

# Guard Your Heart

## by Ethan Morales-Vierna

Good morning boys and girls, happy Sabbath. Hope you guys are having a fantastic start to your Sabbath morning.

Of course, it is time for our children's story. So we are going to open up our Bible and get started. Today, we're gonna be taking a look at Proverbs chapter four, verse 23, where it says, Above all else guard your heart, for everything you do flows from it.

Alright and to represent that today boys and girls, put this guy over here, we're gonna have two cups. One will be us representing us where we guard our hearts. The other one will be representing one where we don't guard our heart.

Alright, so before I get started, we're gonna get this bag of coffee. I mean, ah coffee, ill, no. What's that? mean, this disgusting, really bad for you bean that comes directly from the devil's orchard. Coffee. There is no coffee here. So anyways, to represent that, we're going to take two spoonfuls of coffee, not coffee again, uh devil's orchards bean, and we're going to put it in here, All right, get this away from me. I don't know how this got here, boys and girls. I apologize. And then the other one we're going to leave completely alone. All right.

So we're gonna take this one. So this is what happens when we think of good things, godly things, when we're kind, when we're patient, when we speak good words about others, right? When we pray, when we keep in contact with God, right? As we can see, as we fill it up, it's pretty crystal clear, right? If you were to come across this on a hot, dry summer day, such as today, you'd be more than willing to take this, right? Drink it, no problem. However, when we have this guy, when we don't guard our hearts, when we speak ill of people, when we don't spend time with God, when God doesn't know us, and we start

going about our day, ew, look at that, right? Why would anyone drink this? ah Yeah, but it becomes pretty gross, right? You wouldn't want to drink this on a hot summer day because one, you wouldn't know what this is. So if we mix it, right? It looks pretty gross. It looks like dirt. Not very pleasing at all.

And that's what happens, boys and girls when we don't guard our hearts, when we don't let God into us for Him to dwell and for Him to, for there to be less of us and more of Him, know? Pretty gross, pretty, pretty gross. So you tell me boys and girls, which one would you want to drink on a hot summer day? I hope all of you say this one. If you say this one, you're a little weird, maybe go get that checked out. I'm kidding. But this just goes to show boys and girls that if we don't guard our hearts, we end up looking like this, right? On the outside, we may be fine, but spiritually, we're kind of not there. We're not fully where we should be. And so boys and girls, that's why it's important to always One, drink water. But two, spend time with God. Talk to Him about your day. Some of you may be asking, talk to Him about what? Anything. Talk to Him about school. Talk to Him about the boy or girl that you like. Talk to Him about anything. Anything that comes to mind. Talk to Him about video games, about the book you're reading. Anything that will slowly get you in a relationship with Him. And sooner or later, you'll start to fall in love so much with Him that you'll start clearing all this gunk out and you'll become pure. just as God intended.

All right, so let's close out with a word of prayer and we'll get moving. Dear Heavenly Father, Lord, thank you God so much for these children, Lord, for allowing them to come to hear your word and for allowing their parents to be here and support them as well, Lord. Be with them now, Lord, as they go about the rest of their Sabbath and as they enter a new week, Lord. Be with the parents and guardians of these children, Lord. May the parents turn towards you, Lord, so that they're. the hearts of their children may also point towards you, Lord. Lord, we ask for the forgiveness of our sins. We thank you and we love you all in your name, amen.

All right, boys and girls, happy Sabbath and we'll see you next time.