

GUARDING OUR HEARTS

May 24, 2025

Bible Readings

Take a few minutes to read the Bible verses listed and ask the Holy Spirit to lead you in how this verse applies to you this week.

Proverbs 4:20-27

Memory Verse

¹² Don't let anyone make fun of you, just because you are young. Set an example for other followers by what you say and do, as well as by your love, faith, and purity.

1 Timothy 4:12



CASEY'S DAY

written by Ron Vandenburg
illustrated by Chad Thompson



Jessie picked up the book her grandmother had given her for her birthday and started to read. Several friends had already read it and told her how amazing it was, so she was excited to find out what happened. But several pages in, one of the characters swore, and a few pages after that, another one did. Jessie wondered if she should stop reading, but they were just words, and her grandmother had given her the book.

Have you ever had a moment like that? Maybe you're reading a book or watching TV, and something happens that your parents wouldn't have let you see. It can be tough to stop, especially if no one is there to tell you not to keep going. But [1 Timothy 4:12](#) reminds us that we're supposed to be leaders and be an example for others with our words and actions. And that includes when no one is watching.

[Proverbs 4:20-27](#) tells us that we must guard our hearts and thoughts because everything we do stems from what's in them. Jesus also warns us to avoid evil thoughts, envy, insults, and pride from our hearts ([Mark 7:14-23](#)). That should tell you just how important it is to pay attention to the words and stories of what you're watching, reading, or playing. So this week, if something you're reading or playing has a scene or words that you don't think are good for your heart, decide to stop, even if no one else tells you to. And if you're ever unsure, talk to your parents about it.

Prayer

Dear God, please help me have the strength and perseverance to guard my heart and set an example for others through my actions, words, and life. Amen.

written by Christina Van Starkenburg

<https://kidscorner.net/devotions/guarding-our-hearts>
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