

THE WELLSPRING OF LIFE

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READ | Proverbs 4:20-23; Isaiah 55:8-9

According to scripture, everything we do and say is affected by the condition of our heart. The way we love our family and friends, how we work, respond to challenges, and handle our resources are all areas that can be impacted by it. Proverbs encourages us to guard our heart, or “keep” it, meaning to set a watchman over it. But we cannot be our own watchman because we are susceptible to be ruled by our emotions and circumstances.

REFLECT | How is your heart right now?

READ | Proverbs 2:7-8; Luke 6:45; Psalm 139:23-24

In order to have courage, peace, joy, love, and healthy relationships (to name a few) the watchman for our heart must be the one who created it. When you look at the choices you are making and how you are feeling, according to Scripture, you can trace all of it back to your heart. The Old and New Testament mentions the heart 965 times - it is something that needs constant attention and redirection.

REFLECT | Who is watching over and guarding your heart?

READ | Proverbs 23:7

The heart and the mind are connected. We don't think with our hearts, but many thoughts result from the condition of our heart. If the wrong watchman is in place, like Satan or your emotions, everything (including your thoughts and experiences) will be filtered by them.

Here are some observations about your heart:

1. It can deceive you - Jeremiah 17:9

Our hearts are easily offended, we tend to think the best of ourselves and the worst of others. Our hearts are not designed to be in charge but to be led. Your heart only tells you what you want to hear. Do not let your heart shepherd you.

2. It can be broken - Psalm 34:18; John 14:1

Life can be brutal and no one is immune to trouble. Jesus did not say to just trust your heart, He said that if your heart is troubled, turn it towards Him.

3. It can prevent you from trusting God and others.

Previous experiences tell us to distrust and guard our hearts against pain. But God wants to heal the broken heart.

READ | 2 Chronicles 16:9; Philippians 4:7

SUMMARY | Here is the Good News: Our hearts can be rescued and healed! God is actively searching and is looking for your heart so He can transform it. So where do we start? With repentance and trust. Take an inventory of your heart and if it is hurting, let God fix it. The heart requires the right watchman and constant fine-tuning because everything in life flows from it.

PRAYER | Make time to pray for one another before you dismiss your group.