



Raise your hand if you have ever used the phrase game-changer before?

[[Personal story](#)]

My youngest is getting married next month, which means all of my children will be off my payroll. That's a game-changer! Also, since the last time I was up here I've become a grandpa. It's just amazing. **She's so cute.** Do you want to see a picture of her? [graphic](#) Isn't she adorable? They say she has my skull.

Webster's Dictionary defines *game-changer* as: a newly introduced element or factor that changes an existing situation or activity in a significant way.

Simply put, they are moments [in our lives] that redefine an outcome.

For some of you, today will be a newly introduced element that has the power to change you. For others, it's my prayer that today you will experience an "aha" moment that will redefine an outcome for you.

Those are big hopes... let's dig into today's primary text:

Guard your heart above all else, for it determines the course of your life.
Proverbs 4:23

This one Proverb contains 14 game-changing words, but I'm most captured with the three words: "*above all else.*"

The Scripture is referring to our spiritual heart, which is quite different than our physical, blood-pumping heart, but the similarities between the two hearts are too obvious to ignore.

With a physical heart, you can't see it, but it's essential to living. It works behind the scenes to keep your body running. You've seen it pulsating, inside a wide-open chest on the Health Channel. You can't live without a heart!

You CAN live without a limb!

In the movie *127 Hours*, (which felt like 127 hours watching it) actor James Franco played the role of a mountain climber—a true story—where he gets trapped and cuts off his own arm and hikes out to safety.

An arm... it's a nice perk.

I know of a NCAA Division 1 champion wrestler who has one leg. It's amazing to watch him wrestle missing a limb and still be incredible.

Limbs? Totally negotiable. A heart? Totally essential!

When it comes to your spiritual life—your heart is the game-changer *because it determines the course of your life.*

If you don't have much concern about your spiritual life... or you're unsure, checking it out, invited by a friend... it's so great you're here. Regardless of your faith intent, this is a statement that might have something of value for you. **For those of us who have put our faith in Jesus—this heart emphasis is HUGE.**

Our bodies are very complex, but there are some very predictable happenings within the human body. For example, those of you who eat sausages like it's an Olympic event, you can keep eating and you'll soon visit a doctor (or the morgue). Right? It's pretty predictable.

When the heart is bad or diseased or unhealthy, it reveals itself in noticeable ways:

Shortness of breath
Tightness in the chest
hairline

Lack of energy
Indigestion

Numbness
Receding

There are specific signs of an unhealthy heart.

I'm just curious (by show of hands) who has had their heart-checked or evaluated or operated or revived or medicated? Sure!

[\[Personal heart story\]](#)

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