

“Guard your heart above all else, for it determines the course of your life.” Proverbs 4:23 NLT

lectio // Proverbs 4:10-27

Attitude, Attitude, Attitude! It's not just “all in my head,” it's also all that's in my heart. Proverbs 14:12 & 16:25 says, “there is a way that seems right to a man, but in the end it leads to death!” Our heart guides us towards our deepest desires, pulls us towards our selfish perspectives. It is, as Jeremiah puts it, the heart is “desperately wicked,” who can really know it? God can and does. My attitude stinks MOST of the time. No really, ask my wife, she gets on me about it. It can be negative, skeptical, ungrateful, suspicious, entitled and closed off! If I let it run off for any given amount of time, it sinks and stinks into apathy. Yet, Proverbs says to guard it! Guard against those rabid thoughts that linger, fester and obsess - taking my mind into an endless loop of misery. The apostle Paul says to capture our minds and think about a different list of words: true, honorable, right, pure, lovely, admirable, excellent and worthy of praise. Our mind can redirect the traffic flow of thoughts that absolutely control the emotions of our hearts. One last thought, “As he thinks within himself, so he is...”

oratio

pray as responding to the words, phrase, sentence that God has stirred within you

Dad,

Wow, what a mess inside my head. At my best I feel all witty and smart, quoting pithy facts and telling good stories. At my worst, it is a chaotic, corrupt mind palace seething with human desires. I should be surprised that I can pull off living a “normal” life at all. I think YOU guard my heart far more than I give you credit for. You hold me in your grace and I often feel like you keep me from evil - within and without. Thank you. In the same mind that houses so much evil there also exists a place where worship, praise and gratitude are lifted to you.

contemplatio

rest in the presence of God, allowing the words revealed to take root