



Proverbs Daily Dose of Wisdom Devotional



Chapter 4 By Schalene and Chad Guthrie

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*Above all else, guard your heart,
for everything you do flows from it. Proverbs 4:23 NIV*

I remember growing up hearing Proverbs 4:23 over and over when talking about dating. This scripture goes far beyond protecting your heart from who you choose to date or not to date. This scripture, is giving us a *call to action* to guard what is more valuable than any tangible, earthly possession. Everything we are, flows from the heart because out of the heart is the evidence of life. Every day we wake up with a choice, to guard what comes into our hearts. It's a true battle.

“Guarding your heart involves guarding what is *said*, what is *seen*, and what is *done*.”

Here are some areas that could potentially cause you to let your guard down and become vulnerable to the enemy.

Media

A cross platform study from Nielsen (2014) says, “The average American adult spends 11 hours per day with electronic media. That includes the age-old activities of watching TV and listening to the radio.” This statistic is alarming! Living in this day in age we have to keep our guard up almost constantly with all the media being thrown at us.

People

As Christians, our call is to love people and show Christ to everyone we come into contact with. If there is someone in your life that is toxic, we should be very diligent in protecting our heart around people such as this. 2 Corinthians 6:14 (NASB) says, “Do not be bound together with unbelievers; for what partnership have righteousness and lawlessness, or what fellowship has light with darkness?”

Self

Sometimes the hardest thing to protect our hearts from is ourselves. Self-doubt, pride, and insecurity are some of the biggest stumbling blocks we face as

Christians. The word tells us in Romans 12:1-2, "Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." A very wise woman I know has a saying, "For the Word to work for you, you have to work the Word." Meaning, you can't merely just read the Bible, you have to put into practice.

Our hearts are one of our most valuable assets. God has created us this way for a reason. We as Christians, have a duty to protect our hearts and understand the potential threats that come our way. We have to understand that, "What goes in, must come out". If we constantly guard our hearts, and make sure we put the right things in, we will produce good fruit. If you are struggling with guarding your heart to the things of the world, remember, you are not alone. We have a duty to one another to be accountable and to help each other when the going gets tough.

Lord Jesus, today I pray that you help us to guard our eyes and ears from things that are not of you. Lord, open our eyes to any stumbling blocks that may be in our way. Also, protect us and show us how to be diligent with our hearts. Help us to be a light to the darkness and show your love everywhere we go. Amen

Today read chapter 4 of Proverbs and ask God to reveal His Word to you.

What verse stood out to me _____

What is God's wisdom to me _____

What can I do today to go forward with God's wisdom in my life _____

Schalene and Chad Guthrie reside in Bentonville, Arkansas. They have a beautiful baby girl, Paisley. They both work for Walmart Corporate Offices. Although they live in Arkansas, they are actively a part of One Church and travel to Oklahoma frequently on the weekends to be involved. Their families live in the Tulsa area and enjoy their visits as well. Schalene sings on the Praise Team at One Church and is involved in many areas of ministry having started One Girl One Mission with her sister Courtney. Chad plays the drums on the Praise Team and supports the music ministry as well as other areas.