

Protection = Know the commandments of God and obey them diligently. *Doctrine & Covenants 42:1b Again I say unto you, Hearken and hear and obey the law which I shall give unto you.*

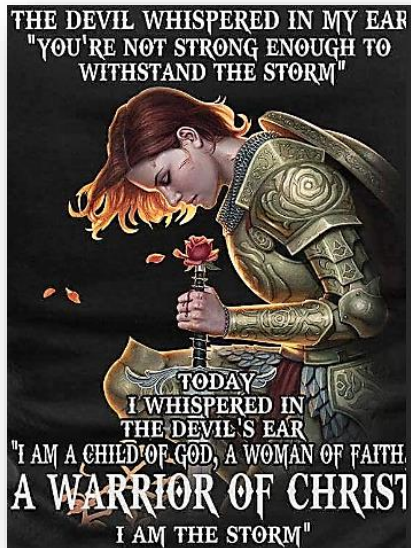
Doctrine & Covenants 24:4b Keep my commandments continually, and a crown of righteousness thou shalt receive. And except thou do this, where I am thou canst not come.

7 Satan leads us into feeling sorry for ourselves, which if not curbed, can lead to total self-pity. He knows that self-pity leads you into anger towards God and eventually alienation from God.

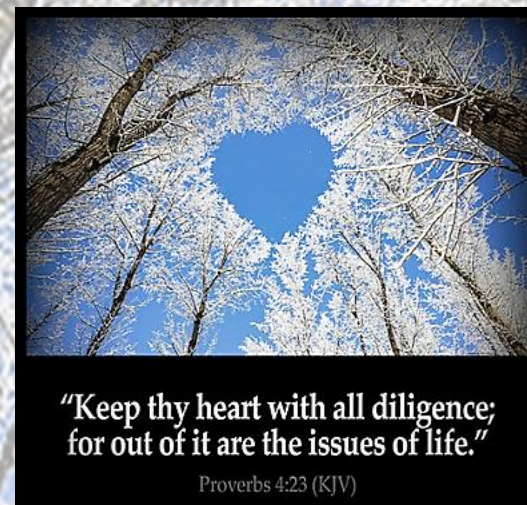
Protection = Develop an attitude of gratitude, giving thanks to God even in the midst of our trials. We can praise and thank God even in the midst of trials and trouble for he has promised to turn it all to our good. Yes, the creator of heaven and earth can turn the worst things that happen to us into something good, if we will trust in him and not go into self-pity.

Romans 8:28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

1 Thessalonians 5:16-18 Rejoice evermore. Pray without ceasing. In everything give thanks; for this is the will of God in Christ Jesus concerning you.



February Bulletin Insert - 2020 *Guarding Our Hearts*



The word **keep** = as found in Proverbs 4:23 in the Hebrew means: To guard, maintain, and obey. The word **diligence** = in the Hebrew means: To watch, to hedge about, be circumspect, save self, look narrowly and observe, wait for and watch for.

This scripture is a warning about guarding the condition of our hearts, since all the issues of life flow from our hearts it is most important that we guard it carefully. Your thought life controls you. What you think is what you are. From your heart springs your thoughts, emotions and the well spring of life.

The condition of our hearts is so important to God that He destroyed a whole civilization because of the evil condition of their hearts. *Genesis 8:10 And God saw that the wickedness of man had become great in the earth; and every man was lifted up in the imagination of the thoughts of his heart; being only evil continually.* Your thoughts—positive, negative, good, or bad—control your attitudes. Your attitudes are the sum total of your thoughts. Your attitudes lead to your actions.

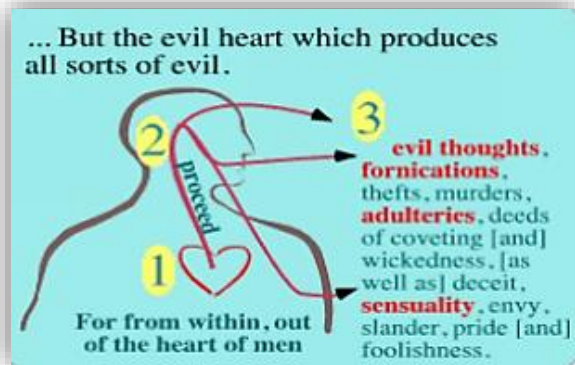
As a man thinketh in his heart, so is he (Proverbs 23:7).

