

## Devotion by Mike - Proverbs 4:23

*“Above all things, guard your heart, for it is the wellspring of life”*

Another translation reads:

*“Be careful what you think because your thoughts run your life.”*

Our heart *is* our thoughts. So, it is important what we think. Often times I let some trashy thoughts come into my heart and stay. Like anger, revenge, self pity, lust, cheating or lie, self righteousness, arrogance...



How can I guard my heart, or be careful what I think? Jesus lived a perfect life on earth, and since I am a Christian, I am supposed to think and act like Jesus, so the best thing for me to do is to submit my thoughts to the authority of Jesus. After all, Jesus *is* the CEO of heaven and earth. He has the ultimate say on everything, especially my thoughts.

So,

- when I am angry,  
I should not sin. Eph 4:26
- when the thought of getting revenge marches in,  
I should let God avenge, He will repay. Deut. 32:35
- when I feel self pity,  
I need to remember Jesus said even the very hairs of my head are all numbered, I am precious in His sight. Matt. 10:30
- when the thought of lust slips in,  
I ought to remember Jesus said, “anyone who looks at a woman lustfully has already committed adultery with her in his heart.”. Matt. 5:28.
- when the thought of cheating on my 1040 knocks on my door,  
I say to myself Jesus did say “Give to Caesar what is Caesar’s”. Matt. 22:21
- when the thought of self-righteous rises,  
I just have to remember it is because of my sin that Jesus was nailed to the cross. No one is good, not even one, every one has fallen short of the glory of God. Rom 5:9, Ps. 14:3, Rom 3:23
- when the thought of arrogance barges in,  
I tell myself God opposes the proud but gives grace to the humble.  
James 4:6.

Guarding our heart is much like me planting tulips. When I put up a guard in the soil, I get big and beautiful tulips. Last year, I planted the same bulbs bought from Costco. I put them in the soil the same way, water them the same way. God gave them the same sunlight, but since I didn’t protect the bulbs from the gophers, I had no tulips last year. They were destroyed by the enemy.

Questions to ponder

1. Seeing such beautiful tulips, will you start to guard your heart now?
2. Can you think of some practical way for yourself to guard your heart?