

The Dudes at the Dunes - Men's Retreat 2024

Saturday Night - Rhythm 6 - Protect, "Guard Your Heart"

Psalm 1:1-6, "1. Blessed is the man who does not walk in the counsel of the wicked, or stand in the way of sinners, or sit in the seat of mockers; 2. But his delight is in the law of the Lord, and on his law he meditates day and night. 3. He is like a tree planted by streams of water which yields its fruit in season, **and whose leaf does not wither.** Whatever he does, prospers. 4. Not so the wicked! They are like chaff that the wind blows away. 5. Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous; 6. For the Lord watches over the way of the righteous, but the way of the wicked will perish."

New International Version, 1986.

1. Review. Psalm 1, "Seven Rhythms of a Man's Heart".



Rhythm 1 - Pursue - "Follow the Star". Look up to move forward. Direction not destination. **One question?** "Where is he who is born King of the Jews?"

Rhythm 2 - Read - "Rhythm the Book". Workout vs. rhythm. 2,500 Precepts vs. 7,500 Promises. 2,500. **One Question?** "Is the Word of God your very life?"

Rhythm 3 - Pray - "Talk to Papa". Meditate is **pondering, personalizing** and **praying** the text back to God. **One Question?** "Can you teach me to pray?"

Rhythm 4 - Grow - "Engage the Nudge". Grow Deep to Grow Up. Expect Attacks, Form your Packs, Have their Backs. **One Question?** "What's the next step?"

Rhythm 5 - Bless - "Be the Blessing". Pray "For" vs. Pray "Over". Is blessing your calling? Tear off the Roof. **One Question?** "Who am I called to bless today?"

2. Rhythm 6 - Protect - “Guard Your Heart”.



Psalm 1:3c, “. . . and whose leaf does not wither . . .” **King David**

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

3. Guard Your Heart - “You Are . . . Inside Out.”

Luke 6:44-45, “**Each tree** is recognized by its own fruit. People do not pick figs from thorn bushes, or grapes from briers. A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. **For the mouth speaks what the heart is full of.**”

4. Sin’s “Death March” - “Huh?!”, Think, Act, Lie & Die

James 1:13-15, “When tempted, no one should say, “God is tempting me.” For God cannot be tempted by evil, nor does he tempt anyone; but each person is tempted when they are dragged away by their **own evil desire** and enticed. Then, after **desire has conceived**, it gives **birth to sin**; and sin, when it is **full-grown**, gives **birth to death.**”

Sin often begins with “Huh?!”

1 John 1:9, “**If we confess** our sins, **He is faithful** and just to forgive us our sins and cleanse us from **all unrighteousness.**”

5. Protect Yourself from The Devil. Resist

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

James 4:7, “**Resist** the devil, and he will flee from you.”

Temptation of Jesus. Luke 4:1-13

Deuteronomy 8:3, 6:16, 6:13.

Three Temptations, Three Verses, Three Victories.

6. Protect Your “New” Self from Your “Old” Self. Renew

Romans 5:12, “Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that **all have sinned.**”

Romans 7:19-20, 24-25, “For I do not do the good I want to do, but the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but **it is sin living in me** that does it . . . What a wretched man I am! **Who will rescue me** from this body that is subject to death? Thanks be to God, who delivers me through **Jesus Christ our Lord!**”

Romans 12:2, “Do not conform to the pattern of this world, but be transformed by the **renewing of your mind**. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

Overcoming Sin is not just a Self Discipline Issue -
It’s also a Heart Transformation Issue.

7. Protect Your Relationships with Others. Restore / Redeem

Matthew 18:15-17, “ “If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have **gained your brother**. But if he does not listen, take one or two others along with you, that every charge may be established by the evidence of two or three witnesses. If he refuses to listen to them, tell it to the church. And if he refuses to listen even to the church, let him be to you as a Gentile and a tax collector.” Words of Jesus. **1 Corinthians 5:9-13**. Words of Paul.

Matthew 5:23-24, “Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something against you, leave your gift there in front of the altar. **First go** and **be reconciled** to them; **then come** and offer your gift.”

8. Protect Others from Themselves. Rescue

Ezekiel 3:17-19, “ “Son of man, I have made you a watchman for the house of Israel. Whenever you hear a word from my mouth, you shall give them warning from me. If I say to the wicked, ‘You shall surely die,’ and you give him no warning, nor speak to warn the wicked from his wicked way, in order to save his life, that wicked person shall die for his iniquity, but his blood I will require at your hand. **But if you warn the wicked**, and he does not turn from his wickedness, or from his wicked way, he shall die for his iniquity, but you will have delivered your soul.”

Three Types of Courage:

Personal Courage before God. **Public** Courage with a Crowd.

Inter Personal Courage amongst Others.

Patrick Lencioni, founder The Table Group

Exodus 34:6, “And he passed in front of Moses, proclaiming, “The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness.”

9. Armor Up. Showing Off or Showing Up?

Ephesians 6:10-12, “Finally, **be strong in the Lord** and in his mighty power. Put on the **full armor of God**, so that you can **take your stand** against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.”

God is not telling you to armor up to show off.
He’s telling you to armor up, to show up.

Ephesians 6:13-17, “Therefore put on the full armor of God, so that **when** the day of evil comes, you may be able to stand your ground, and after you have **done everything**, to stand. **Stand firm** then, with the **belt of truth** buckled around your waist, with the **breastplate of righteousness** in place, and with your feet fitted with the readiness that comes from the **gospel of peace**. In addition to all this, take up the **shield of faith**, with which you can **extinguish all the flaming arrows** of the evil one. Take the **helmet of salvation** and the **sword of the Spirit**, which is the **word of God**.”

King Solomon

1 Kings 11:4, “For when Solomon was old his wives turned away **his heart** after other gods, and **his heart** was not wholly true to the Lord his God, as was **the heart** of David his father.”

King David

Acts 13:14, “God testified concerning him: ‘I have found David son of Jesse, **a man after my own heart**; he will do everything I want him to do.’”

Psalms 139:23-24, “**Search me**, O God, and **know my heart**; test me and know my anxious thoughts. See if there is any offensive way in me, and **lead me in the way everlasting**.” (Psalm 1:6)

The One Question Wise Men ask . . .

“What’s in my heart?”

Psalm 1:3c, “. . . whose leaf does not wither . . .”

D. Mike Collins, dmikecollins@gmail.com, cell 503-484-8160
www.the-brotherhood-of-the-book.org