

SERMON OUTLINE

SERMON TITLE: Guard Your Heart

SERMON REFERENCE: Psalm 119:9-16

LWF SERMON NUMBER: #2285

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1) INTRODUCTION

- a) Children today are in greater danger than children on the wild frontier many years ago.
 - i) There is danger everywhere, and we need to do something about it.
 - ii) Satan wants to corrupt their minds.
- b) The Bible has much to say about the mind.
 - i) In the Old Testament, the “mind” is called the “heart.”
 - (1) Proverbs 4:23
 - (2) Proverbs 23:7
 - ii) Romans 8:6
 - iii) Colossians 1:21
 - iv) Proverbs 15:26
- c) Pornography is no longer something we see or pick up only in a back alley somewhere.
 - i) It has gone mainstream.
- d) We need to guard our minds so that we can protect our homes.
 - i) People have done all kinds of things to see if they can correct their thought life.
 - (1) They have gone to remote islands.
 - (2) They have lived as hermits.
 - (a) But they have not been able to control the thought life.
 - ii) But there is a way to control the thought life, and it works.
 - (1) If you will do what the verses in today’s message tell you to do, then you will guard your heart.
 - iii) If you guard your heart, then you are prepared to protect your home.
- e) In today’s message, we will look at seven steps for a clean thought life.
 - i) Psalm 119:9-16
 - ii) If you will do these seven things, then you will (by God’s grace, for His glory, and for your good) control your thought life.
 - iii) If you don’t do these things, then no matter how well your intentions are, you are going to fail.

2) THE PRINCIPLE OF PURIFICATION

- a) Get perfectly clean.
- b) Psalm 119:9
 - i) In this verse, the Hebrew word for “way” has the idea of a rut or a groove.
 - (1) It is like a groove in a road or a muddy rut.
 - (2) What the devil has done to many people is to put a groove in their minds.
 - (a) He has put a muddy rut or a dirty track in their mind.
 - (i) They have a one-track mind.
 - (ii) No matter what is said, they will make something suggestive out of it.
 - ii) When we think of a “way,” think of a secret addiction.

- (1) Jeremiah 11:8
 - (a) “The imagination of their evil heart” is what we call a dirty mind.
 - (i) Rather than thinking of God and the Word of God, they play dirty scenes across the theater of their minds.
 - 1. God knows their thoughts.
 - 2. Matthew 5:27-28
 - a. This passage of Scripture talks about mental adultery.
- c) Wherewithal shall a person cleanse that dirty rut, that internal addiction?
 - i) Psalm 119:9
 - (1) The word “cleanse” in this verse is the word that we get our word “catharsis” from.
 - (a) Jesus used this word in John 15:3.
 - (i) Think of the Lord Jesus cleaning out everything in your mind that is not what it ought to be.
 - 1. He will do that.
 - ii) 1 John 1:9
 - (1) No matter what your thought life has been, you can be as clean and as pure as the driven snow.
 - (2) The word “confess” here is a combination of two words that literally mean “to say the same” or “to speak the same thing.”
 - (3) A confession of sin is not an admission of sin.
 - (a) It is not merely saying that we have done thus and such.
 - (b) It means that we agree with God.
 - (i) We take sides against that sin.
 - (ii) We say with God that we have done it, and it is wrong.
 - (iii) We say with God what He says about sin.
 - 1. That is a confession.
 - (4) Once we make that confession, Almighty God is faithful and just to forgive and cleanse us.
- d) If all God did was to forgive us and not cleanse us, then that would not be enough.
 - i) Because the problem would still be on the inside.
 - ii) According to His own Word, God would be unfaithful and unjust.
- e) No matter what has been in your mind, no matter what kind of rut is there, it is in the Word of God that you can find this cleansing.
 - i) Psalm 119:9
 - ii) John 15:3
- f) To have victory, you have to get your mind clean.
 - i) There is no reason that you cannot do that.
 - ii) If there is any unconfessed or unrepented of sin, then you are not going to have victory.
 - (1) If you don’t have victory in one area, then you cannot have victory in another area.
 - (a) You cannot have segmented victory.

(2) 1 John 1:9

(a) This verse says our “sins,” not our “sin.”

