

GUARD YOUR HEART - FEAR

JOHN 14:27 | ERIC SIMPSON | AUGUST 23, 2020

Proverbs 4:23

Guard your heart above all else, for it determines the course of your life.

kingdom = range of our effective will, the domain where what we say goes
(house, car, finances, physical body, workplace)

Imago Dei (image of God) = reign and rule, govern and control the kingdoms of this earth

The most important kingdom to watch over/govern/care for = kingdom of YOUR HEART

“The human heart, will, or spirit is the executive center of a human life. The heart is where decisions and choices are made for the whole person...Those with a well-kept heart are persons who are prepared for and capable of responding to the situations of life in ways that are good and right.” – Dallas Willard

“Every man’s heart, a kingdom is.” – Shakespeare

How things are going in the kingdom of your heart is the single most important factor in determining the condition and direction of your life.

John 14:27

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

“The Enemy is far more easily resisted when he is at the door of your heart.” – Thomas a Kempis

How?

John 14:1

Do not let your hearts be troubled. Trust in God trust also in me.

If we’re going to resist fear when it’s at the door then we’re going to have to work the muscles of trusting God.

When I experience fear...

- **Acknowledge it** = pay attention to what my physical body is telling me (increased heartrate, stomach in a knot, mind racing, restless...etc.)
- **Invite Jesus into it** = Lord, catch my heart. Help me.
- **Turn my attention to truth** = Scripture, song, conversation with trusted friend

Scripture and worship songs that have been helpful to me...

Philippians 4:4-8

Colossians 3:2

Psalms 27:1

Psalms 23

The Blessing by Kari Jobe

Nothing Else by Cody Carnes

Let it Be Jesus by River Valley Worship

Rattle by Elevation Worship