

SUNDAY 24 MAY KCF WORSHIP AT HOME WITH GOD

*My son, pay attention to what I say;
turn your ear to my words.
21 Do not let them out of your sight,
keep them within your heart;
22 for they are life to those who find them
and health to one's whole body.
23 **Above all else, guard your heart,
for everything you do flows from it.**
24 Keep your mouth free of perversity;
keep corrupt talk far from your lips.
25 Let your eyes look straight ahead;
fix your gaze directly before you.
26 Give careful thought to the^[c] paths for your feet
and be steadfast in all your ways.
27 Do not turn to the right or the left;
keep your foot from evil.
Proverbs 4:20-27, NIVUK*



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OPENING PRAYER: *LORD, we come to you with all our longings to see those we love and for freedom to be restored to our lives. But we accept that You are at work and bringing change for the good in Your time. Help us to rest in Your loving arms and to be at peace in the midst of earthly storms. We worship you and invite You to come and fill us afresh, Holy Spirit that we might hear and be obedient to Your teaching, so we can be changed to be more like Jesus and bear fruit for Your kingdom. In Jesus' name we pray. Amen.*



WORSHIP SONG: Open the eyes of my heart <https://youtu.be/wutmEjdbedE>

Open the Eyes of My Heart

Michael W. Smith

Open the eyes of my heart, Lord
Open the eyes of my heart
I want to see You
I want to see You
Open the eyes of my heart, Lord
Open the eyes of my heart
I want to see You
I want to see You

To see You high and lifted up
Shining in the light of Your glory
Pour out Your power and love
As we sing holy, holy, holy
To see You high and lifted up
Shining in the light of Your glory
Pour out Your power and love
As we sing holy, holy, holy

Holy, holy, holy
We cry holy, holy, holy
You are holy, holy, holy
I want to see you
Holy, holy, holy
Holy, holy, holy
You are holy, holy, holy
I want to see you
Holy, holy, holy
Holy, holy, holy
Holy, holy, holy,
I want to see you

Source: [LyricFind](#)

Songwriters: Paul Joseph Baloche

Open the Eyes of My Heart lyrics © Capitol Christian Music Group



Bible Reading : PHILIPPIANS 4:4-9 NIV UK



4 Rejoice in the Lord always. I will say it again: rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. 9 Whatever you have learned or received or heard from me, or seen in me – put it into practice. And the God of peace will be with you.



WORSHIP SONG: Lord I come to You <https://youtu.be/Ga6Qtzxd6vk>

The Power of Your Love

Hillsong Worship

Lord I come to You
Let my heart be changed, renewed
Flowing from the grace
That I've found in You

Lord unveil my eyes
Let me see You face to face
The knowledge of Your love
As You live in me

Lord I've come to know
The weaknesses I see in me
Will be stripped away
By the power of Your love

Lord renew my mind
As Your will unfolds in my life
In living every day
By the power of Your love

*Hold me close
Let Your love surround me
Bring me near
Draw me to Your side
And as I wait
I'll rise up like the eagle
And I will soar with You
Your Spirit leads me on
In the power of Your love*

*Hold me close
Let Your love surround me
Bring me near
Draw me to Your side
And as I wait
I'll rise up like the eagle
And I will soar with You
Your Spirit leads me on
In the power of Your love*

Source: LyricFind

Songwriters: Geoff Bullock

The Power of Your Love lyrics © Warner Chappell Music, Inc, Universal Music Publishing Group, Music Services, Inc

SERMON – PPE FOR THE HEART

SERMON PRAYER: As we bow before Your throne of grace today, heavenly Father, we ask that you would enlighten the eyes of our heart to see You in all your fullness, that we would gain fresh insight to all that You are. Help us today, Lord, to examine our hearts, safe in the knowledge and experience of Your vast love and acceptance, and help us to change to be more like Jesus, by the power of Your Holy Spirit. Amen.

Our Scriptures today talk about our heart and the need to “guard” it.

