



THE NUTS AND BOLTS OF LOVING WELL

October 21, 2018

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Below the Waterline

Introduction

“To such of the general public as might imagine that no work had been done of the New York tower, because they see no evidence of it above the water, I should simply remark that the amount of the masonry and concrete laid on that foundation during the past winter, under water, is equal in quantity to the entire masonry of the Brooklyn tower visible today about the waterline.” (*The Great Bridge* by David McCullough, p. 266)

1. The Necessity of Tending to the Heart

⁴²³ Keep your heart with all vigilance, for from it flow the springs of life.” (Proverbs 4:23, ESV)

⁴³³ Either make the tree good and its fruit good, or make the tree bad and its fruit bad, for the tree is known by its fruit. ³⁴ You brood of vipers! How can you speak good, when you are evil? For out of the abundance of the heart the mouth speaks. ³⁵ The good person out of his good treasure brings forth good, and the evil person out of his evil treasure brings forth evil.” (Matthew 12:33-35)

2. Doing Work Internally

²⁰ My son, be attentive to my words; incline your ear to my sayings. ²¹ Let them not escape from your sight; keep them within your heart. ²² For they are life to those who find them, and healing to all their flesh.” (Proverbs 4:20-22, ESV)

3. Doing Work Externally

²⁴ Put away from you crooked speech, and put devious talk far from you. ²⁵ Let your eyes look directly forward, and your gaze be straight before you. ²⁶ Ponder the path of your feet; then all your ways will be sure. ²⁷ Do not swerve to the right or to the left; turn your foot away from evil.” (Proverbs 4:24-27, ESV)

Digging Deeper

This Week's Passages:

Monday: Proverbs 4:20-27

Tuesday: Matthew 12

Wednesday: Colossians 3:1-17

Thursday: Ephesians 4:17-32

Friday: Ephesians 5:1-21

Weekend: Review the most meaningful passages of the week.

Each day this week you are invited to read the day's passage and then respond to the following questions. Take special note of what God is saying to you. You might find it beneficial to use a journal or notebook to record insights.

1. Read the passage prayerfully, listening for the voice of God and asking him to speak to you.
2. Record or write down the word, phrase, or verse that God impresses upon you.
3. Reflect and write down what it is about this word, phrase or verse that is meaningful to you.
4. Respond by writing a prayer or recording what it is that you think the Lord wants you to do in response to his word (“*Be doers of the word and not hearers only*” James 1:22).