

INSIDE STRONG

Part 4: Guarding Your Heart

STAYING STRONG

- Things to guard
 1. Diet - can't just eat anything
 2. Rest - has to be time for recovery
 3. Distractions - things that pull you off course / consistency
- Staying strong in your heart **(Proverbs 4:23 NIV)**
 1. Even more important than guarding your physical strength
 2. There must be negatives that impact the heart
 3. Strength is heart related

A LADY WHO DID NOT GUARD HER HEART (Luke 10:38-42 NIV)

- Martha started off well
 1. Welcomed Jesus and provided a good atmosphere for Him
- Became distracted
 1. Jesus was teaching - never asked her to make a dinner
 2. She was caught up in serving
 3. Was agitated enough to confront and interrupt Jesus
- Jesus corrected her - He did not punish or hurt her
 1. Worried and troubled about many things
 2. She made the wrong choice

INSIDE STRONG MEANS GUARDING YOUR HEART

- Buy into the truth that our heart is important
 1. True from a natural perspective
 2. This is a spiritual perspective
- Things to guard against **(John 14:27 NKJV)**
 1. Distractions of life
 2. Living worried and upset
 3. Being constantly agitated at people **(1 Peter 5:6-7 NKJV)**
- Make quality choices
 1. Opt for the eternal - things that will strengthen your heart