*Above all else, guard your heart, for everything you do flows from it.
Prov 4:23, NIVUK*

Having been struck by that verse I searched the Bible for other verses linked to “guarding your heart”, which led me to our passage in Philippians 4. And this seemed like it was a nudge from the Lord for the sermon topic!

v. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

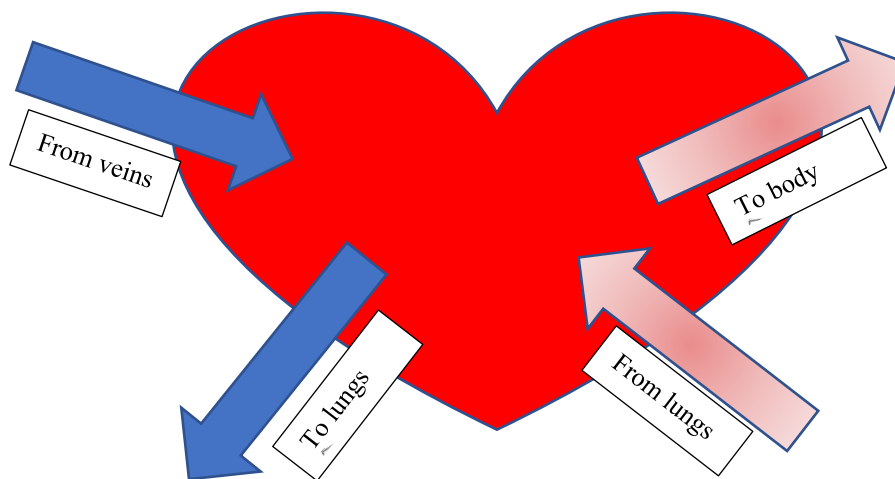
So thinking about these two verses,

- if words of wisdom in Proverbs say that everything we do flows from the heart, it would seem very important that we know how to guard our heart and keep it healthy
- secondly, if the peace of God is the means of guarding our hearts and minds, then we should be doing all we can to access the peace of God

Our aim today, then, is to begin to develop our “PERSONAL PROTECTION EQUIPMENT” for our heart!

Physical

First let's look at how our physical heart works.



The right side of your **heart** receives **oxygen-poor blood** from your **veins** and pumps it to your lungs, where it picks up **oxygen** and gets rid of **carbon dioxide**. The left side of your **heart** receives **oxygen-rich blood** from your lungs and pumps it through your **arteries** to the rest of your body.

To keep the muscles in our body toned and healthy, so we can move well and have enough strength, requires exercise. And so does our heart, because it is, in all simplicity, made of muscle, with valves that open and close as the blood is pumped around.

Genetic factors, like a predisposition to high cholesterol, and poor diet choices can lead to narrowing of arteries or even blockage which limits or blocks the blood flow leading to angina or heart attack.

Pause for reflection:

How much attention do you pay to looking after your heart?

Do you know which foods and drink improve heart health or make it worse?

How much exercise keeps your heart healthy?

Are there any lifestyle factors that can improve heart health?

What changes do you need to make to guard the physical health of your heart?

[Answers can be found at www.bhf.org.uk]

Emotions and Will

The word “heart” is often used in Scripture to describe the inner life of a person and comprises our thoughts, feelings and sense of what we want to do. For example, we may be asked “What is in your heart?” when faced with choices.

*20 But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. 21 **For where your treasure is, there your heart will be also.** 22 ‘The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. Matthew 6:20-22 NIV UK*

*44 Each tree is recognised by its own fruit. People do not pick figs from thorn-bushes, or grapes from briars. 45 A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. **For the mouth speaks what the heart is full of.** Luke 6:44-46 NIV UK*

These verses signpost us towards a more heavenly perspective as a means of influencing our thoughts, feelings and behaviour as citizens of heaven on the earth. They show us that what we hold most dear, the things we feel are important, the things we find it difficult to let go of, are stored in our hearts and contribute to spiritual health or disease.

