**HEART TO HEART**/A word of hope and encouragement by Mennie Morrison

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**GUARD YOUR MIND (PART 1)**

Greetings to you in the powerful name of our Lord and Savior, Jesus the Christ. This month, we are starting a new teaching series entitled **Guard Your Mind**. Wow, what a timely and powerful subject.

These short teachings will not be exhaustive at all on this subject of our **mind**. However, we will be looking in God’s Word about the importance of being mindful and watchful over our **mind**, which we will look at the mind as our soul consisting of our (**mind, will and emotions**). Some Bible scholars say that man is comprised or made up as a triune being, Spirit, Soul (mind, will and emotions) and Body and **1 Thessalonians 5:23** confirms that. However, there are some teachers and scholars in the Body of Christ that disagree with that theory or teaching and believe more that your soul is the result of body and spirit coming together.

In this teaching, I am not here to debate or take either side in regard, but to simply look into the Word of God so that we can see how important and necessary it is for us to **guard our mind**.

Let’s look at a **Biblical** definition that I found online for the word “**Mind**” (sometimes referred to as heart): In a biblical context, the "**mind**" encompasses the seat of thought, understanding, and **will**, often linked to the heart and soul. It's more than just intellect; it includes moral character, spiritual discernment, and the capacity for both good and evil. The **mind** is central to a person's inner life and how they relate to God.

Here is an AI overview of how **heart** is often used in the Old Covenant as relating to our **mind**. *In the Old Testament, the word "****heart****" (lev) is often used to encompass not just emotions but also a person's* ***mind****, thoughts, intentions, and will. While modern English often distinguishes between "heart" (emotions) and "mind" (thinking), the Hebrew word "lev" used in the Old Testament has a broader meaning* ***that includes both***.

Now that we understand that sometimes in scripture, especially the Old Covenant, the word “heart” can also be translated “mind”, let’s start with a foundation scripture. The scripture is found in **Proverbs 4:23,** and I want to look at this most powerful verse in several versions.

The Hebrew word for "**hear**t" in this verse, is "lev". As mentioned earlier, this word is often used to refer to one's inner self, **will, understanding, or mind**, not just the physical organ. So again, when we read the Word of God, we often find **heart** and **mind** as referring to the same.

First let’s look at the **EASY** version: *Be very careful to keep your mind safe. The thoughts that you think make you the person that you are.* Now the **GNT**; *Be careful how you think; your life is shaped by your thoughts.* Lasting, we will look at **TLB** version of this verse, in **Proverbs 4:23**: *Above all else, guard your affections.* *For they influence everything else in your life.*

From this one verse and these various translations, we can see how vitally important it is for us to **Guard our Heart/Mind**. The Lord has given us this task of **guarding our Minds** with the help of His Holy Spirit.

Now that we see the mandate for us as Believers in Jesus to **Guard our heart/mind**, let’s read in God’s Word how we can do this with Holy Spirit’s help. **Isaiah 26:3 (AMPC)** *You will guard him and keep him in perfect and constant peace whose mind [both its inclination and its character] is stayed on You, because he commits himself to You, leans on You, and hopes confidently in You.*

I love this version of **Isaiah 26** and **3.** It lets us know that when we purpose to keep our **mind/heart** on the Lord, He promises to keep us in perfect peace. So, as we **Guard our mind**, He **Guard**s it too; then His Peace will be our portion. Wow, that’s powerful!

Another great way for us to **guard our mind** is found in **Psalm 139:23-24 (EASY)** *Please God, look deep inside me. See what is there in my thoughts. Show me if I am following any evil way. Lead me in the right way that has always been true.* What better way for us to **guard our mind/heart**, than to ask the Lord to search our minds and show us ways that need to be adjusted. Because, how many of you know, that our God knows all things, and He is willing and ready to aid us in everything, helping us to **Guard our Mind**.

The Word of God is filled with ways to help us **Guard our Mind**. We will look at one more passage of scripture before we close and pick back up next month with part 2. **Philippians 4:6-9 (EASY)** is power packed on ways we can **Guard our Mind**.

*Do not worry about anything. Instead, pray to God about everything. Ask him to help you with the things that you need. And thank him for his help.*

*7**If you do that, God will give you peace in your minds. That peace is so great that nobody can completely understand it. You will not worry or be afraid, because you belong to Christ Jesus.*

*8 Now my friends, I want to say this to you. Fill your minds with thoughts about good things. Think about things that are true, clean, right and lovely. Always think about things which people know are very good.*

***9****Remember what I have taught you. Remember the message that you heard from me. Remember what you saw when I lived among you. You also must do those same things. God is the one who gives us peace in our minds. He will be with you.*

Let’s look at a few of these ways of **guarding our mind** before we close. The first thing that this scripture talks about is not to worry but instead pray. Then in verse 8 it encourages us to fill our thoughts (**mind**) with things that are true, clean, right and lovely. When we do our part to **Guard our Mind/Heart** then God is always Faithful to do His part and keep us in His Perfect Peace.

So, let’s be encouraged to **Guard our Mind,** asking for the Help of the Holy Spirit and God’s Word. Then, we can receive all the benefits from the Word of God that will come to one that has **Guarded His Heart**. We will share more next month in part 2 of this teaching. Always remember that God has **Blessed You To Be A Blessing!**