- g) Keep the corners of your mind clean.
 - i) Don't just clean up the main part.
 - ii) Keep it all perfectly clean.
 - (1) Let God make you perfectly clean.
- h) Do you long to be perfectly clean?
- i) Would you like to say that there is nothing between your soul and the Savior?
 - i) There is no reason that you cannot be absolutely, totally, and perfectly clean.
 - (1) 1 John 1:9

3) THE PRINCIPLE OF DETERMINATION

- a) Determine to stay clean.
- b) Psalm 119:10
- c) The reason why some will not have victory is because they are half-hearted rather than whole-hearted.
 - i) No one has ever won a moral victory half-heartedly.
 - ii) Deuteronomy 4:29
 - (1) Have you ever sought God with all of your heart?
 - iii) James 4:8
 - iv) James 1:8
- d) Daniel 1:8
 - i) Have you purposed in your heart that you will not defile yourself?
- e) Job 31:1
 - i) The Hebrew idea in this verse is, “I will not lust after a woman.”
 - (1) “I made a covenant with my eyes.”
 - (a) Have you done that?
- f) Have you determined with all of your heart to be pure?
 - i) If you don't say that and mean it, then you are going down without that determination.
 - (1) God does business with those who mean business.
 - ii) After you do this, it does not mean that the battle is over.
 - (1) Once you get perfectly clean, then determine that by God's grace, you will stay clean.
- g) Years ago, people would hunt an animal, called an ermine, that they would use to make fur coats.
 - i) This particular ermine had a coat of snow white.
 - ii) People would find the hole where the ermine would run in to hide.
 - (1) They would smear filth around the hole.
 - (a) They would use something vile, dirty, or defiling.
 - iii) Dogs would hunt the ermine, and the ermine would run to the hole to get away.

- iv) But when the ermine would see the filth, it would realize that it would have to defile its snow-white coat in order to go into the hole.
- v) The ermine, rather than defile itself, would turn around and face the dogs.
 - (1) It would give its life rather than defile itself.
 - (a) Does purity mean that much to you?
 - (i) If not, then you are half-hearted.
 - 1. If you are half-hearted, then you are not going to make it.
- h) It has been said that he who would not fall down ought not to walk in slippery places.

4) THE PRINCIPLE OF FORTIFICATION

- a) Fortify yourself with the Word of God.
- b) Psalm 119:11
- c) We can get clean; we can be determined.
 - i) But we need more than that.
 - (1) We need something to fortify ourselves on the inside.
- d) We need to be fortified by the Word of God.
 - i) First, repent and get clean.
 - ii) Then, refuse to participate.
 - iii) Next comes replacement.
 - (1) Put something in the place of that which you have refused and that which God has taken out.
 - (a) We put something else back in.
 - (b) Nature abhors a vacuum.
 - (2) The Word of God hidden in your heart will fortify you.
 - (a) But it has to be in your heart, not in a dresser drawer.
 - (b) Psalm 119:11
- e) One of the greatest weapons against pornography is hiding God's Word in your heart.
 - i) This is done through memorization.
- f) Scripture is the mind of God.
 - i) When we have Scripture in our hearts and minds, we are thinking God's thoughts after Him.
 - ii) Casual reading of the Bible is like a bee just flitting over the surface of a flower.
 - iii) Memorization is like the bee going down into the heart of the flower and gathering the nectar.
 - iv) Meditation is like the bee taking it back to the hive and making honey out of it.
 - (1) We need to gather the Word of God so that we can meditate on the Word of God.
- g) Many people remember what they ought to forget and forget what they ought to remember.

- i) Scripture memory helps us remember what we ought to remember and forget what we ought to forget.
- ii) Psalm 119:11
- h) To teach children to live victoriously, teach them to memorize Scripture.
 - i) Reward them for memorizing Scripture.
 - (1) It is not a bribe; it is a reward.
 - (a) A bribe is an inducement to do evil.
 - (b) A reward is a recognition for doing good.
 - (2) The Bible teaches rewards.
 - (a) Revelation 22:12
- i) Philippians 4:8-9
- j) The thought is the dress rehearsal for the deed.
 - i) Sow a thought, you reap a deed.
 - ii) Sow a deed, you reap a habit.
 - iii) Sow a habit, you reap a character.
 - iv) Sow a character, you reap a destiny.
 - (1) It all begins with the thought.
 - (a) It has been said that:
 - (i) Good thoughts bear good fruit.
 - (ii) Bad thoughts bear bad fruit.
 - (iii) And man is his own gardener.
- k) We can choose our thoughts like we choose our friends.
 - i) We need to put a guard on our mind.
 - (1) There are certain things that we don't let through.
- l) How to put a gate at your mind:
 - i) The reliance test
 - (1) "Whatsoever things are true."
 - (a) Philippians 4:8
 - (2) Can you rely on it?
 - (3) Is it true?
 - (4) We have a generation today that doesn't believe there is such a thing as absolute truth.
 - (5) We don't ask any more if something is true.
 - (a) We just ask if it works.
 - ii) The respect test
 - (1) "Whatsoever things are honest."
 - (a) Philippians 4:8
 - (i) The word "honest" here in the Greek language literally means "whatsoever things are honorable, worthy of respect."
 - (2) Don't let anything dishonorable into your mind.
 - iii) The rightness test
 - (1) "Whatsoever things are just."
 - (a) Philippians 4:8
 - (i) The word "just" here means "that which is straight."

