



Proverbs 4:23

Guard Your Heart from Disappointment

02.09.20

Don't drift from Christ. | Hebrews 2 | Help others not to drift.

Stay tender-hearted towards Christ. | Hebrews 3 | Help others to guard their heart.

Keep your eyes on Christ. | Hebrews 12 | Help others to do the same.

Proverbs 4:23 Keep your heart with all diligence, For out of it spring the issues of life.

Heart work is hard work. Guard it with all diligence and vigilance (care and effort).

Heart work is important work. What rules your heart rules your life!

Heart work is rewarding work. God honors those who honor Him (**John 12:26, Hebrews 11:6**).

Ezekiel 14:4, 7-8 "Therefore speak to them, and say to them, 'Thus says the Lord GOD: "Everyone of the house of Israel who **sets up his idols in his heart**, and puts before him what causes him to stumble into iniquity... ⁷ For anyone... **who separates himself from Me and sets up his idols in his heart** and puts before him what causes him to stumble into iniquity... ⁸ I will set My face against that man..."

How do we know when something is an **idol of my heart**?

1. We sin to get it.
2. We sin if we don't get it.

Because of the fall, our thoughts and emotions are *not trustworthy*.

If our agenda is in conflict with God, then our heart is vulnerable for deceptive desires, which will result in personal and interpersonal conflicts.

Luke 9:23-24 Then He said to them all, "If anyone desires to come after Me, let him deny himself, and take up his cross daily, and follow Me. ²⁴ For whoever desires to save his life will lose it, but whoever loses his life for My sake will save it.

1. Jesus addressed the issue of "desires" (twice).

- Desires determine decisions.
- Decisions determine direction.

We do what we do because we want what we want because of the desires within our hearts.

2. Jesus calls his followers to self-denying, cross-carrying obedience.

- To deny self is to surrender our right to go our own way as a means to follow Christ.
- Jesus says, there's a cost in following me, but there's a much higher cost in *not* following!
- A cross-carrying life means we will experience some form of suffering.
- The Christian life has always been and will always be about our sincere love for Christ!

Disappointment > Discouragement > Doubt > Despair > Depression > Departure

1. Disappointment

- Often disappointment occurs from unmet expectations or a perceived offense.
- Some disappointment is legitimate; you were sinned against.
- Scripture does *not* ignore suffering and injustice (**1 Peter 4:12-19**).

2. Discouragement

“Discouragement is indeed an internal disease. It starts with the germs of self-doubt. Through fear and negative exaggerations, the germ begins to grow and multiply. Soon we lose our way, we weaken, and we run and hide. As it continues, we become virtually useless and downright defeated. We become easy prey for the enemy of our souls to take charge and nullify our efforts. It can almost happen overnight.” Chuck Swindoll

3. Doubt (believing half-truths and lies about God)

When you divorce, you trade one set of problems for another set, and often, they are more complicated than the original issues within the marriage.

- Because of the fall, our thoughts and emotions are *not* trustworthy.

4. Despair (becoming influenced by wrong thoughts and emotions)

- **Psalms 10** addresses one who senses God is at a distance due to all the injustice.
- **Psalms 73** - Asaph fell into such despair because of the prosperity of the ungodly.

5. Depression (becoming controlled by wrong thoughts and emotions)

6. Departure

A Biblical study of suicide will be available this week at gbcmason.org/media/resources.

Isaiah 53:3-5 *He is despised and rejected by men, A Man of sorrows and acquainted with grief. And we hid, as it were, our faces from Him; He was despised, and we did not esteem Him. ⁴Surely He has borne our griefs And carried our sorrows; Yet we esteemed Him stricken, Smitten by God, and afflicted. ⁵ But He was wounded for our transgressions, He was bruised for our iniquities*

2.16.20 | Disappointment | A Biblical Case Study

2.23.20 | Guard Your Mind | Proverbs 5-7

2020 GBC Memory Verse:

Philippians 1:9-11 *And this I pray, that your love may abound still more and more in knowledge and all discernment, ¹⁰ that you may approve the things that are excellent, that you may be sincere and without offense till the day of Christ, ¹¹ being filled with the fruits of righteousness which are by Jesus Christ, to the glory and praise of God.*