

Maple Springs Baptist Church

Series: Stressed

Week 7: Heart Attacks

HOW DO I CLING TO GOD'S PEACE in the FACE of SPIRITUAL ATTACK? PROVERBS 4:23-27.

The essence of who we are & the direction of our lives flows out of our hearts, which means everything about us can be affected by what we allow to touch our hearts.

TRUTH #1: Guard What You Allow to Influence Your Heart. When you aren't careful about guarding what you allow to influence your heart, you will increase the amount of stress in your life.

1. SATAN IS REAL.

Satan is a fallen angel. **EZEKIEL 28:15-16.**

Satan has real power within our world. **JOHN 12:31; 2 Corinthians 4:4. EPHESIANS 6:12. 1 PETER 5:8.**

2. SATAN IS A LIAR JOHN 8:44. Ephesians 6:11.

Your enemy attacks by exploiting your weaknesses through deception which usually comes in 1 of 3 forms. (1) **By twisting the truth** to use it against us. (2) **Through doubt** to make us question the truth. (3) **With distraction** to lead us away from the truth. **GENESIS 3:1-6.**

3. Satan Is Defeated. REVELATION 20:10.

TRUTH #2: SET the AGENDA when it comes to the day-to-day work of guarding your heart.

PROVERBS 4:23. Solomon warned his son to guard his heart, & then he explained how to do that in 3 specific areas of our life:

1. EARS. PROVERBS 4:24. PHILIPPIANS 4:8.

2. EYES. PROVERBS 4:25. PSALM 101:2-3.

3. FEET. PROVERBS 4:26-27.

Keep watch over your heart by guarding it. Understanding that you have an enemy & you're constantly under attack. Then set the agenda for each day by establishing boundaries for what you listen to, what you look at, & where you go.