



Sermon Notes

Title | Heart Monitor
Series | Wisdom for the Weary
Text | Proverbs 3:1-2; 4:20-23; 10:28;
13:12-13; 30:5
By | Bob Kerrey
Date | November 17, 2024

Proverbs 3:

- 1 My son, do not forget my teaching,
but let your heart keep my commandments,
- 2 for length of days and years of life
and peace they will add to you.

Proverbs 4:

- 20 My son, be attentive to my words;
incline your ear to my sayings.
- 21 Let them not escape from your sight;
keep them within your heart.
- 22 For they are life to those who find them,
and healing to all their flesh.
- 23 Keep your heart with all vigilance,
for from it flow the springs of life.

Proverbs 10:28

The hope of the righteous brings joy,
but the expectation of the wicked will perish.

Proverbs 13:

- 12 Hope deferred makes the heart sick,
but a desire fulfilled is a tree of life.
- 13 Whoever despises the word brings destruction to himself,
But he who reveres the commandment will be rewarded.

Proverbs 30:5

Every word of God proves true;
he is a shield to those who take refuge in him. *ESV*

Big Idea:

Proverbs 4:23
Keep your heart with all vigilance,
for from it flow the springs of life. *ESV*

For Reflection and Application:

Monday:

Read Proverbs 3:1-2. What does this suggest about the idea of guarding your heart with God's word? How do you do it? What will be the outcome? How can this help with weariness?

Tuesday:

Read Proverbs 4:20-23. What does this suggest about the idea of guarding your heart with God's word? Why should you do it? How will you benefit?

Wednesday:

Read Proverbs 10:28. How is "the hope of the righteous" connected to guarding your heart with God's word? How does "the expectation of the wicked" reflect an unguarded heart? What are the respective outcomes of a guarded and unguarded heart?

Thursday:

Read Proverbs 13:12-13. How are verses 12 and 13 related? What is the benefit of comparing our hopes and expectations with Scripture to see if they are aligned? How can misalignment lead to weariness?

Friday:

Read Proverbs 30:5. How many of God's words are true? How does this serve as the basis for God being our shield and refuge? How does this relate to guarding your heart?

Daily Prayer:

Lord, thank you for the wisdom you give me. Help me to guard my heart with your word that I may experience your life and peace and healing from avoidable weariness. Amen.

If you would like to have the daily reflection and application emailed to you, scan the QR code or email info@moonvalleybible.org.

