

# Guard Your Heart

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## The Biblical understanding of the human “heart” includes three major pieces:

a. Our capacity or ability to think – Our \_\_\_\_\_

*“Search me, O God, and know my heart; test me and know my anxious thoughts.” Psalms 139:23 (NLT=New Living Translation)*

b. What we crave or truly love - Our \_\_\_\_\_

*“Wherever your treasure is, there the desires of your heart will also be.” Matthew 6:21 (NLT)*

c. Whether or not we submit or resist to what we desire and think - Our sinful nature or our Creator - \_\_\_\_\_

*“For the sinful nature is always hostile to God. It never did obey God’s laws, and it never will.” Romans 8:7 (NLT)*

*“So humble yourselves before God. Resist the devil, and he will flee from you.” James 4:7 (NLT)*

Proverbs 4:23 give us an important observation:

*“Guard your heart above all else, for it determines the course of your life.” Proverbs 4:23 (NLT)*

## Let’s look at some thoughts on how to do that:

1. Be careful what you \_\_\_\_\_.

*“Avoid all perverse talk; stay away from corrupt speech.” Proverbs 4:24 (NLT)*

2. Spend intentional time with people who

\_\_\_\_\_.

*“How wonderful and pleasant it is when brothers live together in harmony!” Psalm 133:1 (NLT)*

*“Let us think of ways to motivate one another to acts of love and good works.” Hebrews 10:24 (NLT)*

3. \_\_\_\_\_ to God and listen.

*“Create in me a clean heart, O God. Renew a loyal spirit within me.” Psalm 51:10 (NLT)*

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### Small Group Questions:

1. The Biblical understanding of the human heart is far more than just our emotions. It's the center of our lives and experiences. What do you think about this definition?
2. Can you be transparent enough to share the condition of your heart?
3. What kind of things help your heart? What rebuilds it? What breaks it?
4. What could be dangerous about simply following your heart?

