

# *Discovering* GOD'S HEART

*Keep thy heart with all diligence;*
*for out of it are the issues of life.*

PROVERBS 4:23 (KJV)

*Prepared with prayer by*

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# Learning God's Heart

While we are talking about serving, it is most important that we know the One who served. He teaches us how to serve, and we are His servants. We are still learning His heart, how He cares for us, and how He wants us to care for the hearts of others.

God does not ask us to ignore our emotions or pretend that we are never weary, afraid, overwhelmed, or hurt. Scripture shows us that our emotions and our faith can coexist. When we bring what we are carrying back to God, He teaches us how to remain close to Him while we serve.

Our world is full of people who care for others. Some serve from a platform, while others serve quietly in their homes, workplaces, churches, schools, hospitals, communities, and in ordinary moments that many people never see. Some are pouring out while carrying burdens of their own, and no one may have stopped to tell them that they have done a good job.

Caring for the hearts of others does not mean that we stop caring for the heart God gave us. As we learn God's heart, He teaches us to return to Him, receive His care, and allow Him to heal, guide, and strengthen the whole person from whom our service flows.

*Everything that follows begins*
*not with our hearts, but with His.*

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# The God Who Keeps

One of the beautiful patterns we see throughout Scripture is that before God teaches His people how to live, He first reveals who He is. Before He teaches us to guard our hearts, He shows us that He faithfully guards His people.

His care is not distant or occasional. It is constant, intentional, and rooted in His unfailing love. Psalm 121 reminds us that the Lord neither slumbers nor sleeps, but continually watches over His people and preserves them through every season of life.

Jude reminds us that God is able to keep us from falling and to present us before His glorious presence with great joy. Jesus tells us that His sheep hear His voice, follow Him, and remain secure in His hand, where no one can snatch them away. Paul then reminds us that as we bring everything to God in prayer, His peace stands guard over our hearts and minds through Christ Jesus.

These passages reveal more than God's promises; they reveal His heart as the One who faithfully watches over His people, holds them securely, and remains constant in His care through every season.

When we begin with God's character, guarding the heart is no longer rooted in fear, isolation, or self-reliance. It becomes an act of trust and faithful stewardship. We learn to care for what God has entrusted to us because we first recognize how faithfully He has cared for us.

*Before God teaches us to keep our hearts,*
*He reveals Himself as the One who keeps us.*

# For Those who Care for Others

Whether your care is offered in your home, your workplace, your church, your community, or in quiet ways that few people ever see, every act of faithful care matters to God. Some serve from a platform, while others serve in the ordinary moments of everyday life. Whatever your assignment may be, God sees both the people you care for and the heart from which you serve.

Many people faithfully care for others every day while quietly carrying burdens of their own. Yet throughout Scripture, we never see God asking His people to serve apart from Him. Instead, He continually calls them back to Himself, reminding them that the strength to care for others has always flowed from the One who first cares for us.

## Stewarding the Heart

Many people understand their purpose through the ways they care for others. They serve, lead, teach, respond, encourage, provide, and make themselves available because they genuinely desire to help. Faithful service often requires sacrifice, but Scripture does not teach us to respond to every need without wisdom, rest, discernment, or continued dependence upon God.

In caring for everyone around us, it can become easy to stop noticing what is happening within us. We may keep saying yes while mentally, physically, or spiritually exhausted, offering grace to others while withholding that same grace from ourselves. Over time, pieces of who we are can be surrendered in ways God never asked of us.

Stewardship reminds us that our time, strength, gifts, bodies, minds, and hearts belong to God. Caring for what He has entrusted to us is not a refusal to serve. It is part of learning how to serve faithfully, with the wisdom to know when to move, when to rest, when to speak, when to remain still, and when a loving no is wiser than an exhausted yes.

Serving faithfully does not mean we will never be tired, grieving, healing, or facing difficult circumstances. It means we do not have to become fragmented in order to prove our faithfulness. We continue returning to God, allowing Him to lead, restore, strengthen, and shape the whole person from whom our service flows.

*"Don't give pieces of yourself away that you need."*

—Tarsha R. Gunn

God teaches us to steward the heart He entrusted to us,
and through His Word, He also teaches us how to guard it.

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# Guarding the Heart

*Keep thy heart with all diligence;*
*for out of it are the issues of life.*

PROVERBS 4:23 (KJV)

After discovering God's heart, learning His character, and understanding the importance of stewarding what He has entrusted to us, this verse begins to take on an even deeper meaning. It is no longer simply a command to obey. It becomes an invitation to care for something God has already shown to be precious.

The Hebrew word translated keep is *nāṣar* (נָצַר). It means to guard, watch over, preserve, and protect with careful attention. The word paints the picture of a watchman faithfully standing at his post, not because he expects danger at every moment, but because he understands the value of what has been entrusted to his care.

The phrase "the issues of life" carries the picture of a spring or wellspring, Just as a spring becomes the source from which water flows, our hearts become the place from which our thoughts, words, attitudes, choices, relationships, and actions flow.

Guarding the heart is not about building walls around ourselves or living in fear of the world around us. It is about remaining attentive to the condition of the heart God has entrusted to us. As we continue walking with Him, He teaches us to recognize what strengthens our hearts, what weakens them, and what continually draws us back into His presence.

Because God faithfully keeps us, we can faithfully steward and guard the heart He has entrusted to us.

*The condition of our hearts shapes the direction of our lives.*

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# When You Do Not Know Where to Begin

There may be times when you know you need God, but you do not know what to pray, what to read, or even how to explain what you are feeling. You may be weary, afraid, overwhelmed, grieving, anxious, or simply trying to hold yourself together long enough to make it through the day.

The Bible does not ask us to deny those places or pretend they are not real. Throughout Scripture, we find people who were tired, discouraged, uncertain, lonely, afraid, and deeply grieved. We also see that God met them there.

This page is simply a place to begin.

### WHEN YOU FEEL ANXIOUS
Philippians 4:4–9 | Matthew 6:25–34 | 1 Peter 5:6–7

### WHEN YOU FEEL OVERWHELMED
Psalm 46 | Psalm 61 | Isaiah 41:10

### WHEN YOU ARE WEARY
Matthew 11:28–30 | Isaiah 40:28–31 | Galatians 6:9

### WHEN YOU ARE AFRAID
Psalm 27 | Isaiah 43:1–3 | 2 Timothy 1:7

### WHEN YOU ARE GRIEVING
Psalm 34:18 | John 11 | Revelation 21:1–5

### WHEN YOU FEEL ALONE OR UNSEEN
Psalm 139 | Deuteronomy 31:6 | Hebrews 13:5–6

### WHEN YOU NEED PEACE
John 14:27 | Isaiah 26:3 | Philippians 4:6–9

### WHEN YOU NEED HOPE
Psalm 42 | Lamentations 3:21–24 | Romans 15:13

### WHEN YOU NEED WISDOM
Proverbs 3:5–6 | James 1:5

### WHEN YOU ARE CARRYING GUILT OR NEED FORGIVENESS
Psalm 51 | 1 John 1:9 | Romans 8:1

### WHEN TRUSTING GOD FEELS DIFFICULT
Psalm 23 | Psalm 121 | Proverbs 3:5–6



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# A Blessing for the Journey

Know God's heart so deeply
that even the places that have been
broken become places where
His light is seen.

Let His Word continue to guide you,
strengthen you, and remind you
that He is faithfully at work in every
season of your life.

