



Word on Wednesday Bible Study
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Confronting and Dealing with Our Issues
July 29, 2026

“Confronting and Dealing with Our Issues”

Proverbs 4:23 - 27

“Keep thy heart with all diligence; for out of it are the ***issues of life.***” (Proverbs 4:23 King James)

“Keep *and* guard your heart with all vigilance *and* above all that you guard, for out of it flow the ***springs of life.***” (Proverbs 4:23 Amplified Bible)

“Keep your heart with all vigilance, for from it flow the ***springs of life.***” (Proverbs 4:23 English Standard Version)

“Watch over your heart with all diligence, For from it *flow* the ***springs of life.***” (New American Standard Bible)

“Guard your heart above all else, for it determines the ***course of your life.***” (Proverbs 4:23 New Living Translation)

I. INTRODUCTION

A. KEY DEFINITIONS:

1. Keep: Guard, observe, protect, and take care of.
2. Heart: The inner core of our being from which flows our feelings, thoughts, volition, and desires.
3. Diligence: Hard work and perseverance.
4. Issues:
 - a. *Wellspring (source) of our actions.*
 - b. *An unsettled matter, a concern or problem.*
 - c. *Inappropriate impulses, choices, decisions, and actions that affect the nature of our existence.*

- d. *It is the stuff that is in us that comes from an impure heart and weak and defiled conscience.*

B. UNDERSTANDING OUR HEART.

1. A wicked heart deceives us. (Jeremiah 17:9)
2. Our heart is far from Christ. (Mark 7:6,7)
3. We are defiled by our internal condition.
(Mark 7:20 – 23)
4. When a believer applies the Word, he gains access to the purpose of his heart. (Hebrews 4:12)

II. QUESTIONS FOR CONSIDERATION

- A. Is our issue emotional? (depression, fear, anxiety, anger, sadness, or grief)
- B. Is our issue relational? (marital discord, conflict with family members, loss of friendship, or a challenging work environment)
- C. Is our issue historical? (dysfunctional childhood or abusive childhood, victim of trauma, unresolved memories and feelings)
- D. Is our issue circumstantial? (If my circumstances change, I would improve)
- E. Is our issue spiritual? (Is there unconfessed sin in my life, my prayer life is dry)

III. SAMPSON A MAN OF GOD WITH ISSUES (JUDGES 13 – 16)

- A. Samson's background
- B. Samson's Issues
 1. Violent and angry. (Judges 14:19)

2. Revengeful. (Judges 15:7)
3. Women. (Judges 14:16, 17; 16:1, 15-17)

Wife:

“Samson’s wife **wept before him** and said, “**You only hate me, and you do not love me**; you have propounded a riddle to the sons of my people, and have not told *it* to me.” And he said to her, “Behold, I have not told *it* to my father or mother; so should I tell you? However **she wept before him** seven days while their feast lasted. And on the seventh day he told her because **she pressed him so hard**. She then told the riddle to the sons of her people.”

(Judges 14: 16, 17)

Harlot: “Now Samson went to Gaza and saw a harlot there, and went in to her.”

(Judges 16:1)

Delilah: Then she said to him, “How can you say, ‘**I love you,**’ when **your heart is not with me?** You have deceived me these three times and have not told me where your great strength is.” ¹⁶ It came about when **she pressed him daily with her words** and urged him, that his soul was annoyed to death. So **he told her all that was in his heart** and said to her, “A razor has never come on my head, for I have been a Nazirite to God from my mother’s womb. If I am shaved, then my strength will leave me and I will become weak and be like any *other* man.”

(Judges 16:15 – 17)

C. Consequences of Samson not guarding his heart

1. Lost his strength. (Judges 16:19)
2. The presence of God departed from him. (Judges 16:20)
3. His eyes were gouged out. (Judges 16:21)
4. Reduced from a judge to becoming a grinder
(menial tasks) in prison. (Judges 16:21)
5. Philistines made a mockery of Samson. (Judges 16:25)

- D. Overcoming his issues (Judges 16:28)
Cried unto God for help . . .
Ask God to remember him . . .
Ask God for strength . . .
Prayed a specific prayer related to his needs . . .
- F. In spite of the issues in Samson's life, God still used him to accomplish his purposes. (Judges 13:5, 14:4, 16:29)

IV. CONFRONTING OUR ISSUES

- A. Acknowledge and face the fact that we have issues. (Psalms 32:5)
- B. Identify our issues. (Proverbs 28:13)
- C. Seek to understand our issues from a biblical perspective
(Psalms 139:23, 24)
- D. What has the Holy Spirit been saying to us or showing us regarding the issue? (John 14:26)
- E. What red flags did we miss? (James 1:23, 24, 26)
- F. We must examine our attitudes and behaviors and make appropriate changes. (Psalms 26:2; I Thessalonians 5:21)
- G. How have we deceived ourselves into thinking the "issue" was not an issue? (I Corinthians 3:18, Galatians 6:3, James 1:26)
- H. How long have you been battling the issue?
(Romans 7:15)
- I. We need to be honest with ourselves regarding the damage the issue is causing in our lives. (Galatians 6:3)
- J. What are the consequences associated with the issue: the principle of sowing and reaping. (Galatians 6:7, 8)

V. DEALING WITH OUR ISSUES

A. Our heart, the source of our issues.

1. The heart is the most inclusive term for our inner nature.
 - a. Mind Intellect THINK
 - b. Emotions Feelings FEEL
 - c. Will Decision DECIDE

B. A weak conscience is defiled

1. A weak conscience is morally and ethically feeble.
(I Corinthians 8:7, 10, 12)
2. Our conscience can be seared. (I Timothy 4:2)
3. Our mind and conscience can be defiled. (Titus 1:15)

C. An unguarded heart, the cause of our issues.

1. The heart is full of vain thoughts. (Jeremiah 4:14)
2. The heart can be stubborn and unrepentant. (Romans 2:5)
3. The heart can be hardened and full of mischief. (Proverbs 28:14)

D. Overcoming **MY** issues.

1. Identify my issue. (Proverbs 28:13)
2. Trace the history of the issue in my life and ask God to remove any guilt and pain from my heart. (Psalms 32:5, Proverbs 3:5, 6)

3. Replace a carnal mind with a spiritual mind. (Romans 8:7)
4. Understand what is going on with my flesh. (Romans 6:19, 7:5)
5. Die to “self” daily. (Luke 9:23, Romans 6:6, Galatians 2:20)
6. What does the scripture say about my issue? (Matthew 7:1–5, Colossians 3:2, 5–9)
 - a. Does the issue contribute toward the development of Godly traits in my life? (1 Corinthians 6:12)
 - b. Does the issue bring me under its power or, am I controlled by the issue in any way? (1 Corinthians 6:12)
 - c. Does it cause spiritual weakness in my life? (Matthew 5:29, 30)
 - d. Will the issue cause a believer to stumble? (1 Corinthians 8:12, 13)
 - e. Does the issue glorify God? (1 Corinthians 10:31)
7. Pray the scriptures back to God. (Psalms 19:14)
8. Repent of a sin related to or associated with the issue. (2 Corinthians 7:10, Titus 2:11, 12)
9. Recognize I am forgiven and should not beat myself up if there is a failure in my life. (1 John 1:9, 2:12)
10. Keep reminding myself I am not condemned. (Romans 8:1)
11. Do not abuse or misuse the grace of God. (Romans 6:1)
12. Seek to live a Spirit-filled life. (Ephesians 5:18)