



THE CONDITION OF THE HEART PART 5 - WATCH OVER YOUR HEART

In part four we discussed the fact that understanding starts in the heart. It is with this understanding that we unpack Proverbs 4:23 which says;

Proverbs 4:23 Watch over your heart with all diligence, For from it flow the springs of life.

Why is it that we have to watch over our hearts with all diligence?

The answer lies in the next part of the verse. It's because of what flows forth from it. Life is to flow forth in an abundant measure from our hearts. Not any life, but an eternal life, the life we were created for and the life we are called to demonstrate.

With the heart being the place of understanding and life, it is imperative we watch over what we allow in. If we receive life then life will come forth as a consequence, but if we receive death then death will come forth as a consequence. Just as the truth makes us free if we receive it, the lie keeps us in bondage if we receive it.

We see this reality in the Scriptures in relation to the sowing of the tares into the field.

Matthew 13:24-30 Jesus presented another parable to them, saying, "The kingdom of heaven may be compared to a man who sowed good seed in his field. But while his men were sleeping, his enemy came and sowed tares among the wheat, and went away. But when the wheat sprouted and bore grain, then the tares became evident also. The slaves of the landowner came and said to him, 'Sir, did you not sow good seed in your field? How then does it have tares?' And he said to them, 'An enemy has done this!' The slaves said to him, 'Do you want us, then, to go and gather them up?' But he said, 'No; for while you are gathering up the tares, you may uproot the wheat with them. Allow both to grow together until the harvest; and in the time of the harvest I will say to the reapers, "First gather up the tares and bind them in bundles to burn them up; but gather the wheat into my barn." ' ' "



The Father sows the Truth because He is the Father of Truth, while Satan the father of lies sows lies. If we are not discerning with all spiritual diligence, then it becomes very easy to receive and believe the lie, causing death on the inside of us. This death is darkness and the Scriptures say, if the light that is within you is darkness, how great in fact is the darkness.

This is a worry for a follower of Jesus if this is in fact our true spiritual state of being. We can all be justified by His blood but on the inside still be full of self, I, me and all my beliefs and thoughts which are not God.

This all relates to the eyes of our hearts not being clear, but being full of darkness, which is why we must watch over our heart with all diligence.

Here are the verses which relate to this.

Matthew 6: 22-23 "The eye is the lamp of the body; so then if your eye is clear, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness. If then the light that is in you is darkness, how great is the darkness!"

The lies the enemy sows are not obvious and are extremely close to being the Truth. Once again this is why we need to be spiritually discerning in the matters of God and watch we allow in to our inner most being place.

The enemy will use even Scripture, but out of context to lead us astray. We see this happen in Matthew 4:6.

Matthew 4:6 and said to Him, "If You are the Son of God, throw Yourself down; for it is written, 'He will command His angels concerning You'; and 'On their hands they will bear You up, So that You will not strike Your foot against a stone.'"

We need to remember his weaponry is deception, lies and temptation and if Satan is the master at deception and trickery, then we need to be the masters of Truth.



Luke 6:40 "A pupil is not above his teacher; but everyone, after he has been fully trained, will be like his teacher."

When I say Truth, I mean the Person Jesus Himself and His words of spirit and life. We are talking about coming to know the living Word through the revelation of the Spirit and not human learning through our own understanding.

As we continue to receive what is life Himself and His living words, the rivers of life flow from us continuously. Notice the springs of life flow from us. We are not flowing towards them but they flow forth from us. The living from is a very different reality to the living towards. The living from is the reality of Sabbath Rest which we enter into through revelation and abide in. There is no struggling or trying or working really hard to grasp this way of being, we have entered into this new way of being and living and it just IS.

Hebrews 4:10 For the one who has entered His rest has himself also rested from his works, as God did from His.

As we become watchmen and watchwomen of our own hearts, otherwise known as 'our own gardens', we are diligent and wise with what we come into an agreement with, only accepting and receiving the Word of Truth. Everything else gets bundled up and put together in one place, ready to be disposed of and incinerated by fire.

QUESTIONS

1. How would you describe what watching over your own heart with diligence is?
2. Why is living FROM His Truth so different from living TOWARDS it?
3. Why is it that the light in us can actually be darkness?
4. Are we able to discern the difference between Truth and what sounds like truth? Explain your reasoning for this.



5. How has watching over your own heart empowered His life to be formed in you?

Watch the accompanying You Tube video here: <https://youtu.be/KJLFzGAH8KU>