

INNER HEALTH

Part 7: Focus and Actions

GUARD YOUR HEART BY CONTROLLING YOUR FOCUS (*Proverbs 4:24-25 NKJV*)

- A great question is: Where is my primary focus?
 1. So many distractions available
 2. Does God's word ever come into focus for you?
 3. Don't allow God's word to be stolen
- Jesus spoke of what distracts us (*Mark 4:18-19 NKJV*)
 1. Worries of this life; Anxiety that brings disruption to the mind; A creative focus on the wrong things
 2. The answer for worry is practicing what God has said (*Philippians 4:6-7 NKJV*)
 3. Deceitfulness of riches (*Ecclesiastes 5:10 NKJV*) (*Proverbs 18:11 NKJV*)
 4. Desires for other things

GUARD YOUR HEART WITH YOUR ACTIONS (*Proverbs 4:24-27 NKJV*)

- Our words, our focus and our actions impact our inner health
 1. Doing what we know to do is good for us
 2. Violating what we know is right will hurt our heart
- When David troubled his heart (*1 Samuel 24:3-7 NKJV*)
 1. Saul had been a constant enemy of David
 2. The people around David encouraged him to kill Saul
 3. David cut off the corner of Saul's robe
 4. David would not allow his men to kill Saul
- Our actions, how we live, plays a major role (*1 John 3:18-22 NKJV*)
 1. Love to be more than words
 2. Our actions assure our hearts before God
 3. When our hearts do not condemn us we have confidence
- A list of pre-approved actions (*2 Peter 1:5-8 NKJV*)
 1. Putting these things into action has benefits
 2. Lacking these things does not mean we are not saved (*2 Peter 1:9-10 NKJV*)