

I. KEEP WATCH OVER YOUR HEART, YOUR LIFE DEPENDS ON IT (PROVERBS 4:23)

- A. To keep watch is to preserve and protect (**Genesis 2:15, Psalm 32:6-7**)
- B. Our hearts are the most comprehensive and consequential thing about us
 - 1. The heart is comprised of thoughts, desires, and will (**Proverbs 15:28, Matthew 9:4, Psalm 21:1-2, Proverbs 12:25, Romans 10:1, Ezra 7:10, 2 Corinthians 9:7**)
 - 2. Our thoughts, desires, and will are intertwined and governed within this one central place.
 - 3. We are to keep our hearts with all vigilance (**Nehemiah 4:7-9**)
- C. Our hearts condition dictates the direction of our lives (**Proverbs 4:23b, Luke 6:45, Mark 7:21-23**)

II. CHRIST IS THE CREATOR AND KEEPER OF OUR NEW HEARTS

- A. Jesus gave us new God-focused hearts to replace our old self-focused heart
 - 1. Our old hearts were corrupt (**Jeremiah 17:9, Ephesians 4:17-19**)
 - 2. Our new heart is part of the new covenant (**Ezekiel 36:26-27, Hebrews 8:10-12**)
 - 3. We are to preserve and protect what Christ has given us (**1 Timothy 6:20-21, Luke 12:15, 2 Peter 3:17-18, Psalm 139:23-24**)
- B. Christ is the ultimate keeper of our hearts
 - 1. Jesus is our keeper now and forevermore (**Psalm 121:5-8**)
 - 2. Jesus will bring us home safely (**2 Timothy 4:17**)

WORDS I DIDN'T UNDERSTAND

SOMETHING NEW TO ME

WHAT I HEARD ABOUT THE GOSPEL

SERMON REFLECTIONS

1. What does it mean to preserve and protect something?
2. In what ways were our old hearts corrupt?
Where do you see sin still active in your own heart?
3. What are some different ways we can preserve and protect our new hearts?

ATTRIBUTES OF GOD I HEARD *(CIRCLE THE ONES MENTIONED)*

Good	Wise	Wrathful	Merciful
Just	Jealous	Faithful	Perfect
Holy	Gracious	Patient	Love
Other:			

KEY WORDS *(WRITE WHAT THESE WORDS MEAN)*

Keep watch –

Springs of life –

With all vigilance –

New Covenant –

New heart –

NOTES OR DRAWINGS ABOUT WHAT I HEARD