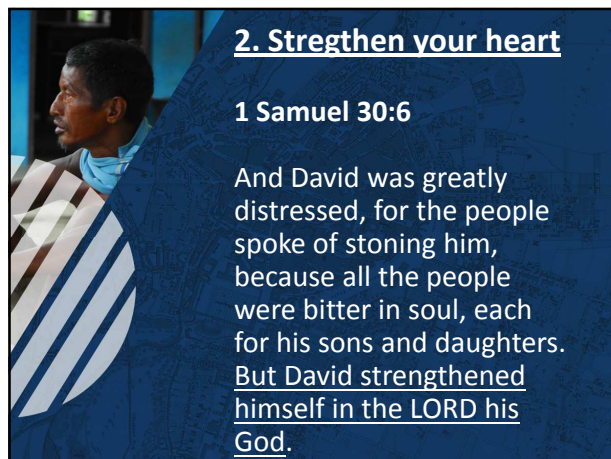
4 enemies of your heart:

1. Guilt – I owe you
2. Anger – You owe me
3. Greed – I owe myself
4. Jealousy – God owes me



4 habits to counter:

1. Public repentance
2. Forgiveness
3. Generosity
4. Celebration



2. Strengthen your heart

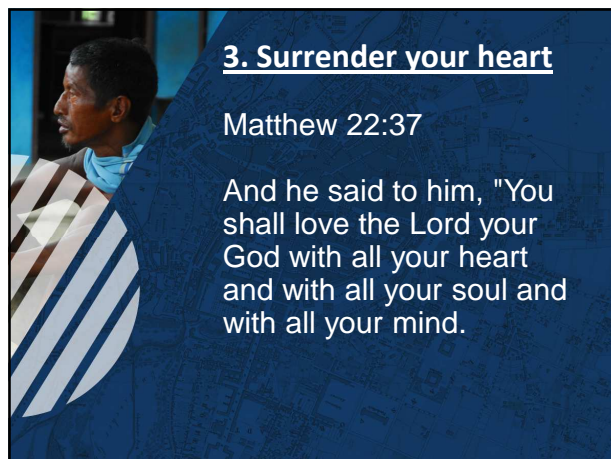
1 Samuel 30:6

And David was greatly distressed, for the people spoke of stoning him, because all the people were bitter in soul, each for his sons and daughters. But David strengthened himself in the LORD his God.



How to strengthen your heart?

- Guard your heart
- Follow passionately God's promises
- Sacrifice of Thanksgiving
- Spiritual Disciplines



3. Surrender your heart

Matthew 22:37

And he said to him, "You shall love the Lord your God with all your heart and with all your soul and with all your mind.