



**Guarding My Heart
May 14 & 15, 2022**

What is a guardrail?

A system designed to keep vehicles from straying into dangerous areas.

What is a spiritual guardrail?

A standard or behavior that becomes a matter of conscience that serves as a guardrail for my life.

The guardrail of my heart teaches me to:

Monitor and modify my behavior.

Proverbs 4:23 (NIV)

Above all else, guard your heart, for everything you do flows from it.

Matthew 15:2 (NIV)

“Why do your disciples break the tradition of the elders? They don’t wash their hands before they eat!”

The man-made standard is:

A legalistic standard, not a heart issue (ceremonial cleansing).

Matthew 15:3 (NIV)

Jesus replied, “And why do you break the command of God for the sake of your tradition?”

Matthew 15:4-6 (NIV)

For God said, “Honor your father and mother” and “Anyone who curses their father or mother is to be put to death.” But you say that if anyone declares that what might have been used to help their father or mother is “devoted to God,” they are not to “honor their father or mother” with it. Thus you nullify the word of God for the sake of your tradition.

Religious leaders came up with a rule to violate the law of honoring mother and father.

How? By giving my money to the temple.

Matthew 15:6-7 (NIV)

“...they are not to ‘honor their father or mother’ with it. Thus you nullify the word of God for the sake of your tradition. You hypocrites! Isaiah was right when he prophesied about you.”

The problem was:

They chose rules over relationships.

Matthew 15:10-11 (NIV)

Jesus called the crowd to him and said, “Listen and understand. What goes into someone’s mouth does not defile them, but what comes out of their mouth, that is what defiles them.”

Matthew 15:16-18 (NIV)

“Are you still so dull?” Jesus asked them. “Don’t you see that whatever enters the mouth goes into the stomach and then out of the body? But the things that come out of a person’s mouth come from the heart, and these defile them.”

What comes out of my mouth, comes from my heart.

Matthew 15:19-20 (NIV)

“For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander. These are what defile a person; but eating with unwashed hands does not defile them.”

Remember this:

Our behavior will eventually mirror our hearts.

4 Emotions that should serve as guardrails for my future:

1 Anger makes me believe you owe me something.

- **What do I do? Forgive as I have been forgiven.**

Ephesians 4:31-32 (TPT)

Lay aside bitter words, temper tantrums, revenge, profanity, and insults. But instead be kind and affectionate toward one another. Has God graciously forgiven you? Then graciously forgive one another in the depths of Christ’s love.

2 Greed makes me believe I owe myself something and I deserve it.

- **What do I do? Give an amount that is “big to me.”**

Luke 12:15 (TPT)

Speaking to the people, Jesus continued, "Be alert and guard your heart from greed and from always wishing for what you don't have. For your life can never be measured by the amount of things you possess."

3 Jealousy makes me believe that God owes me everything I want.

- **What do I do? Worship and celebrate what God has given others and what He has given me.**

James 3:16-17 (TPT)

So wherever jealousy and selfishness are uncovered, you will also find many troubles and every kind of meanness. But the wisdom from above is always pure, filled with peace, considerate and teachable. It is filled with love and never displays prejudice or hypocrisy in any form...

4 Guilt makes me believe I owe everyone an apology.

- **What do I do? Confess. Not to God, but the one you've hurt. It will do minimal damage compared to unconfessed sin.**

James 5:16 (TPT)

Confess and acknowledge how you have offended one another and then pray for one another to be instantly healed, for tremendous power is released through the passionate, heartfelt prayer of a godly believer!

When do I decide to put these guardrails in place?

When I decide to be baptized and live for Jesus from here on.

Is everything okay in your heart?

Romans 6:4 (NLT)

For we died and were buried with Christ by baptism. And just as Christ was raised from the dead by the glorious power of the Father, now we also may live new lives.



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