

The Heart of the Matter

Matthew 15: 17-20

Above all else, guard your heart, for it is the wellspring of life.
Proverbs 4:23 (NIV)

1. The Heart's content will become _____.

2. Four Negative Emotions to Monitor and Modify.

- Guardrails for _____

"If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness." *1 John 1:9 (NASB)*

"Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much." *James 5:16 (NASB)*

- Guardrails for _____

"Pride goes before destruction, a haughty spirit before a fall." *Proverbs 16:18 (NIV)*

"Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time." *1 Peter 5:6 (NASB)*

- Guardrails for _____

"See to it that no one comes short of the grace of God; that no root of bitterness springing up causes trouble, and by it many be defiled;" *Hebrews 12:15 (NASB)*

- Guardrails for _____

"Rejoice with those who rejoice, and weep with those who weep." *Romans 12:15 (NASB)*

"And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus." *Philippians 4:7 (NASB)*