



Guarding against a HEART attack

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Proverbs 4:23 NLT — Guard your heart above all else, for it determines the course of your life.

Your heart is the center of YOU.

- The heart is the center of AMBITION — What's your angle? What is it you really want?
- The heart is the center of AFFECTION — Whom or what do you love?
- The heart is the center of EMOTION — How do you feel?
- The heart is the center of MORALITY — What is right, and what is wrong?
- The heart is the center of WILL — What WILL you do?

Everything good and bad in your life originates in the heart. Just as your heart is a fountain of blood, in a spiritual sense it is a fountain of life.

- All of your decisions flow from your heart.
- All of your relationships flow from your heart.
- All of your desires flow from your heart.
- God looks at the heart instead of at the natural.

Four Categories of a Heart Attack

1. RELATIONAL attack

- a. **Mark 11:25 NLT** — But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too.
- b. An offense leads to a grudge, which leads to resentment, which leads to unforgiveness, which leads to bitterness, which finally leads to hatred.

2. DOUBT attack

- a. **Mark 11:23 NLT** — I tell you the truth, you can say to this mountain, "May you be lifted up and thrown into the sea," and it will happen. But you must really believe it will happen and have no doubt in your heart.
- b. A disappointment leads to a loss of faith, which leads to not trusting God, which leads to fear, which leads to despair and terror.

3. DESIRE attack

- a. **Proverbs 7:25 NLT** — Don't let your hearts stray away toward her. Don't wander down her wayward path.
- b. A fascination leads to a temptation, which leads to an obsession, which leads to a loss of time, family, and life.
- c. Something you want really bad . . . money, person

4. HARD attack

- a. **Ezekiel 36:26 NLT** — And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart.
- b. When I turn my eyes from need, I develop a layer around my heart. When I push away the voice of God, I develop a layer around my heart.

Your heart experiences attacks from three places, so you have to be on constant guard!

1. Your fallen nature — **Matthew 15:18-19 NLT** — **18** But the words you speak come from the heart—that's what defiles you. **19** For from the heart come evil thoughts, murder, adultery, all sexual immorality, theft, lying, and slander.
2. Your spiritual adversary
3. Outside circumstances

How to have a pure heart

1. A heart transplant — **John 3:1-11**
2. Welcome the helper.
3. Vigilantly guard.