We've learned in a variety of ways this month that we are engaged in a spiritual battle and the battleground is our hearts. **But we do not fight alone**. God has provided his word to guide us, his people to encourage us, his ear to our prayers, and the tools we need to succeed.

I must be careful to guard my own heart. It's not all up to God. He provides the tools and the armor; I must be willing to use them. Just listen…

- Watch _____ your heart with all diligence, for from it flow the springs of life. (Prov 4:23)
- Set a _____, LORD, over my mouth; keep watch over the door of my lips. (Psa 141:3)
- "_____, and be on your guard against every form of greed…" (Luke 12:15)
- "Be _____ guard for yourselves and for all the flock…" (Acts 20:28)
- "Timothy, _____ what has been entrusted to you…" (1 Tim 6:20)
- "…be on your guard so that you are not carried _____ by error." (2 Pet 3:17)

Protecting What Is Valuable:

1. Pay attention to the _____ God gives us throughout the Bible
2. Put _____ the full armor of God (Eph 6:11-18)
3. Recognize that some things are just _____ helpful

One last verse to remember: "For from _____, out of the hearts of people, come the evil thoughts…" (Mark 7:21). **Guard your heart!**

For Class & Family Discussion:

- Let's make this as practical as possible: *how* can you guard your heart?

- What does Proverbs 4:23 mean when it says that "from" our hearts "flow the springs of life"?

- One of the "guards" God has given me to use for my heart is my conscience. Let's read Acts 24:16 and 1 Timothy 1:5 together. What is your conscience and how can it help you guard your heart?

- Roger encouraged us to pay attention to the warnings God has given us in the Bible. Can you think of some of those warnings?

- Roger emphasized in the video that "some things are just not helpful." Things like…

- What did Jesus promise us in Matthew 5:8? What does it mean?

- Romans 8:31-39 seems like a very appropriate place to end this series. What does it mean to be "more than conquerors" and how is it possible?