



Guard Your Heart....

# Guard Your Heart....

Guard from  
allowing “hurtful”  
things to  
“enter”  
your heart

Guard from  
allowing “good”  
things from  
“leaving”  
your heart

# Proverbs 4:23-27

“Watch over your heart with all diligence,  
For from it *flow* the springs of life. <sup>24</sup> Put away  
from you a deceitful mouth And put  
devious speech far from you. <sup>25</sup> Let your eyes  
look directly ahead And let your gaze be fixed  
straight in front of you. <sup>26</sup> Watch the path of your  
feet And all your ways will be established. <sup>27</sup> Do  
not turn to the right nor to the left; Turn your foot  
from evil.”

## Guard Your Heart....



# Recognize the importance

“Watch over your heart with all  
diligence, **For from it *flow* the  
springs of life.**”



# Focus on the care

10:39 PM 17%  
Megan Galvin  
+17325337454  
CALL MORE

Tuesday, August 16, 2016

Hey you !! Put down that baby back rib and/or fried chicken

Drink some water and eat some lettuce 1:38 PM

2:43 PM Lol

Wednesday, August 17, 2016

Hi ! I'm hope your trip is going well and I hope you are taking card of yourself

Love you Dad

Remember to drink lots of water 6:56 PM

Tuesday, August 30, 2016

8:18 AM Mouse how are you feeling?

8:38 AM Hanging in Dad .. How about you

Loving you....and pray wrote you

Enter message SEND

Bob Galvin Workout/Schedule  
**Schedule**

- Weight Lifting (2x a week) Monday, Wednesday, Friday
- Cardio (2x a week) Tuesday, Thursday

Week 1, 2, and 3

**Monday**

- Overhead Press Curls (Biceps/Shoulders) 3x10
- Arm Curls (Biceps) 3x10
- Reverse Curls (Biceps/Pectorals) 3x10
- Hammer Curls (Biceps) 3x10
- Concentration Curls (Biceps) 2x (7\*7)
- Cool Down (Arm Circles, Stretches) 20 each exercise

**Wednesday**

- Side Raises (Shoulders) 3x10
- Seated Shoulder Press (Shoulders) 3x10
- Lat Raises (Shoulders/Lats) 3x10
- Seated Reverse Flies (Shoulders/Back) 3x10
- Single Arm Rows (Back) 3x10
- Shoulder Shrugs (Shoulders/Trapezius) 3x10
- Bent Over Rows (Back) 3x10
- Upright Rows (Back/Shoulders) 3x10
- Cool Down (Stretching)

**Friday**

- Tricep Extension (Triceps) 3x10
- Tricep Kickbacks (Triceps) 3x10
- One Arm Tricep Extension (Triceps) 2x15
- Side Bend (Abdominals) 7x10
- Floor Press (Chest) 3x10
- Chest Flies (Chest) 3x10
- Tight Inside Grip Floor Press (Chest) 3x10
- Pushups 2x10
- Planks - 20 seconds
- Crunches - 20
- Leg Raises - 20
- Russian Twist - 20 each side

**Tuesday/Thursday**

- Walk/Bike/Stretch



# Focus on the care

“Watch over your heart with all  
diligence, For from it *flow* the  
springs of life.

“Faith is a journey not a guilt trip”

Tim Lucas, Pastor of Liquid Church



# Remove the garbage

<sup>24</sup> Put away from you a deceitful mouth And put  
devious speech far from you. <sup>25</sup> Let your eyes look  
directly ahead And let your gaze be fixed straight  
in front of you. <sup>26</sup> Watch the path of your feet And  
all your ways will be established. <sup>27</sup> Do not turn to  
the right nor to the left; Turn your foot from evil.”

# Our Mutual Struggle...

I don't understand

I do things that I hate

Sin dwells in me

Actually nothing good dwells in me

Doing good is not present

I practice evil

The members of my body is governed by a different  
law

There is a war waging in my mind

I am a prisoner

I am a wretched man

“So the final conclusion would surely be that whereas other civilizations have been brought down by attacks of barbarians from without, ours had the unique distinction of training its own destroyers at its own educational institutions, and then providing them with facilities for propagating their destructive ideology far and wide, all at the public expense. Thus did Western Man decide to abolish himself, creating his own boredom out of his own affluence, his own vulnerability out of his own strength, his own impotence out of his own erotomania, himself blowing the trumpet that brought the walls of his own city tumbling down, and having convinced himself that he was too numerous, labored with pill and scalpel and syringe to make himself fewer. Until at last, having educated himself into imbecility, and polluted and drugged himself into stupefaction, he keeled over--a weary, battered old brontosaurus--and became extinct.”

**Malcolm Muggeridge**



# Feed the heart healthy nutrients

Then he taught me, and he said to me, “**Take hold of my words with all your heart;** keep my commands, and you will live.

**Proverbs 4:4**

# Study God's Word

<sup>8</sup> This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success. <sup>9</sup> Have I not commanded you? Be strong and courageous! Do not tremble or be dismayed, for the LORD your God is with you wherever you go.”

Joshua 1:8-9

<sup>8</sup> Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, **dwell on these things**. <sup>9</sup> The things you have learned and received and heard and seen in me, **practice these things**, and the God of peace will be with you.

**Philippians 4: 8-9**



# My Personalized 2017 Heart Plan

Guard from  
allowing “hurtful”  
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Guard from  
allowing “good”  
things from  
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your heart