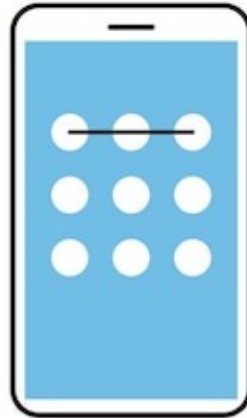




**PASTOR
CHARMAINE
CHEONG**



The more valuable something is,
the more we guard it.



Source: newyorkfed.org



HEART MATTERS

PASTOR CHARMAINE CHEONG

Proverbs 4:23 (NIV)

²³ Above all else, guard your heart...



"Above all else" is a phrase used to emphasise that something is the single most important thing, taking precedence over all other considerations, priorities, or desires.



Proverbs 4:20-27 (NIV)

20 My son, pay attention to what I say; turn your ear to my words. **21** Do not let them out of your sight, keep them within your heart; **22** for they are life to those who find them and health to one's whole body. **23** Above all else, guard your heart, for everything you do flows from it.



Proverbs 4:20-27 (NIV)

²⁴ Keep your mouth free of perversity; keep corrupt talk far from your lips. ²⁵ Let your eyes look straight ahead; fix your gaze directly before you. ²⁶ Give careful thought to the paths for your feet and be steadfast in all your ways. ²⁷ Do not turn to the right or the left; keep your foot from evil.



Why does guarding your heart
matter above all else?



**IT IS THE CENTRE OF
WHO YOU ARE**



Proverbs 4:23 (NIV)

²³ Above all else, guard your **heart**...



לב LEV:

Inner life

(the mind, intellect, desires, and intentions)



Proverbs 27:19 (NLT)

¹⁹ As a face is reflected in water, so the heart reflects the real person.



Ephesians 2:10 (NLT)

¹⁰ For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

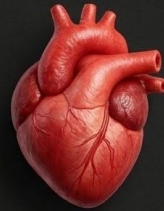


Proverbs 4:20-22 (NIV)

²⁰ My son, **pay attention** to what I say; turn your ear to my words. ²¹ Do not let them out of your sight, keep them within your heart; ²² for they are **life** to those who find them and **health** to one's whole body.



HEART HEALTH



FOODS TO AVOID



Processed Meats



Soda



White Bread



Fried Foods



Sugary Des-



Salt



Cheese



Cheese

FOODS TO EAT



Leafy Greens



Salmon



Walnuts



Garlic



Berries



Olive Oil



Avocado



Oats

Proverbs 4:21-22 (NIV)

²¹ Do not let them out of your sight, keep them within your heart; ²² for they are **life** to those who find them and **health** to one's whole body.



DID YOU KNOW JUST BY reading the Bible



Source: @heidileeanderson on Instagram

John 8:31-32 (ESV)

³¹ So Jesus said to the Jews who had believed him, “If you abide in my word, you are truly my disciples, ³² and you will know the truth, and the truth will set you free.”



Romans 12:2 (NIV)

² Do not conform to the pattern of this world, but be transformed by the **renewing of your mind**. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.



Proverbs 4:20-22 (NIV)

²⁰ My son, pay attention to what I say; turn your ear to my words. ²¹ Do not let them out of your sight, keep them within your heart; ²² for they are life to those who find them and health to one's whole body.



Why does guarding your heart
matter above all else?



**IT IS THE CENTRE OF
WHO YOU ARE**



**IT CONTROLS
YOUR LIFE**



Proverbs 4:23 (NIV)

²³ Above all else, guard your heart, **for everything you do flows from it.**





Source: Kevin Arnold on nature.org

Proverbs 15:13 (NIV)

¹³ A happy heart makes the face cheerful,
but heartache crushes the spirit.



Proverbs 18:12 (NIV)

¹² Before a downfall the heart is haughty,
but humility comes before honor.



Proverbs 17:22 (NIV)

²² A cheerful heart is good medicine, but a crushed spirit dries up the bones.



Hebrews 12:15 (NIV)

¹⁵ See to it that no one falls short of the grace of God and that no **bitter root** grows up to cause trouble and defile many.



- How's your heart?
- Is there bitterness you haven't dealt with?
- Is there someone you're constantly comparing yourself with?
- Are you seeking God's approval or people's approval?
- What fear or insecurity keeps controlling your decisions?