- (2) Don't let any crooked or warped thinking into your mind.
- iv) The reverence test
 - (1) "Whatsoever things are pure."
 - (a) Philippians 4:8
 - (i) The word "pure" here actually has the idea of "free from contamination."
 - 1. It was used of animals that were ready to be sacrificed.
 - a. An animal that was contaminated would not be fit for sacrifice in Bible times.
 - b. The animal would have to be pure and without contamination.
 - (2) Can you worship God with your thoughts?
 - (a) With the Lord Jesus Christ looking into your mind, could you say, "Lord, that is a thought that I'm happy to entertain with You"?
 - (i) If so, then that is a pure thought.
- v) The relationship test
 - (1) "Whatsoever things are lovely."
 - (a) Philippians 4:8
 - (b) This does not mean beautiful to look at.
 - (c) This is a combination of two Greek words which means "moving towards love."
 - (i) If it moves you to love, then think about it.
 - (2) One of the worst things about pornography is that it is the opposite of love.
 - (a) Love wants to give; lust wants to get.
 - (b) Pornography looks upon people as objects.
 - (i) Things to be used rather than people to be truly loved.
 - (3) Ask yourself the following:
 - (a) "Is this causing me to have an attitude of love toward someone else?"
 - (b) "Is it causing me to look at someone made in the image of God as less than loveable?"
- vi) The refinement test
 - (1) "Whatsoever things are of good report."
 - (a) Philippians 4:8
 - (i) This means "high tone."
 - (2) We don't have to listen to things that are low tone.
- vii) Philippians 4:8
- m) God made us where we cannot think two thoughts at one time.
 - i) If we are thinking what is right, then we cannot be thinking what is wrong.
 - ii) The way not to think what is wrong is to think what is right.
 - (1) That is the reason the Bible gives us a list of things to think about in Philippians 4:8-9.

- n) There is a difference between unsaved people and saved people and how they look at these things.
 - i) They see them from a different viewpoint.
 - ii) It is not only a matter of what we think about but “how” we think about these things.
 - (1) The saved person will think about it in the light of God’s Word.
 - iii) The Christian mind and the non-Christian mind may think about the same things.
 - (1) But they don’t think about the same things the same way.
 - iv) If you are with your child and something salacious bombards you, then take the Word of God and ask your child what God’s Word says about it.
 - (1) We discern things from different viewpoints.
 - (2) Never willingly bring your mind to anything like that; but when faced with it, see it through the lens of God’s Word.

5) THE PRINCIPLE OF VITALIZATION

- a) Ask God to teach you.
- b) Psalm 119:12
- c) Turn fortification into prayer.
 - i) Ask God to put His hand upon you.
 - ii) Facts and memory are not enough, even Bible facts.
 - iii) We cannot separate the Word of God from the God of the Word.
 - iv) We must pray.
 - (1) “God, make it real in my heart.”
 - (a) The Holy Spirit will take the Word of God and will vitalize it to us.
- d) It is good to have a mentor to teach the Word of God to us.
 - i) But we can pray, “Lord, teach me. Teach me Thy statutes.”
- e) Prayerlessness indicates that we’re confident that we can do it by ourselves.
- f) Hide God’s Word in your heart, and ask God to make it real to you.
 - i) Rattling off memory verses is not enough.