That is why Paul says to us in *Romans 12:1-2 I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world; but be ye transformed by the renewing of your mind, that ye may prove what that good, and acceptable, and perfect will of God is.*

The Lord wants us to present our bodies to Him, including our minds. When we are in tune with God and have His Spirit dwelling within us, we will think right, live right and do right. When God is not first in our lives, we get off course, we think wrong, we live and do wrong. Can you see why the devil battles for your mind? Yes, a terrible battle is taking place right now for your mind/heart. Satan wants us to have hardened hearts and tempts us continually. *1 Nephi 3:125 And the mists of darkness are the temptations of the devil, which blindeth the eyes, and hardeneth the hearts of the children of men, and leadeth them away into broad roads, that they may perish, and are lost. God has given us important instruction on how to fight this battle for our hearts in his scriptures. We must study them to seek out these instructions.*

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Digging Deeper to Guard Your Heart



4 Satan reminds us of our sins and our past, seeking to destroy our self-confidence and convince us that we under God's judgment and not worthy to be in God's service. He wants us to feel guilty and just give up the battle.

Protection = Daily reading of the word increases our faith = When our faith is strong, we know that Jesus died for our sins and if we repent, we are washed in the Blood of the Lamb of God. That is why scripture study is so important. We can fight Satan's lies with the truth.



Ephesians 1:7 In whom we have redemption through his blood, the forgiveness of sins, according to the riches of his grace.

Doctrine & Covenants 58:9c Behold, he who has repented of his sins, the same is forgiven, and I, the Lord, remembereth them no more.

5 Satan amplifies our worries causing us to be anxious and afraid. Often rendering us ineffective and unable to serve.

Protection = Memorize Scripture = We will not be fearful if we focus our minds on the promises of God. Memorizing scripture = having God's word hidden "stored/memorized" in our hearts and minds, frees us of fear. When fear comes upon us, and we remember or quote scriptures that promise God's help in times of trouble, our fear leaves us. Faith and fear cannot dwell together. *Doctrine & Covenants 68:1d Behold, this is the promise of the Lord unto you, O ye my servants: wherefore, be of good cheer, and do not fear, for I, the Lord, am with you and will stand by you.*

6 Satan always seeks to tempt us into disobedience = To sin.

1 Satan seeks to dampen your passion for God by dimming your desire for prayer.

Protection = Start your day with prayer and pray continually as you go through the day sending up arrow prayers. Don't stop praying, even though you don't feel like praying, pray anyway. *2 Nephi 14:11 For if ye would hearken unto the spirit which teacheth a man to pray, ye would know that ye must pray: for the evil spirit teacheth not a man to pray, but teacheth him that he must not pray.*

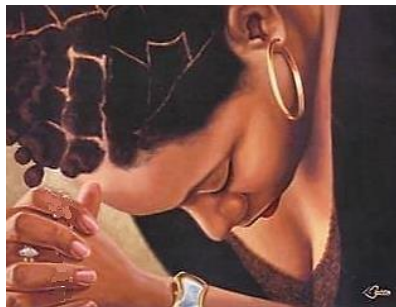
2 Satan seeks to demean you and make you feel less than you are = worthless.

Protection = Know your true identity. Do not forget you are a child of the King. *Doctrine & Covenants 24:1a Hearken unto the voice of the Lord your God...for verily I say unto thee, All those who receive my gospel are sons and daughters in my kingdom.*

3 Satan seeks to destroy your family. He wants a divided family. He wants division in the home, the church and among friends. He wants you to think others are your enemy.

