



Holding onto Hope Devotional

with Ve-Anna Thomas

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GUARDING YOUR HEART

A couple of months ago, I went through a period of facing some very difficult situations. I was lied on, criticized, ridiculed and experienced the green eye of jealousy like never before. During that time, I was tempted like any other human being, to think “evil” things. I even thought about coming up with a plan to “snap back” at those persons who hurt me so much.

However, one day, I realized that it would not do me any good; and I made a decision to guard my heart from all of the negative things surrounding me. I had to protect my heart; and shield it from life’s issues especially the bad. I was encouraged by the words in this scripture:

Proverbs 4:23 NIV ~ Above all else, guard your heart, for everything you do flows from it.

The truth is, we have to protect our hearts from evil, mischief, wickedness, violence and so much more. The writer in Proverbs is reminding us that above everything else, we have to guard our hearts. We have to try our very best to fill our hearts with love, peace, wisdom and other attributable things.

Then the writer in Proverbs go on by saying “everything you do flows from it.” What is inside of your heart; will eventually reflect on the outside through your words and actions. Also, I was led to another scripture in **Matthew 12:34 NIV ~ O generation of vipers, how can ye, being evil, speak good things? For out of the abundance of the heart the mouth speaketh.** After reading that scripture in Matthew, I came up with this simple formula:

Pure Heart = Pure Words/ Actions
Good Heart = Good Words/ Actions
Corrupt Heart = Corrupt Words/ Actions
Evil Heart = Evil Words/ Actions

So, let us endeavor to keep God’s word in our hearts; because God’s word brings life. During the day, there are so many opportunities that present themselves for us to store up corrupt things in our heart. However, on the other hand, there are so many opportunities for us to have a pure heart. Which one will you choose?

One of these days, we will have to give an account on the things we have spoken, according to **Proverbs 4:23 NIV ~ Keep your mouth free of perversity; keep corrupt talk far from your lips. We will have to give an account on judgement day.** Finally, remember that all things are possible. Just begin with a few small steps every day. Guard your heart!

Thinking it Over:

Take some time and re-read the 3 scriptures mentioned above. In what way(s) are you not guarding your heart?

Prayer Starter:

Heavenly Father, I pray for wisdom to see and get rid of those things that are corrupting my heart. I pray that you will help me and show me how to guard my heart each and every day

Your Sister in Christ,

Ve-Anna Thomas

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