

# **PROTECTING YOUR INNER LIFE**

## **BUILT ON A STRONG FOUNDATION**

- God's love for us, the starting place
  1. Jesus loves us this we know? (*Ephesians 5:2 NKJV*)
  2. We must believe the love (*1 John 4:16 NKJV*)
- God's words to us (*Proverbs 4:20-22 NKJV*)
  1. Ears to hear
  2. Heart to keep
  3. Believing in the end result

## **PROTECTING OUR INNER LIFE** (*Proverbs 4:23-27 NKJV*)

- Keep (Guard) with diligence our heart (inner life)
  1. We have learned to protect our physical health
  2. Out of the heart, the life source (*Proverbs 18:14 NKJV*)
- Keep (Guard) our words
  1. Our words are either helping or hurting (*Ephesians 4:29 NKJV*)
  2. Words are seeds
- Keep (Guard) our focus
  1. What we are looking at (*2 Peter 2:7-8 NKJV*)
  2. What we are keeping on our mind (*Ephesians 4:23-24 NKJV*)
- Keep (Guard) our ways
  1. How we live and treat others (*1 Peter 3:8-9 NKJV*)