I. FIRST, WHAT DOES SOLOMON MEAN BY HEART?

A. How does Solomon use the word “heart”?
   
   1. He doesn’t mean the organ in our chest.
   
   2. He doesn’t mean the heart—the center of our emotions.

B. How does Solomon use “heart”?
   
   1. Solomon means a person’s “thoughts”, “mind”, “will” and “attitudes.”
   
   2. The heart, then, is who we really are on the inside.

II. SECOND, WHY SHOULD WE GUARD OUR HEARTS?

A. First, because it’s valuable.

B. Second, because it’s the source of everything we do.

C. Third, because it’s under attack.

III. THIRD, HOW WE CAN GUARD OUR HEARTS?

A. First, with a sense of urgency.

B. Then Solomon lists three specific ways to guard our hearts.
   
   1. First, watch your mouth—4:24.
   
   2. Second, shield your eyes—4:25.
   
   3. Third, walk a straight line—4:26.