6) THE PRINCIPLE OF VERBALIZATION

- a) Keep the Word of God on your lips.
 - i) Psalm 119:13
 - ii) Begin to verbalize it.
- b) Confession and profession are linked together.
 - i) Take the Word of God and download it to other people.
 - ii) Speak it out loud to God.
 - iii) Sing it.
 - (1) Singing Scripture is one of the best things we can do to have the Word of God in our mouths and on our lips.
 - (a) There is a symbiotic relationship.
 - (i) The Word of God goes from the heart to the mouth.
 - (ii) Out from the mouth and back to the heart.

1. One builds upon another.
 - iv) When we give the Word of God away, the Word of God sticks to us.
 - v) Learn to speak the Word of God, share the Word of God, and sing the Word of God.
 - (1) This positions us where we will reinforce one another.
 - (a) We need accountability.
 - c) We read in the book of the Revelation where the early Christians were at warfare with Satan.
 - i) Revelation 12:11
 - ii) We can give our testimony to other people.
 - (1) Not only give it to other people, but give it also to ourselves.
 - (a) Have you ever given your testimony to yourself?
 - (i) Just say who you are in the Lord Jesus Christ.
 - iii) We can give our testimony to the devil.
 - (1) The next time Satan gets on your trail with some dirty fault or temptation, you can say this to him:
 - (a) His back was broken at Calvary.
 - (b) He is defeated.
 - (c) He has no right or authority in your life.
 - (d) You belong to Jesus Christ.
 - (i) Your body, heart, soul, and mind are His.
 - (e) And in the name of Jesus, be gone.
 - d) James 4:7-8

7) THE PRINCIPLE OF EVALUATION

- a) Remember your true riches.
- b) Psalm 119:14
- c) Moses made a decision.
 - i) Moses saw the pleasures of sin.
 - ii) He saw the riches of Christ.
 - iii) He made an evaluation.
 - iv) Then, he made a choice.
 - (1) Hebrews 11:24-26
- d) We have to have an evaluation.
 - i) We need to teach our children and ourselves what we are giving up.
 - ii) Who wants to give up diamonds for dirt?
- e) We have to choose.
 - i) Choose the true riches.
 - (1) And we will be satisfied with the Lord Jesus Christ.
 - ii) A mind that is feeding on trash is a mind that is hungry.
 - (1) You don't have to be hungry.
 - (a) You can feed on Jesus.
 - (i) Psalm 119:14

8) THE PRINCIPLE OF MEDITATION

- a) Maintain a constant communion with the Lord.
- b) Psalm 119:15-16
- c) Meditation is a powerful force to keep our minds pure.
- d) There are three elements in meditation:
 - i) Time
 - ii) Quietness
 - iii) Concentration
- e) If we spend time concentrating on the Word of God, then it will do something wonderful for our thought life.
- f) The word “meditate” has two thoughts:
 - i) It has the thought of a cow chewing the cud.
 - (1) A cow will eat clover and alfalfa and digest them.
 - (2) Then, the cow will go out to meditate.
 - (a) She will lie down in the pasture.
 - (b) Her brain sends a message to her stomach and up comes the alfalfa and the clover.
 - (i) The cow will chew it, get the juice out of it, and then swallow it back down again.
 - (3) The Word of God is like that.
 - (a) We ingest it.
 - (b) We digest it.
 - (c) We chew on it over and over again.
 - ii) It is also like a tune you can’t get out of your mind.
- g) Get the Word of God in your mind so that you meditate on it day after day.
- h) Psalm 119:15
- i) Psalm 119:23
- j) Psalm 119:48
- k) Psalm 119:97

9) CONCLUSION

- a) Take these seven principles, memorize them, and put them into practice.
- b) Get your heart clean.
- c) Guard your heart so you can protect your home.
- d) Then, walk your children through these principles.
 - i) Tell them that they can be clean.
 - (1) They don’t have to let the devil have a dirty rut in their minds.
- e) God does business with those who mean business.
 - i) Determine with your whole heart to have victory.
 - (1) No matter what the price, you are going to stay pure.
- f) The best way to guard your heart is to have the Lord Jesus Christ on the inside.
 - i) Christianity is not behavior modification.
 - (1) It’s an internal change.

- (2) It's Christ in the heart.
- g) Do you know Jesus personally? If not, you can pray to Him today by asking Him to come into your life.
 - h) Call upon Jesus today. Repent (turn) from your sins, and turn to Jesus. Ask Him to forgive you of your sins, and acknowledge Him as Lord of your life.
 - i) Romans 3:23
 - ii) Romans 10:9-10
 - iii) Romans 10:13
 - iv) Acts 16:31
 - v) John 3:16