*Sunday, September 6, 2009*

**Keep Thy Heart and Soul**

Proverbs 4:23 Keep thy heart with all diligence; for out of it are the issues of life. (KJV)

Why should we keep (which means to guard or protect) our heart with all diligence? Because out of the abundance of the heart the mouth speaks, whether it be life or death. Our words have power (Proverbs 18:21) and we will eat the fruit thereof.

Luke 6:45 A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh. (KJV)

It is not that which goes into the mouth that defiles a man, but that which comes out of the mouth. Our words that come forth will either condemn us or set us free; they will either bind Satan from working against us, or loose him, giving him an open door to come in and steal from us; they will either loose the blessing of God in our lives or bind Him from working on our behalf; so as you see it’s our choice as to what we allow into our heart and out of our mouth.

So how does one keep their heart with all diligence? With the shield of faith which protects the heart. It will keep those fiery darts from the wicked one from entering in and defiling the heart.

Deuteronomy 4:9 Only take heed to thyself, and keep thy soul diligently, lest thou forget the things which thine eyes have seen, and lest they depart from thy heart all the days of thy life: but teach them thy sons, and thy sons' sons; (KJV)

How do we protect our soul? With the helmet of salvation which is the mind of Christ. Keeping the mind renewed in the things of God aids in protecting our soul. Bringing every thought into captivity to the obedience of Christ blocks those contrary thoughts from entering into the heart. So don’t allow the cares of this life to enter in and choke out or cause you to forget those things which the eyes of your understanding have been enlightened to in the Spirit lest they depart from your heart all the days of your life.

Today set your affection on things above, not on earthly things. Arm yourselves likewise with the shield of faith and the helmet of salvation so that you are able to keep your heart and soul diligently this day.