



THE  
HEART OF  
IT ALL

Speaker  
Jim Howard



# Proverbs 4:23

Above all else,  
guard your heart,  
it is the wellspring  
of life.



## Luke 4:18-19

The Spirit of the Lord is on me, because He has anointed me to preach good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to release the oppressed, to proclaim the year of the Lord's favor.

# How Do I Guard My Heart?



Betsy Alvarez



1. Remember  
who you are

A black and white photograph of a hand holding a mound of sand. The hand is positioned on the left side of the frame, with the fingers slightly curled around the sand. The sand is piled high, forming a small mountain shape. The background is a textured, light-colored surface, possibly a wall or a piece of paper, with some faint lines and shadows. The overall mood is contemplative and symbolic.

# James 1:23

Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror and after looking at himself goes away and immediately forgets what he looks like...



# Ephesians 1:6

For He chose us in Him before the creation of the world to be holy and blameless in His sight. In love, He predestined us to be **ADOPTED** as His sons through Jesus Christ,

A black and white photograph of a hand holding a large amount of sand. The hand is positioned on the left side of the frame, with the palm facing upwards. The sand is piled high, covering the fingers and the back of the hand. A dark, patterned bracelet is visible on the wrist. The background is a textured, light-colored surface, possibly a wall or a piece of paper, with some faint, illegible markings. The overall mood is contemplative and serene.

# Ephesians 1:6

in accordance with His pleasures and will to the praise of His glorious grace, which He has freely given us.





# Ezekiel 26:36

I will give you a  
new heart.



## 2. Recognize the adversary



# John 10:10

Jesus said, “The thief comes to steal, kill and destroy, but I have come that they may have life and life to the full..”



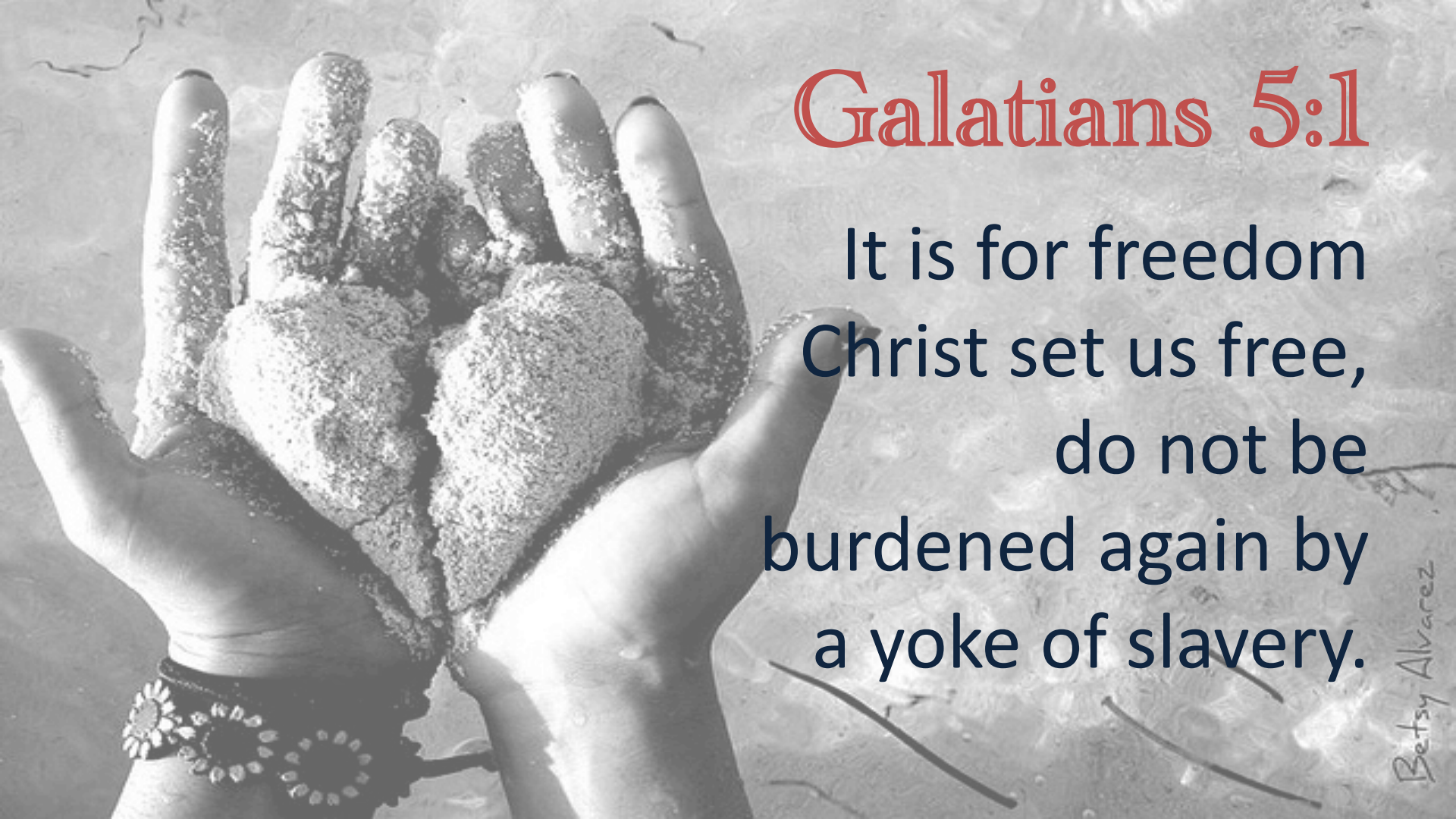
# James 4:7

Submit yourselves,  
then, to God. Resist  
the devil, and he  
will flee from you.

3. Refocus  
our thinking.



Betsy Alvarez



# Galatians 5:1

It is for freedom  
Christ set us free,  
do not be  
burdened again by  
a yoke of slavery.



## 2 Corinthians 3:18

And we, who with unveiled faces all reflect the Lord's glory, are being transformed into his likeness with ever-increasing glory, which comes from the Lord, who is the Spirit.



Paul said, “I pray  
also that the eyes  
of your heart may  
be enlightened.”