

**Series:** Proverbs For Your Love Life  
**Title:** Guard your heart NOT “Follow your heart”  
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The heart is more deceitful than anything else, and incurable—who can understand it? (Jeremiah 17:9)

Blessed are the pure in heart, for they will see God. (Matthew 5:8)

My son, pay attention to my words;  
listen closely to my sayings.  
Don't lose sight of them;  
keep them within your heart.  
For they are life to those who find them,  
and health to one's whole body.  
Guard your heart above all else,  
for it is the source of life.  
(Proverbs 4:20-23)

Don't let your mouth speak dishonestly,  
and don't let your lips talk deviously.  
Let your eyes look forward;  
fix your gaze straight ahead.  
Carefully consider the path for your feet,  
and all your ways will be established.  
Don't turn to the right or to the left;  
keep your feet away from evil.  
(Proverbs 4:24-27)

My son, pay attention to my wisdom;  
listen closely to my understanding  
so that you may maintain discretion  
and your lips safeguard knowledge.  
Though the lips of the forbidden woman drip honey  
and her words are smoother than oil,  
in the end she's as bitter as wormwood  
and as sharp as a double-edged sword.  
Her feet go down to death;  
her steps head straight for Sheol.  
She doesn't consider the path of life;  
she doesn't know that her ways are unstable.  
(Proverbs 5:1-6)

**1. Watch your playlist (who you listen to).**

**2. Watch your playground (where you go).**

**3. Watch who you play with (who you spend time with).**

“The one who believes in me, as the Scripture has said, will have streams of living water flow from deep within him.” (John 7:38)

*Reflection Question:*

Why is it important to guard your heart rather than follow it? How does Jesus change our hearts?

Scripture is the CSB unless noted.