





# TTR Week 5 Bible Devotion: Guarding The Heart


*Theme: Staying free by protecting what we let in.*

## Day 29 – Guard Your Heart


 *Scripture:* Proverbs 4:23 – “Above all else, guard your heart, for everything you do flows from it.”


 *Devotion:* Freedom can be lost if we let anything into our hearts. Everything flows from the heart—our thoughts, choices, and habits. God calls us to guard it like a treasure.

 *Prayer:* Lord, help me to protect my heart from influences that lead me away from You.


 *Action Step:* Identify one thing you’ve been letting into your life (media, conversations, habits) that pulls your heart away from God. Limit or cut it today.

## Day 30 – The Lamp of the Body


 *Scripture:* Matthew 6:22–23 – “The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light.”


 *Devotion:* What we watch and look at affects the health of our soul. If our eyes take in darkness, our hearts grow dark too.


 *Prayer:* Jesus, make my eyes healthy. Help me choose to look at what is pure and good.


 *Action Step:* Do a quick “screen audit.” Check what you’ve been watching/scrolling. Replace one unhealthy input with Scripture or worship.

## Day 31 – Influence Matters


 *Scripture:* 1 Corinthians 15:33 – “Do not be misled: ‘Bad company corrupts good character.’”


 *Devotion:* The people we surround ourselves with shape us. If we want to stay free, we must walk with people who build us up, not pull us back.

 *Prayer:* Lord, give me discernment in my relationships. Help me choose friends who lead me closer to You.


 *Action Step:* List the three people who most influence you. Pray for them. Ask God if any boundaries are needed.

## Day 32 – Hide the Word in Your Heart


 *Scripture:* Psalm 119:11 – “I have hidden your word in my heart that I might not sin against you.”


 *Devotion:* God’s Word acts like a guardrail in our hearts. When it’s hidden inside, it helps us resist temptation and stay free.


 *Prayer:* Father, fill my heart with Your Word. Let it rise up in me whenever I’m tempted.


 *Action Step:* Choose one verse this week to memorize. Recite it in the morning and at night.

## Day 33 – Temptation Starts Small


 *Scripture:* James 1:14–15 – “...each person is tempted when they are dragged away by their own evil desire and enticed.”


 *Devotion:* Strongholds often start with small compromises. Recognizing temptation early gives us power to stop it before it grows.


 *Prayer:* Lord, make me alert to temptation at its earliest stage. Give me strength to turn away quickly.


 *Action Step:* When a temptation arises today, say a short prayer: “*Lord, I turn to You right now.*”

## Day 34 – Be Alert and Sober-Minded


 *Scripture:* 1 Peter 5:8–9 – “Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.”


 *Devotion:* Staying free means staying awake. The enemy doesn’t stop trying, but we can stay alert and firm in faith.


 *Prayer:* Father, help me stay spiritually awake today. Make me sensitive to Your Spirit and aware of the enemy’s tactics.


 *Action Step:* Do a quick “spiritual check” midday. Ask: *Am I alert? Am I focused on God or distracted?*

## **Day 35 – Reflection: Fast from Distraction**

 *Scripture:* Psalm 119:37 – “Turn my eyes away from worthless things; preserve my life according to your word.”

 *Devotion:* One of the best ways to guard your heart is to fast from distractions—anything “worthless” that competes for your attention.

 *Prayer:* Lord, I turn my eyes from worthless things. Fill me with what’s valuable and eternal.

 *Action Step:* Choose one distraction (social media, TV, gossip, etc.) to fast from for the next 24 hours. Journal how it affects your heart and mind.

 That completes **Week 5: Guarding the Heart.**