

**Proverbs 4:20-23** My son, attend to my words; incline thine ear unto my sayings. (21) Let them not depart from thine eyes; keep them in the midst of thine heart. (22) For they are life unto those that find them, and health to all their flesh. (23) Keep thy heart with all diligence; for out of it are the issues of life.

Part one of this series address the following issues:

- Maintaining the condition of your heart
- Is it acceptable to harbor agitation, irritation, grudges and other negative emotions (after all, doesn't everybody)?

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