

## Psalm 95

<sup>1</sup> Come, let us sing for joy to the Lord;  
let us shout aloud to the Rock of our salvation.

<sup>2</sup> Let us come before him with thanksgiving  
and extol him with music and song.

<sup>3</sup> For the Lord is the great God,  
the great King above all gods.

<sup>4</sup> In his hand are the depths of the earth,  
and the mountain peaks belong to him.

<sup>5</sup> The sea is his, for he made it,  
and his hands formed the dry land.

<sup>6</sup> Come, let us bow down in worship,  
let us kneel before the Lord our Maker;

<sup>7</sup> for he is our God  
and we are the people of his pasture,  
the flock under his care.

Today, if only you would hear his voice,

<sup>8</sup> “Do not harden your hearts as you did at Meribah,  
as you did that day at Massah in the wilderness,

<sup>9</sup> where your ancestors tested me;  
they tried me, though they had seen what I did.

<sup>10</sup> For forty years I was angry with that generation;  
I said, ‘They are a people whose hearts go astray,  
and they have not known my ways.’

<sup>11</sup> So I declared on oath in my anger,  
‘They shall never enter my rest.’”

## Proverbs 4:23

Above all else, guard your heart for it is the wellspring of life.

## Ezekiel 11:19

I will give them an undivided heart and put a new spirit in them; I will remove from them their heart of stone and give them a heart of flesh.

living the dream



## 5 KEYS TO WINNING THE BATTLE FOR CONTROL OF YOUR LIFE

1. Prepare your mind 1 Peter 1:13-15

**2. Guard your heart Proverbs 4:23**

3. Fix your eyes 2 Corinthians 4:18

4. Direct your feet Ephesians 6:15

5. Tame your tongue James 3:7-8

## Guard Your Heart - Proverbs 4:23

Proverbs 4:23 Above all else \_\_\_\_\_

### GUARD YOUR HEART

Above all else =

Things & people that tug on our heart:

Mark 12:30 Love the Lord your God with \_\_\_\_\_ your heart

Psalm 95:7-8 Today, if you hear his voice, do not \_\_\_\_\_ your hearts...

Background:

We harden our heart when we are presented with God's truth and we...

Signs of a hardening heart

- 1.
- 2.
- 3.
- 4.
- 5.

Jer 17:9

### GOD GIVES US A NEW HEART - THE WELLSPRING OF LIFE

Ezekiel 11:19 I will give them an \_\_\_\_\_ heart and put a new spirit in them;

I will remove from them their heart of \_\_\_\_\_ and give them a heart of flesh.

An undivided heart:

Heart of flesh:

How is the heart of the wellspring of life?

1. What are some of the things and people who "tug" on your heart.
2. How do you 'balance', "love the Lord your God with all your heart" (Mark 12:30), with loving all the other people, and things, in your life?
3. Read Psalm 95. You will notice that verses 1-7a, are filled with praises and thanksgiving to God, but then from verse 7b -11, there is a dire warning about not hardening your heart. (The background for this story is found in Exodus 17:1-7). The hardening of the Israelites hearts led to total rebellion against God, and exclusion from the promised land. How do you think we end up going from praising God, to hardening our hearts?
4. Peter gave five signs of a heart that is becoming hardened. Review each one. Have you seen this happening in your own life - now or in the past? What should you do about it?
5. Jeremiah 17:9 says, "The heart is deceitful above all things and beyond cure. Who can understand it?" What are some of the ways that we justify a hardening of the heart?
6. Read Ezekiel 11:19. The background to this is that Israel had rebelled against God, and been sent into exile. However, Ezekiel says, that when they repent of their idolatry and rebellion, he will bring them back to their land and He will restore them. What is an undivided heart?  
  
How would you describe a, "heart of flesh"?
7. How is the heart that God gives us, the "wellspring of life"?