Matthew 15:18 (NIV)

¹⁸ But the things that come out of a person's mouth come from the heart, and these defile them.



HEART CHECK:

- Do your conversations build people up or tear people down?



HEART CHECK:

- Do your conversations build people up or tear people down?
- Do you encourage others, or do you constantly criticise and complain?



HEART CHECK:

- Do your conversations build people up or tear people down?
- Do you encourage others, or do you constantly criticise and complain?
- Do your words reflect gratitude or comparison?



HEART CHECK:

- Do your conversations build people up or tear people down?
- Do you encourage others, or do you constantly criticise and complain?
- Do your words reflect gratitude or comparison?
- Do your words bring life, or negativity?



Psalm 139:23-24 (NIV)

²³ Search me, God, and know my heart; test me and know my anxious thoughts. ²⁴ See if there is any offensive way in me, and lead me in the way everlasting.



Why does guarding your heart
matter above all else?



**IT IS THE CENTRE OF
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**IT CONTROLS
YOUR LIFE**



**IT IS CONSTANTLY
UNDER ATTACK**



John 10:10 (NIV)

¹⁰ The thief comes only to steal and kill and destroy...



Proverbs 4:23 (NIV)

²³ Above all else, **guard** your heart...



Proverbs 4:20, 24-26 (NIV)

²⁰ My son, pay attention to what I say; turn your **ear** to my words. ²⁴ Keep your **mouth** free of perversity; keep corrupt talk far from your lips. ²⁵ Let your **eyes** look straight ahead; fix your gaze directly before you. ²⁶ Give careful thought to the paths for your **feet** and be steadfast in all your ways.



Genesis 3:1 (NIV)

¹ ...“Did God really say, ‘You must not eat from any tree in the garden’?”



1 John 5:19 (NIV)

¹⁹ We know that we are children of God, and that **the whole world is under the control of the evil one.**



Pornography



Rage-baiting



Gossip



Drunkenness



Sex outside marriage



Revenge



Forgiveness



1 Peter 5:8 (NIV)

⁸ Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.





Guardrails for your eyes:

- Unfollow certain accounts/stop watching shows that are causing you to lust, to compare
- Limit screen time



Guardrails for your ears:

- Spend time reading God's Word
- Listen to worship songs



Guardrails for your mouth:

- Choose to give thanks daily
- Speak words of encouragement to your friends/leaders



Guardrails for your feet:

- Spend more time with friends who encourage your faith
- Be honest with your leader about your struggles
- Don't put yourself in situations that will compromise your faith



Proverbs 4:26-27 (NIV)

²⁶ Give **careful thought** to the paths for your feet and be steadfast in all your ways.

²⁷ Do not turn to the right or the left; keep your foot from evil.



Why does guarding your heart matter above all else?



Why does guarding your heart matter above all else?

IT IS THE CENTRE OF WHO YOU ARE



Why does guarding your heart matter above all else?

IT IS THE CENTRE OF WHO YOU ARE
IT CONTROLS YOUR LIFE



Why does guarding your heart matter above all else?

IT IS THE CENTRE OF **WHO YOU ARE**

IT **CONTROLS** YOUR LIFE

IT IS CONSTANTLY **UNDER ATTACK**



Guarding our heart matters as our heart
leads to the life that God has for us.



John 10:10 (NLT)

¹⁰The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.



Proverbs 4:23 (NIV)

²³ Above all else, guard your heart, for everything you do flows from it.



Whatever captures your heart,
controls your life



Guarding our heart matters as our heart
leads to the life that God has for us.



Psalm 147:3 (NIV)

³ He heals the brokenhearted and binds up their wounds.



Ezekiel 36:26 (NIV)

²⁶ I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.



Genesis 2:7 (NIV)

⁷ Then the Lord God formed a man from the dust of the ground and breathed into his nostrils the breath of life, and the man became a living being.



Romans 6:23 (NIV)

²³ For the wages of sin is death...



John 3:16-17 (NIV)

16 For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

17 For God did not send his Son into the world to condemn the world, but to save the world through him.



How has your heart been?



Who has your heart?





PASTOR CHARMAINE CHEONG