



MESSAGE NOTES

Guard Your Heart (2)

Philippians 4:8

James Brown

1. Positive and negative influences

Some things can have a positive effect on your heart and some things can have a negative effect. In order to live a life free from panic, fear and anxiety we need to guard our hearts.

Philippians 4:8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

What you choose to watch, listen to and spend your time on can either have a positive or negative effect on the condition of your heart.

2. Food for the heart

Some of the things you allow into your heart are like health food, some are like junk food and some are like poison. Health food is always good, you don't need to worry about eating too much health food. Junk food is fine, there's nothing really wrong with it as long as it's taken in a balanced, proportionate way. And then there are poisons, things that should be completely avoided.

Bible reading, prayer, worship and fellowship are four health foods for the Christian heart. When you feed your heart on these four things it will be full of God's peace, hope and joy.

3. Fast for the heart

Most people when they hear the word 'fast' think of food. But you can take a fast from anything in your life. Try taking a media fast, an online gaming fast, a shopping fast, a mobile phone fast. If there is something in your life which you feel is taking time away from Bible reading, prayer, worship and fellowship try taking a fast from it.

Your heart craves whatever you choose to feed it. So try replacing some of the junk and the poison with health food. This will help to maintain your heart in a healthy condition and ensure that it is being continually refreshed.