

Place Your Hope in God

Description

Proverbs 4:18-27

Ever had a day when one thing goes wrong and just throws you off? Maybe someone cut you off in traffic; you spilled your coffee; before you even got to your desk or locker, someone needed something from you; or a message just set you off. Whether something small or large, it is easy to blame that “thing” as the reason you’re angry, frustrated, or “in a mood.” While it’s true that the “thing” irritated you, what spilled out—be it attitude, anger, or language—spilled out because it was what was inside. Ugh.

Proverbs 4 says it a little differently: It reminds us to guard our heart because it is the thing from which all else flows. When we spend time with the Lord through prayer and Scripture, the Holy Spirit has the opportunity to sow fruit in our lives. We likely won’t get it right all the time, but instead of frustration, patience can come out when we get irritated. And instead of anger, kindness.

When love and things that are true and excellent (see Philippians 4:8) are what is hidden and protected in our hearts, that’s what will flow out and keep us steadfast.

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