

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

## lectio // Proverbs 4:20-27

The wisdom writers knew enough about how the human soul works to lay down some tips. Guarding the heart - the center of our soul. It is here that we process the moral decisions, that not only separate us from the animals, but it is where we have tremendous capacity for good or evil. The heart is where attitudes, memories, happy & sad thoughts are not just stored but constantly reviewed, like a digitally looped GIF. It also keeps and rehearses anger, revenge and impulsive desires. If you were to give some entity, some supernatural being access to that part of us, you'd be giving them the keys to your soul. This is the place that deals are made with the devil! And just like someone said our eyes are the windows to our soul, our mouth is the exhaust port of our heart. So, as a tip and piece of advice the wisdom guys say, we should “Avoid all perverse talk; stay away from corrupt speech.” Proverbs 4:24 NLT. No one but God knows what you're thinking, scheming or planning - but our mouth is a quick and telling sign of what's going on inside.

## oratio

Dad,

I'm reminded of David's words in a prayer out of Psalms, “Let the words of my mouth AND the meditations of my heart be pleasing in your sight O Lord my rock and my redeemer.” Psalm 19:14 Apparently, I can't have a clean heart and filthy mouth and hopefully I won't have a clean mouth and a filthy heart.

## contemplatio

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