Protection = Again prayer is a uniting force within our families, our church and in all our relationships = When division arises stop and pray together. Know who the real enemy is and pray against him.

Alma 16:219 Yea, humble yourselves, and continue in prayer unto him; cry unto him when ye are in your fields; yea, over all your flocks; cry unto him in your houses, yea, over all your household, both morning, mid-day, and evening; yea, cry unto him against the power of your enemies; yea, cry unto him against the devil, who is an enemy to all righteousness.



Matthew 15:17-19 But those things which proceed out of the mouth, come forth from the heart; and they defile the man. For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies. These are things which defile a man.

Elbert A Smith, in his book *Blue Pencil Notes*, talks about our hearts. He says: “Heart and mind must be synchronized and not at war with each other. A man divided against himself cannot stand. The heart moves us powerfully: sometimes too little, mean deeds or speech. Things we should be ashamed of and sometimes we are ashamed of...On the other hand, the heart may move to the most sublime sacrifice, even the giving of a life to a great cause or to save a friend or family member...Good impulses require intelligent direction; bad ones need to be curbed and directed into other channels. Those who rule consecrated hearts with wise and consecrated heads are home builders—good citizens. Those who are driven by undisciplined hearts leave a trail of wreck and ruin. And so, the wise man wrote, “*Keep thy heart with all diligence, for out of it are the issues of Life (Proverbs 4:23).*”



Instructions & Helps for Guarding Your Heart

Look at your February calendar page and you will find some suggestions there; but let us also look at the rest of Proverbs 4 and other scriptures that tell us how to guard our hearts.

Proverbs 4:24-27 tells us how to guard our hearts:

(Paraphrasing)

1. Guard our speech.
2. Guard what we see.

3. Carefully choose our pathway.
4. Stay the course and avoid evil.

Action Section

Psalms 119 is all about our hearts. We find multiple instructions on how to guard our hearts: (Paraphrasing)

1. Seek God with our whole heart by walking in his ways and keeping God's precepts and statutes diligently.
2. Praise God with an Uprightness of Heart.
3. Do no iniquity.
4. Don't wander from God's commandments but keep his commandments and our hearts will be enlarged.
5. To keep God's word hidden in our hearts and to not sin against them or forget them because they are a lamp unto our feet, and we are to let our hearts stand in awe of God's word.
6. Our lips should offer praise to God and our tongues should speak God's word.
7. We are to hate vain thoughts and tell evil doers to depart from us.
8. We are to cry unto God with our whole heart and he will quicken us and answer us.
9. We are to testify of God's goodness and loving kindness.
10. We are to think positively. At least seven times a day praise God, for he is faithful to all generations and a righteous judge.

Ephesians 6 is all about Guarding the Heart:

Ephesians 6:11 Put on the whole armor of God, that ye may be able to stand against the wiles of the devil. If we put on the armor each day which is: belt of truth, breastplate of righteousness, feet shod with the gospel, shield of faith, helmet of salvation, the sword of the Spirit, which is the word of God, and praying always, our hearts will be safe.

Can you see that if we would do the things listed in the above scriptures how these actions would guard our hearts? Let us respond immediately and put these things into action in our daily lives.



We are not alone in this battle to guard our hearts. If we call upon God, he will assist us in our warfare. He is powerful and against him, Satan has no power. When David went up against Goliath, he was definitely underpowered. The foe before him was a fighting machine, a giant of a man that the strongest warrior was afraid of, yet the young boy went with nothing, but a sling shot. David

was victorious because he knew to tap into the ultimate power source. David went in "The Name of the Lord of Hosts". That was David's power source and it is also ours.

It is important though to know our enemy and his strategy, so we can protect our hearts.

Speaking of our day, Nephi prophesied: 2 Nephi 12:24 For behold, at that day shall he rage in the hearts of the children of men, and stir them up to anger against that which is good. So, we know we live in a day and time when Satan is seeking to take our hearts captive for his evil cause. Let us look at some of his strategies and what we can do to protect our hearts. Here are a few of the things we can be aware of and protect ourselves against.