

Guarding Your Heart to Live Victoriously

How renewing your mind, walking in forgiveness, and living in obedience keep you grounded in God's victory

Bode Awogbade | 14 June 2026

Introduction

God is good. Today I want to speak on **guarding your heart to live victoriously**. As believers, we do not have to manufacture victory, because we follow the victorious One—our Redeemer and Shepherd. He has already won the victory, and we are called to live from that place. Romans 8 reminds us that we are more than conquerors. We remain in that victory by living according to the principles of God's kingdom, which is a kingdom of victory. In these times, when many voices and influences pull us off course, guarding the heart is essential. **Say it with me: "Guard the heart, guard the life."**

Scripture Reading

Proverbs 4:20–25

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

Opening Prayer

Father, we ask that by Your Spirit You would instruct us through Your Word today. Speak to every heart, meet each person at their point of need, and teach us to guard our hearts well, because out of them flow the issues of life. Let the Holy Spirit interpret Your Word to us and help us not only to hear it, but to do it. We give You praise and honour for all You will do. In Jesus' name, Amen.

Why the Heart Must Be Guarded

Scripture shows us that we are three-part beings: body, soul, and spirit. The body is what people see, but the real person is the one on the inside. That is why Proverbs tells us to guard what is within, because what is happening inside us will eventually show up outside us. We live from the inside out.

Everything we take in through our eyes and ears is processed in the heart, shaping our thoughts, desires, motives, and decisions. If the heart directs the course of life, then it must be guarded carefully. The very fact that Scripture tells us to guard it means it is vulnerable. We lock our homes not because we are afraid to live in them, but because we want to protect what is inside. In the same way, your heart must be guarded because it is precious

and under attack. The enemy wants access, and the world is full of influences trying to pull the heart away from God.

That is why Proverbs tells us to watch our words, our eyes, and our steps. Where the heart goes, life follows. If the heart is corrupted, life will reflect it. But if the heart is yielded to God, life will reflect His character and His ways. **Where the heart goes, life follows.**

What Flows from the Heart

Jesus said that out of the abundance of the heart the mouth speaks. What is stored within eventually comes out. Our words, choices, attitudes, and habits all flow from the heart. A healthy heart produces strength, clarity, and stability. A bitter heart produces strained relationships and troubled living. So when life feels unsettled, we must not only look around us—we must also look within.

The enemy knows this, which is why he targets the heart. One of his chief weapons is fear. Again and again in Scripture, when God sends a message, He says, “Fear not.” Fear is one of the enemy’s favourite tools because when it enters the heart, it begins to shape our decisions, our faith, and our direction.

He also uses offence, discouragement, temptation, and doubt. Think of Jairus. When the report came that his daughter had died, Jesus immediately said, “Do not fear; only believe.” That is a powerful lesson for us: do not let fear interpret your situation when God is still at work. **Fear is loud, but faith has the final word.**

The world around us constantly feeds fear. News, media, rumours, and repeated negative reports can all settle into the heart. That is why we must be intentional about what we allow to remain in us.

How the Heart Is Influenced

One of the main gateways to the heart is our **thinking**. Not every thought that comes to your mind is from God, and not every thought is truly yours. The enemy plants suggestions, hoping we will entertain them long enough to act on them. That is why every thought must be tested.

How do we test a thought? We line it up with Scripture. If a thought contradicts God’s Word, it must not be welcomed. If it pulls you away from truth, holiness, faith, or peace, it must be rejected.

The heart is also influenced through **conversations**. Words spoken over us or around us can either build faith or plant fear. Jairus could have listened to the wrong voices, but Jesus redirected his heart. We must learn to do the same.

In this age of social media and constant information, we must guard the sources we trust. Not everything that is repeated is true, and not everything that circulates deserves space in your heart. Wisdom checks the source, discerns what is true, and refuses to feed on fear and confusion.

Our **environment** matters. Repeated exposure to negativity, falsehood, and alarmist voices can slowly shape the heart. That is why guarding the heart requires discernment. We must choose carefully what we hear, what we dwell on, and what we allow to remain in us.

Three Powerful Principles for Guarding Your Heart

1. Mind Renewal

Romans 12:2 tells us not to be conformed to this world but to be transformed by the renewing of our minds. God wants our thinking aligned with His truth. The mind stores memories, experiences, lies, wounds, and wrong beliefs, but the Word of God has power to tear down what is false and establish what is true.

