

How to Guard Your Heart
Soul Good Summer
August 9, 2026
Speaker: Pastor Kellen Robbins

Revelation 22:17, Proverbs 4:20-27

- Theme: Guarding your soul begins by guarding your heart, because everything you do FLOWS from it. - Proverbs 4:23
 - ✓ “Above all else” = The highest PRIORITY
 - ✓ In Hebrew, heart (lēb) refers to the inner person - mind, will, emotions, conscience and soul.
 - ✓ The condition of your heart determines the DIRECTION of your life.
 - ✓ The WAY God made us?
- Three ways to guard your heart
 - 1) By watching your words - Proverbs 4:24
 - Our words reveal our SPIRITUAL condition.
 - Choose to speak God’s TRUTH over yourself and others.
 - What do my words reveal about my heart?
 - 2) By fixing your eyes
 - * Quote: “Never has any culture had so much and enjoyed so little.”
 - Comparison steals CONTENTMENT.
 - FOMO keeps us chasing what cannot satisfy.
 - What has your attention often has your AFFECTION.
 - Peace comes from focusing on Christ.
 - What has captured my attention more than Jesus (recently)?
 - 3) By directing your steps - Proverbs 4:26-27
 - Healthy souls don’t simply avoid sin; they pursue God’s PURPOSE.

- God refreshes those who FAITHFULLY walk in His calling and serve others.
- Question: Are my feet taking me toward God's purpose or away from it?
- Two thoughts:
- 1) A healthy soul isn't guarded accidentally; it is guarded INTENTIONALLY.
 - 2) When your heart is surrendered to Christ, your words, your focus and your walk begin to REFLECT Him.
- Why? Because everything flows from the HEART.