13 Who is wise and understanding among you? Let them show it by their good life, by deeds done in the humility that comes from wisdom. 14 But if you harbour bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. 15 Such ‘wisdom’ does not come down from heaven but is earthly, unspiritual, demonic. James 3:13-15 NIVUK

18 But the things that come out of a person’s mouth come from the heart, and these defile them. 19 For out of the heart come evil thoughts – murder, adultery, sexual immorality, theft, false testimony, slander. 20 These are what defile a person; but eating with unwashed hands does not defile them.’ Matthew 15:18-20 NIVUK

These and many other Scriptures show us that what we allow into our hearts, has a dramatic effect on what comes out of each of us in terms of our speech, our attitude, our response to situations, our relationships with God and others, and ultimately how fruitful we are for the kingdom of God.

So where does it all start? It begins in our minds – with a thought – it could be from within us or it could be from the devil to sow seeds of doubt or to tempt us.

13 When tempted, no one should say, 'God is tempting me.' For God cannot be tempted by evil, nor does he tempt anyone; 14 but each person is tempted when they are dragged away by their own evil desire and enticed. 15 Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. James 1:13-15 NIVUK

If we entertain such thoughts, then we can quickly be led down the wrong path or to do things that are unwholesome and ungodly. So the best thing to do is to challenge the thought before it takes root.

PERCEPTION is important. Is the glass half full or half empty?

- **Half-empty** If we focus on what is lacking then our mood is likely to be low and our behaviour lethargic and full of self-pity, seeking "comfort" in all sorts of addictive places that are actually FALSE comfort.
- **Half-full** If, however, our attitude is thankful and appreciative of what we have, we are likely to feel more contentment, our mood more stable and our behaviour more in tune with what God wants us to do.

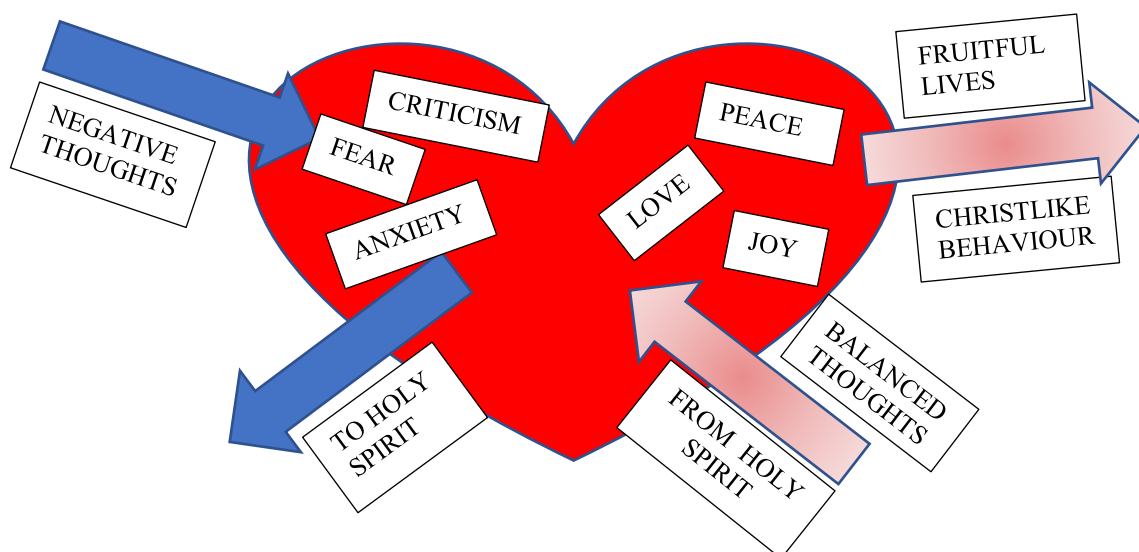
Pause for reflection:

**Is your attitude "the glass is half full" or "the glass is half empty"?
How does this affect your thinking and attitude towards yourself and others?
How does it affect your relationship with God?**

