Guard Your Heart/Mind
Mark 7: 14-23

November 1, 2026

Verse 14

Jesus called the multitude – *"Hear Me!"*

This was a private meeting with the Creator of the universe, away from the legalists



If Jesus says listen up, hear with the intention of doing – *LISTEN!*

Verse 15 - 16

Jesus addresses the outside vs. the inside

Pharisees are all about how things look outwardly

(like our culture today)

Jesus is all about the inside, not the externals, but the internals -

the heart, the real you!

Why do we have a problem with being showy, being noticed?

We still have a flesh nature, a self-nature

How do I deal with my flesh nature?

Romans 13: 14

Verse 17 - 19

The disciples don't get it

Jesus is not offended by what the Pharisees, or the world, says about Him, *and neither should we!*

SETTLE THIS: The world system will be offended by Biblical Truth – Jesus Truth!

PRINCIPLE: Whatever a person allows into their minds will ultimately be reflected in their lives

Every action starts with a thought; this is the reason we are taught in Scripture to guard our minds/hearts

Guard your mind, guard your thoughts, by taking captive your thoughts 2 Corinthians 10: 5

I hope we get it; it's all about what we allow into our minds!

PRINCIPLE: *Stinkin' thinkin'* breeds more *stinkin' thinkin'*!!

Verse 21 - 23

CLOSING: What are you allowing into your heart?

Jesus has a list of things that come out of a defiled heart

These things are in all of us to some degree or another

We are all in the same depraved boat; what I want to know is how not to live in depraved land?

This all depends on what we allow into our brains; what thinking is marinating in our brains?

Scripture is clear, we are to ***"put off"*** and ***"put on"***

Put off the old man, the old you, the old way of thinking and responding with the old heart

Every crass, critical, guttural response is a depraved, old man response

Put on the new man, the new you, the born again, Holy Spirit indwelled, controlled you – Ephesians 4: 22-24

HEAR JESUS: ***"For from within, out of the heart of men, proceed evil thoughts . . . . ."*** **(verse 21)**

Every action starts with a thought

Lee Warren, *"The Changing Art of Self-brain Surgery"*, informs us that our thoughts are 80% false

Your Holy Spirit mind is in charge of random brain thoughts – *USE IT!*

This is the reason that you should stop and think before you blurt out a destructive, self-protective thought

Jesus knows every sinful act starts with an evil thought

Truth be told, we all have problems with our thoughts and thinking, what do I need?

New you thinking starts with a transformed mind, a heart transformation

"And do not be conformed to this world, but be transformed by the renewing of your mind." - Romans 12: 2

SUMMARY:

Jesus is all about the heart, the mind, the place where every action originates

Remember, he who controls the mind controls the action of the person

Whatever comes out of our lips reveals the condition of our hearts – Matthew 12: 34

Every action starts with a thought; *"thoughts become things"* (Lee Warren)

In Jesus' day, it was the Pharisees, the Sadducces, the Herodians, that were assaulting minds

Today is quite different

Humanity has never experienced the mind assault that we are experiencing today

With A.I., technology, information overload, hyper-stimulation, our minds are constantly on overload

What we need, what we must have, is a **GOD PAUSE** daily – ***NO EXCUSES!***

My recommendation:

Get off the screens and into your **paper** Bible and meditate on the Word ***daily!***

I believe the day is coming when technology tampering may affect the validity of the **Word** on screen

My advice:

Know your Bible, know the books of the Bible, be familiar with the pages of your Bible

There you have it . . . . . .

Guard what you allow into your heart/mind

STABLE HEART >

STABLE MIND >

STABLE PERSON >

STABLE LIFE!

GUARD YOUR HEART AND MIND!!