

## **INNER HEALTH**

### Part 5: Words and Focus

#### **GUARDING OUR HEART; OUR INNER MAN** (*Proverbs 4:23-24 NKJV*)

- A. Guard your heart with your words (*Proverbs 21:23 NKJV*)
  - 1. There is a spiritual connection between our heart and mouth
  - 2. The word to heart production (*Luke 6:45 NKJV*)
  - 3. Some words do not fit our new life in Christ (*Ephesians 5:1-4 NKJV*)
- B. Blessed words for a blessed life (*1 Peter 3:8-10 NKJV*)
  - 1. Not responding to negatives on the same level
  - 2. The higher way is blessing
  - 3. To see good days and life - tied into our words

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

- A. 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? (*Proverbs 4:20-22 NKJV*)
- B. Jesus spoke of what distracts us (*Mark 4:18-19 NKJV*)
  - 1. Cares of this life
  - 2. Deceitfulness of riches (*Ecclesiastes 5:10 NKJV*) (*Proverbs 18:11 NKJV*)
  - 3. Desires for other things