

# Soul Garden: Above All Else

By Eric Farmer, January 04, 2026



My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one's whole body. Above all else, guard your heart, for everything you do flows from it. Keep your mouth free of perversity; keep corrupt talk far from your lips. Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil.

Proverbs 4:20-27 NIV

Above all else, guard your heart, for everything you do flows from it.

Proverbs 4:23 NIV

"What is in our heart matters more than anything else for who we become and what becomes of us."

- Dallas Willard

## Heart

- source of physical life
- seat of emotions
- house of intellect  and wisdom
- control centre of the will

"The greatest difficulty in conversion is to win the heart to God; and the greatest difficulty after conversion is to keep the heart with God."

- John Flavel

## Preserving and Protecting

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

Psalm 139:23-24 NIV

## What We Love -

1. What desires did I give attention to today that aren't healthy for me, and which ones did I entertain a second or third time?
2. Was there any conflict in my heart today between what I desired and what I feel God wants from me?

3. What was my overriding emotion today, and how did it serve me?

#### What We Know -

1. What thoughts dominated my mind today, and how did they influence my feelings or actions?
2. Did any truth of God or Scripture guide my thought life today?
3. Was there any media or conversations that influenced my thought life today?

#### What We Choose -

1. What choices did I make today that reflect God's desires for me?
2. Were there moments when I chose conveniences over integrity?
3. Did I seek God's guidance in the choices I made today?

I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and earth. He will not let your foot be moved; He who keeps you will not slumber. Behold, He who keeps Israel will neither slumber nor sleep. The Lord is your keeper; the Lord is your shade on your right hand. The sun shall not strike you by day, nor the moon by night. The Lord will keep you from all evil; He will keep your life. The Lord will keep your going out and your coming in from this time forth and forevermore.

Psalm 121 ESV

#### REFLECTION QUESTIONS

1. How would you compare the way that you guard your heart to the way you guard your finances, career, physical health or reputation? Does this reflect the priority the heart should be given?
2. What is one way you can preserve and protect your heart better this week alongside the Keeper of your heart?