

## Keep and guard your heart with all vigilance and above all that you guard

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since our hearts (spirits), are the place where the life of God's Spirit flows in and through us; it's essential for us to constantly be aware of their condition.

Proverbs 4:23 "Keep and guard your heart with all vigilance and above all that you guard, for out of it flow the springs of life."

Those times we feel unease rise in our hearts, we must be diligent to take immediate action before that unsettling frustration leads to something that has the power to hinder the flow of supernatural life in and through our hearts. What a joy to know we don't need to fret and wonder over how to deal with the issues of our hearts. We have a wonderful partner in the Holy Spirit, Who not only loves us completely, but knows us thoroughly and is more than willing and able to lead us through the process of keeping our hearts healthy and uncontaminated.

Psalms 139:23-24 "Search me [thoroughly], O God, and know my heart! Try me and know my thoughts! And see if there is any wicked or hurtful way in me, and lead me in the way everlasting."

Two truths stand out to me here. Firstly, a way to an uncontaminated heart is a complete self surrender to the thorough inspection of the Holy Spirit. I really love this process, because I'm not afraid of the shameful things He may find, rather, I'm confident in how much He loves and cares for me. He is not critical or judgemental, and we can trust Him to do a complete and perfect work in us, without subjecting us to scrutiny.

Psalm 51:17 "My sacrifice [the sacrifice acceptable] to God is a broken spirit; a broken and a contrite heart [broken down with sorrow for sin and humbly and thoroughly penitent], such, O God, You will not despise."

A couple of months ago, my older son was playing with his siblings and a few friends in a river, on a farm. The mud on the river bed is a thick, black, mucky clay that sucks and sticks fast onto anyone who ventures into it. Somehow, in all the excitement, a hand full of that yucky, black mud got flung straight into his eyes. No matter how they tried, they just couldn't get it splashed out and he was in agony. Somehow, they managed to lead him back to the house where I could lay him down and gently get each mucky, clump of black goo out of his eyes. Afterward, I gently treated his eyes with disinfectant drops. My son's desire to get free of the pain, far outweighed any discomfort he endured from me prodding and probing into his extremely sensitive eyes. He trusted me to take care of him, no matter how intrusive the process. Just the same, we can openly and wholeheartedly surrender ourselves to the precious Holy Spirit, welcoming His intimate touch in the most secret chambers of our hearts and minds. All it takes is a willingness for us to come before Him, and yield ourselves to His touch. And then to wait for and expect Him to wash over our souls, doing a deep, thorough work through His presence. I've often found some of my greatest times of refreshing and healing comes from 'losing myself' in His presence during worship, whether alone at home, in my car, or even in church.

Isaiah 55:1 "WAIT and listen, everyone who is thirsty! Come to the waters; and he who has no money, come, buy and eat! Yes, come, buy [priceless, spiritual] wine and milk without money and without price [simply for the self-surrender that accepts the blessing]."