

May 19, 2026

## Guard What Shapes You

*May Series: Built Different*

*Week Focus: Strengthened From Within*

**Scripture – Proverbs 4:23**

“Guard your heart, for everything you do flows from it.”

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### Devotional Reflection

Your life is being shaped from the inside out. The thoughts you entertain, the things you focus on, and what you allow to influence you are all forming your inner life. These internal patterns are not random—they are being developed daily through what you give your attention to. Over time, what is happening within you begins to show up in how you live. What you consistently allow in will eventually be expressed through you.

Guarding your heart is not about fear—it is about awareness. It is recognizing that not everything deserves access to your attention, your emotions, or your focus. You are not called to absorb everything around you, but to be intentional about what you allow to shape you. What you allow in will eventually show up in your responses. Awareness helps you protect what God is building within you.

Many times, we focus on changing our behavior without examining what is feeding it. We try to adjust what is visible without addressing what is internal. But transformation does not begin with behavior—it begins with what is happening within your heart and mind. When your heart is aligned, your actions begin to follow naturally. Lasting change always flows from internal alignment, not external pressure.

Strength is built when you become intentional about what shapes you. When you guard your heart, you protect your growth and your direction. You create space for God to continue forming your life without unnecessary interference. Today, pay attention to what is influencing you and be intentional about what you allow in.

## Focus for Today

I guard what shapes my life.

## Practice

- Identify one negative influence to limit
  - Choose one Spirit-filled input (scripture, prayer, worship)
  - Be intentional with your focus
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## Prayer

Lord, help me guard my heart and be intentional about what shapes my life. In Jesus name, Amen.

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## Reflection Question

What have I allowed to influence me that I need to adjust?