
The Way Of Wisdom

"Heart Health"

Proverbs 4:23

03-22-26

Introduction: We are working our way through Proverbs in search of wisdom.

1. This is needed because we live in a broken world where folly surrounds us.
2. Do you ever wonder why folly is so acceptable?
3. There is no single answer to this question, but Solomon shares what I see as a foundational reason.
4. There is an undeniable link between heart and life.
5. When the heart is not anchored in truth, life will begin to reflect this reality.
6. Thus, we need to do a better job at guarding our hearts.

I. By Understanding How the Heart Works

A. Development

B. Heart Disease

C. Heart Health

II. By Developing Healthy Habits

A. Anchor Your Heart In Truth

B. Filter Everything Through Truth

Conclusion: The key is balance. The more truth reigns in our hearts, the more freedom we experience in our personal journeys.