

Heart Attack Prevention

Eph. 4:14

What does the breastplate do? It protects the heart.

Proverbs 4:23

Question? How do I put on this breastplate to protect my heart?

1. By Faith

Philippians 3: 8-10

(Have boys pop up from foxholes with no protection, Talk about self righteousness as opposed to righteousness from God. They need God's protection, put life jacket on one and bullet proof jacket on the other)

2. Setting your mind on things of the Spirit.

Romans 8:5-6

Not easy to do unless we become intentional about righteousness. Doing that which is right, protecting the heart.

Look at King David as an example of not doing that which was right, opening the door to his heart allowing sin to enter in.

2 Samuel 11:1-2

We know the rest of the story. Adultery, Deceit, Murder, broken home.

I believe we all long for righteousness or we wouldn't be here this morning.

Like the the Apostle Paul do you long for righteousness by faith that your heart might be protected and that you may know Jesus and the power of His resurrection.