

# How to Guard Your Heart po?

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“The heart is deceitful above all things and beyond cure. Who can understand it?”

– Jeremiah 17:9

## Welcome

Ask your members how their week was. Remind them of their commitment from the last meeting (refer to *Took*) and ask if they were able to achieve them.

## Worship

Lead the group in prayer. Suggested worship song: "Yield my Heart" by Kim Walker

## Word

Hook: Have you experienced being robbed? Or been a victim of a snatcher? Share to the group your experience.

Book: Last week, we talked about 3 ways on how to guard our hearts and concluded that the best way is to surrender it to the Lord. This time, we will discuss 5 more practical ways.

### *5 Practical Ways on How to Guard Your Heart*

#### **1. Stay awake!**

In the Bible, being asleep either connotes death or spiritual failure. When the time for Jesus to be crucified is almost at hand, He went to Gethsemane with some of his disciples to pray. He asked them to pray with him and warned them saying, "*Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.*" (Matthew 26:41) But Jesus found the disciples sleeping not just once but thrice!

Jesus modeled a life of prayer. He made sure to talk to the Father before engaging to people. He sets time for prayer and encouraged his disciples to do the same. And at the final moments of his life on earth, Jesus was praying. If Jesus, who himself is God puts so much value in prayer, how much more us mere humans?

Pray for your heart. Pray to God for strength to endure temptations. Pray to God for power to overcome your emotions. Ask God for wisdom in all your decisions. In every situation, prayer must be a priority. Prayer works in ways we cannot explain. It reminds us of God's power and omniscience.

It reminds us that we are weak and that we need to depend on God at all times.

In our daily pursuit of spiritual maturity, we cannot let our guard down. It doesn't matter how long you've been a Christian. We are all weak without God's power in our lives. The enemy is on the watch, making use of every opportunity to shake us. We must get occupied with Godly things to avoid spending too much time in worldly things. Be consistent in your devotion. Get involved in a ministry. Do not give the devil a chance. Let's make use of our time wisely.

## **2. Draw a line.**

Proverbs 22:3 says, *"The prudent see danger and take refuge, but the simple keep going and pay the penalty."* God has given us the ability to know right from wrong. He has also given us his Word for guidance and instructions. And most of all, he has sent his Spirit to be with us, to teach us and remind us of everything he has told us. (John 14:26)

The problem is that we compromise. When we fail to stand for what we believe in and give in to what the world is saying, we compromise. Know your stand. Let your yes be yes, and your no, no. Know your limits and practice discipline.

## **3. Stop scratching!**

*"The heart is deceitful above all things and beyond cure. Who can understand it?"* (Jeremiah 17:9) The heart doesn't really know what it wants, it's desires insatiable. The more you scratch, the more it itches. Stop teasing yourself. If you're doing something that may lead you to compromise, stop it now. Don't let your heart rule over you. Don't let your emotions get the best of you.

## **4. Get help.**

In business terminology, accountability is defined *as the obligation of an individual or organization to account for its activities, accept responsibility for them, and to disclose the results in a transparent manner* (Wikipedia). Same with our spiritual walk, we need to find people whom we can trust and be accountable to who will help us, rebuke us and support us in everything we do. "As iron sharpens iron, so one person sharpens another." (Proverbs 27:17) We need each other to grow. But we must keep

in mind that it is a decision and we have to be honest especially to our leaders if we are seeking accountability.

### **5. Follow His Heart**

If you are familiar with King David, you know that God called him the man after his own heart. In Acts 13:22, God testified about him saying, 'I have found David son of Jesse, a man after my own heart; he will do everything I want him to do.' That was the key. David will do everything God wants him to do. Are we willing to do the same? If there's one heart we can trust, that's God's. As Christians, we don't say 'follow your heart' but instead, 'follow His heart'. Our hearts were never designed to be followed but to be Spirit-led.

Look:

- a. How do you find these suggestions? Are they applicable?
- b. Among the five, which one do you think is your weakest point? Why?

Took: What particular things must you avoid or stop doing from now on?  
What particular things must you start doing?

Take note of your members answers and make sure to follow them up throughout the week.

## **Works**

For a few minutes, ask the group to pray for the person to their right. Then the leader shall close in prayer.