**6 steps to help us Guard our heart**

**Text: Psa 119:9-16**

As we all know the bible says that we were created in the image and Likeness of God. Gen 1:26-27 says:

26Then God said, ([A](https://www.biblegateway.com/passage/?search=Genesis+1%3A26-27&version=NKJV#cen-NKJV-26A))“Let Us make man in Our image, according to Our likeness; ([B](https://www.biblegateway.com/passage/?search=Genesis+1%3A26-27&version=NKJV#cen-NKJV-26B))let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over [[a](https://www.biblegateway.com/passage/?search=Genesis+1%3A26-27&version=NKJV#fen-NKJV-26a)]all the earth and over every creeping thing that creeps on the earth.” 27So God created man ([C](https://www.biblegateway.com/passage/?search=Genesis+1%3A26-27&version=NKJV#cen-NKJV-27C))in His *own* image; in the image of God He created him; ([D](https://www.biblegateway.com/passage/?search=Genesis+1%3A26-27&version=NKJV#cen-NKJV-27D))male and female He created them

God is a 3 in 1 being we have God the Father, God the Son and God the Holy Spirit.

So also man is a 3 in 1 Being Man is a spirit being, has a Soul and leaves in a Body

Our body is our license to live on earth

Our spirit being is what connect us to God the bible says in

Genesis 2:7

Jehovah God formed man from the dust of the ground and breathed into his nostrils the breath of life, and man became a living soul.

This verse  tells us that God formed us in three parts – **“dust of the ground**” (our body), “**breath of life**” (our spirit) and “**living soul**” (our soul). God made us with a [spirit, soul and body for His purpose](https://holdingtotruth.com/2013/11/17/god-created-body-soul-spirit-contain-him/).

Proverbs 20:27

The spirit of man is the lamp of Jehovah, / searching all the innermost parts of the inner being.

This passage tells us that our spirit is God’s lamp.

In this way we can contain Him as the light in order to express Him.

I have explained the spirit and the Body lets now talk about the Soul

The Soul of man is made up of 3 things

Intellect, emotions and will

The Intellect can also be classed as the heart of man which is how we thing

The Emotions which is now we feel

Will is our ability to make decision

So want we are talking about today is 6 steps to help us Guard our heart which is also the intellect and the book of Ps 119:9-16 gives us this steps.

1. The principle of purification V9( Repentance)

**9How can a young man cleanse his way? By taking heed according to your word.**

For our heart to be cleansed we must take heed to the word of God

We must allow the word of God to cleanse us and purify us inside out

The more of God word we take in the more of God we are.

the bible says in James 4:8

8 ([A](https://www.biblegateway.com/passage/?search=James+4%3A8&version=NKJV#cen-NKJV-30346A))Draw near to God and He will draw near to you. ([B](https://www.biblegateway.com/passage/?search=James+4%3A8&version=NKJV#cen-NKJV-30346B))Cleanse *your* hands, *you* sinners; and ([C](https://www.biblegateway.com/passage/?search=James+4%3A8&version=NKJV#cen-NKJV-30346C))purify *your* hearts, *you* double-minded.

1. The principle of determination V10 (Refuse to Go back into sin)

**10With my whole heart I have (**[**E**](https://www.biblegateway.com/passage/?search=Psalm%20119&version=NKJV#cen-NKJV-15909E)**) sought You; Oh, let me not wander from Your commandments!**

Refuse to go back into those things that are making us unclean

Be determined to stay clean, be seeking to know more about Gods word and his commandments

# Deuteronomy 4:29

29 ([A](https://www.biblegateway.com/passage/?search=Deuteronomy+4%3A29&version=NKJV#cen-NKJV-5034A))But from there you will seek the Lord your God, and you will find *Him* if you seek Him with all your heart and with all your soul.

We see Job making a covenant with his eyes that he will not look at a woman lustfully in

Job 31:1

31 “I have made a covenant with my eyes; Why then should I [[a](https://www.biblegateway.com/passage/?search=Job+31%3A1+&version=NKJV#fen-NKJV-13590a)]look upon a ([A](https://www.biblegateway.com/passage/?search=Job+31%3A1+&version=NKJV#cen-NKJV-13590A))young woman?

