

# Guarding Your Heart

*Create in me a clean heart, O God.* King David wrote these words in a moment when he needed a new start. As we enter a new year, what are some things we can do, that are better than any resolution, to create a clean heart in us?



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## INTRODUCTION

Last week the sermon focused on the essence of true confession, and this week the focus is on guarding our heart to keep a clean heart. Pastor Smith makes a point of how important this is by referring to Proverbs 4:23 where we read, “Keep your heart with all vigilance, for from it flow the springs of life.”

## STARTER QUESTION

What does it mean to “guard your heart?” What kind of struggles do you have when trying to guard your heart?

## INTO THE WORD

In 2 Samuel 11:1-27 we get the message that the greater our influence in the world, the more we must guard our hearts.

- Do you agree with this view?
- Does it seem fair?
- What types of problems do we run into when the level of influence doesn't match the depth of character?

Nathan said to David, “You are the man!” – 2 Samuel 12:7-8. This is a passage where God, through Nathan, reminds David of all that God has done for him, and it is a long and impressive list.

- What comes to mind when you consider all that God has done for you?
- Why is difficult to appreciate God's love and blessing to us every day, and instead wonder off on our own path to personal satisfaction?
- Do you have a “Nathan” in your life that will call you out on your mistakes and hypocrisy? What's your relationship like with this person?

## APPLICATION

Thinking about your life and relationship with God, talk about a time when you made true confession and had a clean heart. To maintain and enjoy that closer walk with God, Pastor Smith highlighted four areas where we can take action to keep guard on our hearts.

Be careful of isolating yourself – What blind spots do you have for your own isolation? What's the difference between solitude and isolation?

Be careful of boredom – Do you ever find yourself pursuing some excitement that's more worldly than Godly? How can you deal with your own boredom so that it does not lead to a crisis later in life?

Be careful to direct your desires – How do you deal with desire? What could David have done to redirect his desires? What can you do to redirect yours?

Be careful of pride – How have you experienced pride as a negative influence on keeping a clean heart? How can you deal directly with eliminating pride in your own heart?

## **PRAYER**

How could 2020 be a better year if we build on the right behaviors that will make us radically better at true confession and guarding a clean heart?