

CHAPEL

Wise Up A Matter Of The Heart

Wisdom is supreme; therefore get wisdom. Though it cost you all you have, get understanding. Proverbs 4:7

The path of the righteous is like the morning sun, shining ever brighter till the full light of day. But the way of the wicked is like deep darkness; they do not know what makes them stumble.

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

Proverbs 4:18-23

1. Guard your heart

The attitude of your heart reflects the activity of your mind.

As a man thinks in his heart, so he is. Proverbs 23:7

What goes into someone's mouth does not defile them, but what comes out of their mouth, that is what defiles them. Matthew 15:11

The tongue has the power of life and death, and those who love it will eat its fruit.
Proverbs 18:21

My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one's whole body. Proverbs 4: 20-22

Keep your mouth free of perversity; keep corrupt talk far from your lips. Proverbs 4: 24

2. Own your emotions

Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. Psalm 42:11

You don't feel your way to actions, you act your way to feelings.

Your joy is your own; your bitterness is your own. No one can share them with you.
Proverbs 14:10

Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil. Proverbs 4:25-27

3. A wise person has a fixed focus

If you can be distracted, you can be destroyed.

Four Focus Killers:

- Anger
(Release it)
- Comparison
(Celebration)
- Discontentment
(Joy)
- Over-activeness
(Slow Down)

“For where your treasure is, there your heart will be also.” Matthew 6:21