# Determination is key and it springs from our heart that is why we see Daniel made a covenant and was determined in Daniel 1:8

8But Daniel purposed in his heart that he would not defile himself ([A](https://www.biblegateway.com/passage/?search=Dan+1%3A8&version=NKJV#cen-NKJV-21746A))with the portion of the king’s delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself.

1. The principle of Fortification V11

**11 (**[**F**](https://www.biblegateway.com/passage/?search=Psalm%20119&version=NKJV#cen-NKJV-15910F)**) Your word I have hidden in my heart, that I might not sin against You.**

We take Gods word and Replace it with the evil thoughts that springs fought in our heart

Putting something in place of what you use to do

You need to be fortified by the word of God the word of God hidden in your heart will fortify you

1. Speak Godly things and allow only the word of God to teach us V12 and 13

**12Blessed *are* You, O Lord! Teach me Your statutes.**

**13With my lips I have (**[**G**](https://www.biblegateway.com/passage/?search=Psalm%20119&version=NKJV#cen-NKJV-15912G)**) declared All the judgments of your mouth.**

1. The principles of Mediation V15
2. **I will meditate on Your precepts, And [**[**b**](https://www.biblegateway.com/passage/?search=Psalm%20119&version=NKJV#fen-NKJV-15914b)**]contemplate Your ways**

To meditate on God word is to ponder upon the word of God that we have read and allow it to come alive in you

**6.** When we meditate upon God’s word we are able to put it to practice V16

**16I will (**[**H**](https://www.biblegateway.com/passage/?search=Psalm%20119&version=NKJV#cen-NKJV-15915H)**) delight myself in your statutes; I will not forget your word**

When delight in the word of God its comes alive in us to delight means a high degree of pleasure or enjoyment in something

God wants us to take a high level of pleasure and enjoyment in his word by doing so the word of God takes root in our heart.

the bible also says in Joshua 1:8

8 ([A](https://www.biblegateway.com/passage/?search=Joshua%201%3A8&version=NKJV#cen-NKJV-5860A))This Book of the Law shall not depart from your mouth, but ([B](https://www.biblegateway.com/passage/?search=Joshua%201%3A8&version=NKJV#cen-NKJV-5860B))you[[a](https://www.biblegateway.com/passage/?search=Joshua%201%3A8&version=NKJV#fen-NKJV-5860a)] shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

The word of God can only come alive in our heart when we meditate upon

When you have Scripture is the mind you are thinking Gods thought after him

A man of God said:

Sow a thought you reap a deed

Sow a deed you reap a Habits

Sow a Habits you reap a character

Sow a character you reap a destiny

It all begins from your heart

Good thoughts bear Good fruits and Bad thoughts bear bad fruits a man is his own gardener

You can choose your thoughts like you choose your friends what you need to do is put a guard on your mind

# Lastly

# You need to guard your heart the Bible says in Philippians 4:8

8Finally, brethren, whatever things are ([A](https://www.biblegateway.com/passage/?search=Philippians%204%3A8&version=NKJV#cen-NKJV-29451A))true, whatever things *are* ([B](https://www.biblegateway.com/passage/?search=Philippians%204%3A8&version=NKJV#cen-NKJV-29451B))noble, whatever things *are* ([C](https://www.biblegateway.com/passage/?search=Philippians%204%3A8&version=NKJV#cen-NKJV-29451C))just, ([D](https://www.biblegateway.com/passage/?search=Philippians%204%3A8&version=NKJV#cen-NKJV-29451D))whatever things *are* pure, whatever things *are* ([E](https://www.biblegateway.com/passage/?search=Philippians%204%3A8&version=NKJV#cen-NKJV-29451E))lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things.

You need to guard your heart By putting a gate on you heart how do you put a gate on your heart. The bible explains it Philippians 4 vs 8 that

1. Whatsoever things are true
2. Whatsoever things are honest. Honest means honorable and wordy of respect
3. Whatsoever things are just -Just means that which is straight
4. Whatsoever things are pure-Pure means free from contamination
5. Whatsoever things are lovely does not mean good to look at but it rather means moving towards love if it moves you to love God and one another
6. Whatsoever things are of God report means it must be high toned

Wherever we are let’s start to pray that God should give us His kind of heart so that we can be like him.