Personal Protection Equipment for the heart

Thoughts influence our feelings which in turn influence our behaviour → SO IF WE CAN CHANGE THE WAY WE THINK, THEN WE CAN CHANGE OUR BEHAVIOUR

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God – this is your true and proper worship. 2 Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will. Romans 12:1-2, NIVUK



Our Philippians 4 passage today tells us how to guard our hearts

- V.4 REJOICE – find joy in the Lord from worshipping Him and being in His presence – joy is not dependant on our circumstances
- V.5 GENTLENESS – is fruit from being filled with the Holy Spirit and knowing that THE LORD IS NEAR – being yoked to Jesus, becoming like him and looking forward to his coming again
- V.6 DO NOT BE ANXIOUS ABOUT ANYTHING – for anxiety is rooted in fear and implies lack of trust in God
PRAY ABOUT EVERYTHING IN EVERY SITUATION – Prayer provides an outlet for our worries and concerns and gets them off our chest. Prayer takes us into the Lord’s presence to see things from a heavenly perspective
BE THANKFUL – having a thankful perspective from a “glass half full” attitude is an antidote to worry and guides us towards hope and trust as we give thanks for who God is and all He has done in the past.
- V.7 PEACE – the supernatural peace that only comes from God, another fruit of the Holy Spirit, flows as a result of doing all the above
- V.8 TRANSFORMED THOUGHTS – what we look at on TV, internet, books, magazines etc. influences our thinking, which is why Paul encourages us to be disciplined about what we think about so that the devil does not get a foothold.
- V.9 PUT IT INTO PRACTICE – a life of obedience influenced by others displaying a Christlike model of living
GOD OF PEACE – interesting that verse 7 talks about the PEACE OF GOD but here Paul turns that into the God who is peace

4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, **and we take captive every thought to make it obedient to Christ.** 2 Corinthians 10:4-6 NIVUK

SUMMARY There is so much potential for mental health problems as a result of lockdown and fear of catching the virus, loss of freedom, loss of income, missing loved ones etc, but in our passage today we have a recipe for peace, if we lift our eyes to the God who is peace and think like a citizen of heaven full of the Holy Spirit. Amen



SONG for REFLECTION: PEACE by Bethel Music <https://youtu.be/uW6xcmqfiY4>

PRAYERS OF INTERCESSION: Pray for wisdom for those in authority, comfort for those who mourn, peace for all who worry about money and security for the future, healing for the sick. Pray that many will turn to God for the answers they are seeking in this time of pandemic and for the church to be ready to disciple all who seek the Lord.



WORSHIP SONG: Everyone needs compassion <https://youtu.be/taluSSa9vYo>

Everyone needs compassion
A love that's never failing
But let mercy fall on me
Well everyone needs forgiveness
The kindness of a Saviour
The hope of nations

*Saviour
He can move the mountains
My God is Mighty to save
He is Mighty to save
Forever
Author of salvation
He rose and conquered the grave
Jesus conquered the grave*

So take me as You find me
All my fears and failures
And fill my life again
I give my life to follow
Everything I believe in
And now I surrender
(I surrender)

*Saviour
He can move the mountains
My God is Mighty to save
He is Mighty to save
Forever
Author of salvation
He rose and conquered the grave
Jesus conquered the grave*

Shine your light and let the whole world
see
We're singing for the glory of the risen
King
Jesus
Shine your light and let the whole world
see
We're singing for the glory of the risen
King

Source: [LyricFind](#)
Songwriters: Benjamin David Fielding / Reuben Timothy
Morgan
Mighty to Save lyrics © Capitol Christian Music Group

CLOSING PRAYER: Thank you , Lord, for your great love and compassion for each one of us. Please fill us afresh, Holy Spirit to enable us to see things from a heavenly perspective and fill us with your peace.

BENEDICTION:

""The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face towards you and give you peace."" [Numbers 6:24-26](#) NIVUK