

“En Garde! Guarding Your Heart: Your Core Resource”

Bible Study Notes – July 2013



In fencing, there is a term that the referee yells – En Garde! What does “en garde” mean? "En garde" is used to warn a fencer to assume the prescribed stance for the start of a match; French – “on your guard”. God has also issued this call to us in the spiritual realm concerning our hearts! He says it in Proverbs 23:4...

Proverbs 23:4				
NKJV	AMP	MSG	NIV	NLT
Keep your heart with all diligence, For out of it <i>spring</i> the issues of life.	Keep <i>and guard</i> your heart with all vigilance <i>and</i> above all that you guard, for out of it flow the springs of life.	Keep vigilant watch over your heart; <i>that’s</i> where life starts.	Above all else, guard your heart, for everything you do flows from it.	Guard your heart above all else, for it determines the course of your life.

//Why should we guard our hearts?¹

1. It’s Valuable.

No one guards worthless things. Your heart is your direct connection to God...and He wants ALL of it! If your heart dies, then you die both naturally and spiritually.

“And now, Israel, what does the Lord your God require of you, but to fear the Lord your God, to walk in all His ways and to love Him, to serve the Lord your God with all your heart and with all your soul...Deut 10:12 (NKJV)

2. It is the CORE of who you are.

Whatever decisions you make, how you behave, who you associate with...all stem from what’s in your heart.

- **What we think>>**

As he THINKETH in his heart, so is he... Proverbs 23:7 (KJV)

“En Garde!” Bible Study Notes (cont.)

- **What we do and say>>**

A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. What you say flows from what is in your heart. Luke 6:45 (NLT)

3. It's constantly under attack!

We are guarding our heart from all distractions and harmful activities.

- **By the adversary - who would desire nothing more than to see us fail, give up, and LOSE HEART.**

- Keep a cool head. Stay alert. The Devil is poised to pounce, and would like nothing better than to catch you napping. Keep your guard up. I Peter 5:8 (MSG)

- **By our natural inclination to oppose God and get out of bounds**

- Stay alert, be in prayer, so you don't enter the danger zone without even knowing it. Don't be naive. Part of you is eager, ready for anything in God; but another part is as lazy as an old dog sleeping by the fire." Mark 14:38 (MSG)

- **By things we don't even know...**

- The heart is deceitful above all things, and it is exceedingly perverse *and* corrupt and severely, mortally sick! Who can know it [perceive, understand, be acquainted with his own heart and mind]? Jeremiah 17:9 (AMP)

“En Garde!” Bible Study Notes (cont.)

//How should we guard our hearts? ³

1. Assess the situation.

Crafty fighters always strive to be aware of their surroundings, get an idea of how the opponent fights.

- ...for we are not ignorant of his wiles *and* intentions.
2 Corinthians 2:11 (AMP)
 - What types of “strategies” does the enemy use against you?
 - How can you better anticipate his moves?

2. Engage with care.

Protect yourself well.

- **14** Stand therefore [hold your ground], having tightened the belt of truth around your loins and having put on the breastplate of integrity and of moral rectitude and right standing with God,
- **15** And having shod your feet in preparation [to face the enemy with the **[a]**firm-footed stability, the promptness, and the readiness **[b]**produced by the good news] of the Gospel of peace.
- **16** Lift up over all the [covering] shield of **[c]**saving faith, upon which you can quench all the flaming missiles of the wicked [one]. Ephesians 6:14-16 (AMP)
 - Do you put on the whole armor?
 - Are you prepared to fight?

3. Keep your weapon ready.

Remember that our weapons are not carnal or worldly...

- The world is unprincipled. It’s dog-eat-dog out there! The world doesn’t fight fair. But we don’t live or fight our battles that way—never have and never will. The tools of our trade aren’t for marketing or manipulation, but they are for demolishing that entire massively corrupt culture. We use our powerful God-tools for smashing warped philosophies, tearing down barriers erected against the truth of God, fitting every loose thought and emotion and impulse into the structure of life shaped by Christ. **Our tools are ready at hand for clearing the ground of every obstruction and building lives of obedience into maturity.** 2 Corinthians 10:3-6 (MSG)
- For the Word that God speaks is alive and full of power [making it active, operative, energizing, and effective]; it is **sharper than any two-edged sword, penetrating to the dividing line** of the breath of life (**soul**) and [the immortal] **spirit**, and of joints and marrow [of the deepest parts of our nature], exposing and sifting and analyzing and judging the very thoughts and purposes of the heart. Hebrews 4:12 (AMP)

“En Garde!” Bible Study Notes (cont.)

- *What are some of our weapons?*
- *Are you skilled at using them?*

4. Have a strong defense.

- I **have hidden** your **word** in my heart, that I might not sin against you.
Psalm 119:11 (NLT)
- Study this Book of Instruction continually. **Meditate** on it **day and night** so you will be sure to obey everything written in it. Only then will you prosper **and** succeed in all you do. Joshua 1:8 (NLT)

5. Expect to be cut, or worse. Don't freeze up in the middle of battle.

- ***For I consider that the sufferings** of this present time are not worthy to be compared with **the glory**, which shall be revealed in us. Rom 8:18 (NKJV)*

//What happens if we fail to guard our hearts?

God always has our back, even when we can't fight!

- *Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; **7** and **the peace of God**, which surpasses all understanding, **will guard your hearts and minds** through Christ Jesus. Phil 4:6-7 (NKJV)*

He can give us a new heart!

- *Create **in me a clean heart**, O God, and renew **a right, persevering, and steadfast spirit** within me. Psalm 51:10 (AMP)*

//Summary

God wants us to actively guard our hearts. They are precious to him, and immensely valuable to us. Consider how the Tomb Guards conduct business, and let us be like them...

Guards for the Tomb of the Unknown Soldier²

- *The Tomb is guarded 24/7/365. The guard's (sentinel's) Special duty is to prevent any desecration or disrespect directed toward the Tomb.*
- *BOLO - The term bolo stands for "be on the look out", and is first and last guard change and walk prior to public ANC hours.*

“En Garde!” Bible Study Notes (cont.)

- *The Tomb Guard is constantly "Walking the Mat" - ceremonially guarding the Unknowns by walking back and forth on a rubber mat while maintaining 21 second intervals.*
- *His gloves are moistened to prevent his losing his grip on the rifle.*
- *He doesn't carry on the same shoulder all the time. He carries the rifle on the shoulder away from the tomb. After his march across the path, he turns 90 degrees, and moves the rifle to the outside shoulder nearest the visitors to signify that the sentinel stands between the tomb and any threats.*
- *What kind of guards are we? Are we always in "BOLO" mode?*
- *Do we consistently "walk the mat," ensuring that all areas of our lives are covered?*
- *Do we carry and use our weapons appropriately?*
- *Do we honor and respect our own hearts this much, or do we just give anyone and anything access?*

References:

¹ Michael Hyatt: Three Reasons Why You Must Guard Your Heart <http://michaelhyatt.com/three-reasons-why-you-must-guard-your-heart.html>

² The Tomb Guard: Tomb of the Unknown Soldier <http://tombguard.org/tomb-of-the-unknown-soldier/the-tomb-guard/>

³ How to Win a Sword Fight <http://www.wikihow.com/Win-a-Swordfight>