**"Guard Your Hearts" (Proverbs 4:23)**

**Lesson 1: We Need to Guard Our Heart**

* **Scripture**: Prov. 4:23 - Above all else, guard your heart, for everything you do flows from it.
  + **Other Scripture References**:
    - Prov. 7:2 - Keep my commands and you will live; guard my teachings as the apple of your eye
    - 1 Tim. 6:20 - guard what has been entrusted to your care
    - Dt. 30:6 - circumcise your hearts
* **Key Idea & Theme**:
  + The "heart" in Hebrew thought refers not just to emotions, but to the center of your thoughts, will, and desires—the core of your identity.
  + "Guarding" it means being watchful over what influences you—your thoughts, motives, values, and decisions.
  + The "springs of life/everything you do" point to how everything you do—your behavior, words, and choices—flows from what’s in your heart.
* **Application**: "The condition of your heart determines the direction and quality of your life, so it must be carefully protected and guided by wisdom."
* **Lessons**:
  + Your Heart Directs Your Life
  + Your Heart is Vulnerable to Corruption
  + Your Heart Affects Your Relationship with God
  + Your Heart Shapes Your Words and Actions
* **Resources**: <https://bibleproject.com/videos/lev-heart/>