

A TIME OF GUIDED PRAYER

PROVERBS AS WISDOM FOR CHURCH AND NATION



COLSON CENTER
FOR CHRISTIAN WORLDVIEW

FOR PREPARATION

[Jesus, I Am Resting, Resting](#)

Jean Sophia Pigott (1876)

OPENING PRAYER

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your holy Name; through Christ our Lord. Amen.

-Thomas Cranmer (1662)

AS OUR FOUNDATION

[Proverbs 4](#) (NIV)

TO KEEP IN MIND

And above all else, may we guard our hearts – for the life of our journey and for the life of the world.

- Matt Heard

KEY POINTS TO REMEMBER

- “Above all else, guard your heart – for everything you do flows from it” – Proverbs 4:23
- From *The Wizard of Oz*, speaking of the Tin Man – “It was a terrible thing to undergo, but during the year I stood there, I had time to think that the greatest loss I had known was the loss of my heart.” That’s not just a lost for a well-known character from great literature but is also reflective of every human.
- The gospel isn’t just two chapters, but four – not just fall and redemption. Rather, the whole story begins with creation – then fall, redemption – and concludes with restoration (for His glory).
- The gospel is restoring us to the original purpose for which we were made.
- Our lack of life (in God) is related to a “heart” issue.
- “Above all else, guard your heart – for it’s the wellspring of life” – Proverbs 4:23 (NIV 1984). “I’d been illiterate – on a heart level – for many years. That caused me to come up with a phrase for his sons – Fight for your heart – Fight with your heart – which comes from this passage.”
- The heart includes – but is way more than – our emotions. It’s where we experience longing. It’s where we discern and understand. It’s where we ponder and think. It’s where we remember significant events. It’s where my interactions with others are birthed (all authentic relationships are heart connections). It’s where we experience stress (i.e., “Do not let your heart be troubled”). It’s where we cultivate our intensity. It’s the center of our attitude. It’s where we exhibit courage. Bottom line – our heart – including our walk with God (it’s with our heart that we believe).
- [The Rock](#) (T.S. Elliott - 1934) – “Where is the life we’ve lost in living?” It’s a matter of the heart.

- Think of the heart as the hub of three spokes: *MIND, EMOTIONS, and WILL*. When our heart is engaged and healthy, those three will be in balance. If we're not engaging our heart in a healthy way, we'll be out of balance (e.g., impulsive, too emotive, etc.). When our heart is engaged, we'll be thinking deeply, we'll be feeling authentically, we'll be acting intentionally. The heart is the center of who we are.
- As seen inscribed on a silver gilded bowl in Scotland: *Money lost – little lost. Honor lost – much lost. Heart lost – all lost.*
- *Above all else, guard your heart.*

HERE'S HOW YOU CAN PRAY AND LIVE THIS WEEK

- *Psalms 13:5 – Lord, enable us to – on a heart level – engage with the fact that there is no condemnation for those in Christ Jesus.*
- *Psalms 27:14 – Help us to rely on you. May we wait on and be confident in you.*
- *Psalms 119:145 – May we pray today as your kids. Through Christ, we are welcomed into your presence. May we call out to you.*
- *Psalms 62:8 – May we not hold back on those issues which are draining our hearts.*
- *Psalms 119:34 – Father, align our hearts with you.*
- *Psalms 86:11 – Teach us your way, O Lord. Give me an undivided heart. Give us singlemindedness, that we'd embrace you with all our hearts. May we singleheartedly pursue you.*
- *Psalms 119:11 – May we hide your word in our hearts. May we saturate our hearts with your word.*
- *Psalms 37:4 – May we delight in you – worshipping you with all our hearts – fueled by your smile.*
- *Colossians 2:2 – May we identify those who fuel our hearts, for those whose hearts we need to fuel.*
- *May we let the peace of Christ rule in our hearts.*
- *And above all else, may we guard our hearts – for the life of our journey and for the life of the world.*



BENEDICTION

- *Closing Prayer*

Blessed Lord, who hast caused all holy Scriptures to be written for our learning; grant that we may in such wise hear them, read, mark, learn, and inwardly digest them, that by patience and comfort of thy holy Word, we may embrace, and ever hold fast, the blessed hope of everlasting life, which thou hast given us in our Savior Jesus Christ. Amen.

- Thomas Cranmer (1662)

- *Closing Worship*

- [Lift High the Cross](#) – Lyrics: Kitchin (1887) / Tune: Nicholson
- [Doxology](#) – Thomas Ken (1674)

ADDITIONAL RESOURCES

- [MattHeard.org](#)
- [Life with a Capital L: Embracing Your God-Given Humanity](#) – Matt Heard
- [The Sublime Engine](#) - Stephen & Thomas Amidon
- [Colson Center's National Time of Guided Prayer](#)
- [The Colson Center for Christian Worldview](#)
- [BreakPoint](#)
- [Wilberforce Weekend '21](#)
- [Josh Bales](#)



True prayer is neither a mere mental exercise nor a vocal performance. It is far deeper than that. It is spiritual transaction with the Creator of Heaven and Earth. - Charles Spurgeon