

QUIET TIME #2
For Saturday Evening

Foundry Retreat, Sept. 2004

Proverbs 4:23

1. **Read Psalms 139:23-24.** Take some time to consider your heart, the real you, your thoughts, your emotions, your will, and your intentions. How is your heart doing with the Lord? Are you close to God? Are you running from God? Are you trying not to think of God? Cast your burdens upon the Lord in prayer, confess your sin, ask God to help you, change you, and guide you in the everlasting way.

2. **Read Proverbs 4:23.** Then answer the questions below.
 - a. What do you think Solomon means when he says “guard your heart?” How do you go about guarding your heart?

 - b. Consider how your heart is influenced through the five senses. Write down how experiencing things through the five senses might influence your heart.
 - i. Seeing

 - ii. Hearing

 - iii. Tasting

 - iv. Touching

 - v. Smelling

3. Since the heart is influenced through the senses, what does it mean to “guard your heart?”

4. Solomon gives a reason why we need to guard our heart. He says the reason is that out of the heart “flow the springs of life.” Consider the importance of having a fresh spring in a desert region. What do you think Solomon means when he says “the springs of life” flow from our heart?

5. When ministering to and along side of others of the opposite sex, what precautions might you take to guard your heart and theirs? Ask God in prayer to help you guard your heart and the hearts of others.

6. Meditate on the quote below by Charles Spurgeon:

*It is well to guard your heart with all the apparatus that wisdom can provide. It is well totally to abstain from that which becomes a snare to you: but, I charge you, do not rely upon abstinence, but give your heart to Jesus; for nothing short of true godliness will preserve you from sin so that you shall be presented faultless before his presence with exceeding great joy. As you would wish to preserve an unblemished character, and be found honorable to the end, my son, I charge thee give to Christ thy heart.*¹

¹Spurgeon, Charles H. Vol. 33, Spurgeon's Sermons: electronic ed. Logos Library System; Spurgeon's Sermons. Albany, OR: Ages Software, 1998.