



**Proverbs 4:23 (ESV)**

<sup>23</sup> Keep your **heart** with all vigilance, for from it flow the springs of life.

**Proverbs 4:23 (NIV)**

<sup>23</sup> Above all else, guard your **heart**, for everything you do flows from it.

**Proverbs 4:1-27 (ESV)**

<sup>1</sup> Hear, O sons, a father's instruction, and be attentive, that you may gain insight, <sup>2</sup> for I give you good precepts; do not forsake my teaching. <sup>3</sup> When I was a son with my father, tender, the only one in the sight of my mother, <sup>4</sup> he taught me and said to me, "Let your heart hold fast my words; keep my commandments, and live. <sup>5</sup> Get wisdom; get insight; do not forget, and do not turn away from the words of my mouth. <sup>6</sup> Do not forsake her, and she will keep you; love her, and she will guard you. <sup>7</sup> The beginning of wisdom is this: Get wisdom, and whatever you get, get insight. <sup>8</sup> Prize her highly, and she will exalt you; she will honor you if you embrace her. <sup>9</sup> She will place on your head a graceful garland; she will bestow on you a beautiful crown." <sup>10</sup> Hear, my son, and accept my words, that the years of your life may be many. <sup>11</sup> I have taught you the way of wisdom; I have led you in the paths of uprightness. <sup>12</sup> When you walk, your step will not be hampered, and if you run, you will not stumble. <sup>13</sup> Keep hold of instruction; do not let go; guard her, for she is your life. <sup>14</sup> Do not enter the path of the wicked, and do not walk in the way of the evil.

<sup>15</sup> Avoid it; do not go on it; turn away from it and pass on. <sup>16</sup> For they cannot sleep unless they have done wrong; they are robbed of sleep unless they have made someone stumble. <sup>17</sup> For they eat the bread of wickedness and drink the wine of violence. <sup>18</sup> But the path of the righteous is like the light of dawn, which shines brighter and brighter until full day. <sup>19</sup> The way of the wicked is like deep darkness; they do not know over what they stumble. <sup>20</sup> My son, be attentive to my words; incline your ear to my sayings. <sup>21</sup> Let them not escape from your sight; keep them within your heart. <sup>22</sup> For they are life to those who find them, and healing to all their flesh. <sup>23</sup> Keep your heart with all vigilance, for from it flow the springs of life. <sup>24</sup> Put away from you crooked speech, and put devious talk far from you. <sup>25</sup> Let your eyes look directly forward, and your gaze be straight before you. <sup>26</sup> Ponder the path of your feet; then all your ways will be sure. <sup>27</sup> Do not swerve to the right or to the left; turn your foot away from evil.

LISTEN TO YOUR DAD

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1 Hear, O sons, a father's instruction...

1 ...do not forsake my teaching

10 Hear, my son, and accept my words...

20 My son, be attentive to my words; incline your ear to my sayings.

**Proverbs 4:23 (NIV)**

<sup>23</sup> Above all else, **guard your heart**, for everything you do flows from it.

HEART = ACTIONS

**Proverbs 4:3-4 (ESV)**

<sup>3</sup> When I was a son with my father, tender, the only one in the sight of my mother, <sup>4</sup> he taught me and said to me, "Let your heart hold fast my words; keep my commandments, and live.

**Proverbs 4:23-25 (NIV)**

<sup>23</sup> Above all else, guard your heart, for everything you do flows from it. <sup>24</sup> Keep your mouth free of perversity; keep corrupt talk far from your lips. <sup>25</sup> Let your eyes look straight ahead; fix your gaze directly before you.

**Psalm 141:3 (ESV)**

<sup>3</sup> Set a guard, O LORD, over my mouth; keep watch over the door of my lips!

**Psalm 101:3a (ESV)**

<sup>3a</sup> I will not set before my eyes anything that is worthless.

ARE YOU GUARDING YOUR HEART?

