

# Proverbs

A Prescription of a Healthy Life  
The Heart – Healthy Living  
Week 1 of 6  
Proverbs 4:20-27

## INTRODUCTION

Your heart affects every part of you!

- Critical to \_\_\_\_\_ health
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- It's now being discovered that it is critical to your \_\_\_\_\_ health

Your heart is \_\_\_\_\_ to your well-being.

Proverbs 4:20-27



northeast notes

February 14-15, 2010

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*How do you guard or center your heart?*

**1. Determine to live \_\_\_\_\_**

Proverbs 18:12

Proverbs 16:18

Luke 18:9-14

Micah 6:8

**2. Continually \_\_\_\_\_ your heart  
allowing it to remain \_\_\_\_\_**

Proverbs 28:14

Job 2:9 - 10

Proverbs 3:5

**3. Allow God to indwell you with His**

\_\_\_\_\_

Proverbs 12:25

Isaiah 26:3

**4. Seek the way of \_\_\_\_\_**

Proverbs 3:3

**CONCLUSION**

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