

GUARD ONE GATE

A 7-Day Resilient Faith Practice



“Guard your heart above all else, for it determines the course of your life.”

Proverbs 4:23 NLT

Every day, something is trying to get through the gate.

News. Social media. Conversations. Entertainment. Fear. Anger. Old hurts. Other people’s opinions. Even the things we repeatedly tell ourselves.

Some of these influences are helpful. Others can slowly drain our peace, distort our thinking, or pull our attention away from God.

We can’t shut ourselves off from the world, nor should we. But we can become more intentional about what we allow continued access to our hearts and minds.

NOTICE

For the next seven days, simply **guard one gate**.

Ask the Holy Spirit to help you notice:

- › What has been getting too much access to my mind lately?
- › What regularly leaves me more anxious, angry, discouraged, distracted, or spiritually drained?
- › What am I allowing in without really thinking about it?

Maybe it’s the news, social media, a particular conversation, negative self-talk, replaying an old hurt, or constantly checking your phone.

You may already know what yours is.

The one gate I need to guard this week is:

Don’t beat yourself up for noticing it. Thank God that you did.

Awareness gives you an opportunity to make a different choice.

GUARD & REPLACE

Guarding the gate isn't just about keeping something out. It's about becoming more intentional about what you let in.

"Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable."

Philippians 4:8 NLT

For the next seven days, make one specific change.

I will reduce or limit:

I will make more room for:

LESS SCROLLING

A few more minutes in Scripture.

LESS CHECKING

Check the news once, not all day.

LESS REHEARSING

Turn an old hurt over to God.

MORE PRESENCE

Put the phone down for someone you love.

You're not trying to be perfect. You're learning to pay attention.

AT THE GATE

When something repeatedly asks for access to your heart and mind, ask:

01

IS IT TRUE?

02

**IS IT STRENGTHENING
OR WEAKENING ME?**

03

**DOES IT DESERVE
CONTINUED ACCESS?**

Then make the next faithful choice.

A SIMPLE PRAYER

Lord Jesus, help me pay attention to what I allow into my heart and mind. Holy Spirit, give me wisdom to recognize what strengthens my faith and courage to limit what weakens it. Help me fill my mind with what is true, honorable, right, pure, lovely, and worthy of praise. Amen.

ONE GATE. SEVEN DAYS. ONE INTENTIONAL CHANGE.

You don't have to guard everything today. Start with one gate.

Small, intentional choices like these help us develop a more resilient faith for facing the storms of life.

Companion resource to the Guarding the Gate article and the Who's Guarding Your Gate? Resilient Faith Shortcast.

Permission is gladly given to share this resource in its complete, unaltered form for personal, church, and small-group use.