

Bill Johnson Says Guarding Your Heart Amid Adversity Isn't an 'Invitation to Introspection' but a 'Responsibility'

Pastor Bill Johnson shares in The Voices of General's series of *Kingdom Family Talks* on Charisma Podcast Network, "Proverbs 4:23 encourages us to watch over our hearts with all diligence because from it flows the issues of life. This is not an invitation to introspection, but it's a responsibility to watch our attitudes and values. For me, oftentimes, where I want to go in life is in the opposite direction of adverse winds. A sailboat can sail against the wind, which is called tacking. This requires the proper use of the rudder and the sail. The sail is like the attitude of the heart, and the rudder represents our speech. By monitoring those two areas of our life, we can advance even through difficult times."

If you're a human, the chances are you know pain, and it has cost you something. Loss and disappointment are inevitable. How can we ensure that we are carrying ourselves in a way that is wholesome for our spirits, minds and hearts?

The senior leader of Bethel, Redding, California, shares wisdom and insight in stewarding our hearts. It is within our power to guard our hearts and conversations. We cannot control what happens around us, but we can control what happens inside of us, which is the place that our actions and words flow from. When we intentionally choose to govern ourselves, we are honoring the Lord and loving ourselves well. This decision is an offering to the Lord that costs us something on this side of eternity. We certainly can receive an invitation from the

Lord in this exchange between Bill Johnson and Leif Hetland, calling us to examine ourselves and live in fullness.{eoa}

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