We renew the mind with Scripture. As we read it, receive it, and meditate on it, our thinking begins to shift. We stop judging life by fear, feeling, and culture, and begin to judge it by truth. If you are going to guard your heart, you must feed it the right thing. **When the Word gets in you, strength rises in you.**

This is why your Bible cannot stay closed. You need the Word daily. The Word will correct you, cleanse you, strengthen you, and anchor you. When the mind is renewed, the heart is reinforced.

2. Merciful Forgiveness

If you live long enough, you will be offended. People will wound you, disappoint you, and mishandle you. But unforgiveness is too costly to keep. It poisons the heart, disturbs your peace, and hinders your growth in God.

Forgiveness is not weakness—it is spiritual strength. It is not pretending nothing happened; it is refusing to let pain become a prison. Scripture teaches us clearly that if we do not forgive, we create blockages in our own walk with God. So we must forgive quickly, freely, and wholeheartedly. And when we have wronged others, we must humble ourselves enough to ask for forgiveness. **What you release cannot keep ruling you.**

3. Measured Obedience

Obedience guards the heart because it keeps you aligned with God. When God speaks and you respond, there is freedom, clarity, and blessing on that path. Delayed obedience is dangerous, and partial obedience is still disobedience. God is not merely calling us to hear Him—He is calling us to move. **Delayed obedience is still disobedience.**

For some, obedience means making peace with someone. For others, it means stepping out in faith, sharing the gospel, releasing a grudge, or answering a call God has been pressing on your heart. Whatever He is saying, obedience keeps the heart soft, sensitive, and surrendered to the Spirit. The obedient heart is a guarded heart, and a guarded heart is a victorious heart.

Closing Reflection

As we come to a close, let us reflect on these three powerful truths: **mind renewal, merciful forgiveness, and measured obedience.** Ask yourself honestly: Am I renewing my mind with God's Word? Am I holding on to offence? Am I obeying what God has already said?

When you walk in obedience, God blesses that path. When you walk in forgiveness, your heart stays free. When you renew your mind, your spirit comes into alignment with heaven. That is how victorious living is sustained. Victory is not accidental—it is guarded.

Some of us need to exchange low thinking for God's higher thoughts. God has not called you to live beneath your covenant. In Christ, you are more than a conqueror—redeemed, forgiven, anointed, and called to walk in freedom. Even if you have stumbled, you are not

defeated. The Spirit of God is calling you to rise, mature, and guard your heart against everything that fights your purpose.

Invitation and Response

If you are here and have never made Jesus the Lord of your life, do not harden your heart. This is your moment. You do not have to leave the same way you came. Jesus saves, restores, heals, and makes all things new. If you know you need Him, respond today. Do not put off what God is calling you to do right now.

And for those who already know Him, this is also a moment of response. If the Holy Spirit has put His finger on an area of your life—your thinking, your forgiveness, or your obedience—do not ignore Him. Surrender it. Lay it down. Let God deal with it today.

This is the moment to respond. This is the moment to surrender. This is the moment to say yes to God.

If you are giving your life to Jesus, pray this from your heart:

Lord Jesus, I come to You today. I confess that I need You. Forgive me for my sin, wash me clean, and make me new. I believe that You died for me and rose again. Today I turn from sin and I turn to You. Be my Lord, my Saviour, and my King. Fill me with Your Spirit and help me live for You from this day forward. In Jesus' name, Amen.

Closing Prayer

Father, I pray by the help of Your Holy Spirit that You would show us who we truly are in Christ. Lift anyone who has been living beneath Your purpose for their life. Let every heart receive grace this morning to rise, to walk in freedom, and to step further into Your will. Where there has been struggle, bring breakthrough. Where there has been discouragement, bring strength. Where there has been confusion, bring clarity. Lead us from one level of glory to another and from one level of victory to another. Help us to guard our hearts with all diligence and to walk like those who belong to You. As we go into this week, let us live as champions in Christ. In Jesus' name, Amen.

5-Point Takeaway

1. **Guard your heart diligently** because everything in life flows from it.
2. **Recognise the heart's vulnerability** to fear, offence, discouragement, temptation, and doubt.
3. **Practise mind renewal** so your thinking stays aligned with God's truth.
4. **Extend merciful forgiveness** so bitterness does not take root in your spirit.
5. **Respond with measured obedience** as God leads you into victory.