



Proverbs 4:23 (ESV)

²³ Keep your **heart** with all vigilance, for from it flow the springs of life.

Proverbs 4:23 (NIV)

²³ Above all else, guard your **heart**, for everything you do flows from it.

Proverbs 4:1-27 (ESV)

¹ Hear, O sons, a father's instruction, and be attentive, that you may gain insight, ² for I give you good precepts; do not forsake my teaching. ³ When I was a son with my father, tender, the only one in the sight of my mother, ⁴ he taught me and said to me, "Let your heart hold fast my words; keep my commandments, and live. ⁵ Get wisdom; get insight; do not forget, and do not turn away from the words of my mouth. ⁶ Do not forsake her, and she will keep you; love her, and she will guard you. ⁷ The beginning of wisdom is this: Get wisdom, and whatever you get, get insight. ⁸ Prize her highly, and she will exalt you; she will honor you if you embrace her. ⁹ She will place on your head a graceful garland; she will bestow on you a beautiful crown." ¹⁰ Hear, my son, and accept my words, that the years of your life may be many. ¹¹ I have taught you the way of wisdom; I have led you in the paths of uprightness. ¹² When you walk, your step will not be hampered, and if you run, you will not stumble. ¹³ Keep hold of instruction; do not let go; guard her, for she is your life. ¹⁴ Do not enter the path of the wicked, and do not walk in the way of the evil.

¹⁵ Avoid it; do not go on it; turn away from it and pass on. ¹⁶ For they cannot sleep unless they have done wrong; they are robbed of sleep unless they have made someone stumble. ¹⁷ For they eat the bread of wickedness and drink the wine of violence. ¹⁸ But the path of the righteous is like the light of dawn, which shines brighter and brighter until full day. ¹⁹ The way of the wicked is like deep darkness; they do not know over what they stumble. ²⁰ My son, be attentive to my words; incline your ear to my sayings. ²¹ Let them not escape from your sight; keep them within your heart. ²² For they are life to those who find them, and healing to all their flesh. ²³ Keep your heart with all vigilance, for from it flow the springs of life. ²⁴ Put away from you crooked speech, and put devious talk far from you. ²⁵ Let your eyes look directly forward, and your gaze be straight before you. ²⁶ Ponder the path of your feet; then all your ways will be sure. ²⁷ Do not swerve to the right or to the left; turn your foot away from evil.

LISTEN TO YOUR DAD

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1 Hear, O sons, a father's instruction...

1 ...do not forsake my teaching

10 Hear, my son, and accept my words...

20 My son, be attentive to my words; incline your ear to my sayings.

Proverbs 4:23 (NIV)

²³ Above all else, **guard your heart**, for everything you do flows from it.

HEART = ACTIONS

Proverbs 4:3-4 (ESV)

³ When I was a son with my father, tender, the only one in the sight of my mother, ⁴ he taught me and said to me, "Let your heart hold fast my words; keep my commandments, and live.

Proverbs 4:23-25 (NIV)

²³ Above all else, guard your heart, for everything you do flows from it. ²⁴ Keep your mouth free of perversity; keep corrupt talk far from your lips. ²⁵ Let your eyes look straight ahead; fix your gaze directly before you.

Psalm 141:3 (ESV)

³ Set a guard, O LORD, over my mouth; keep watch over the door of my lips!

Psalm 101:3a (ESV)

^{3a} I will not set before my eyes anything that is worthless.

ARE YOU GUARDING YOUR HEART?

