



Guarding your Heart

Proverbs 4:23 (NIV)

Above all else, guard your heart, for everything you do flows from it.

Introduction

- How is your heart?
- The human heart is mentioned over 800 times in the Bible. In the Scriptures, the heart refers most of the time not to a vital organ that is constantly beating and enables us to live. The heart is seen as the center of emotions, feelings, moods, and passions.

The passage is telling us the facts about our hearts:

1. The heart of the matter is the matter of heart.

- a. What is hidden in the heart is open to God's eyes.

1 Samuel 16:7 (NKJV)

But the Lord said to Samuel, "Do not look at his appearance or at his physical stature, because I have refused him. For the Lord does not see as man sees; for man looks at the outward appearance, but the Lord looks at the heart."

- b. Our heart and the capacity to choose is at the center of who we are.

- c. The large tests and decisions you will face many times in life are dependent on your heart, and so are the small choices that you make hundreds of times a day.

Jeremiah 17:9-10 (NKJV)

⁹"The heart is deceitful above all things, And desperately wicked; Who can know it? ¹⁰I, the Lord, search the heart, I test the mind, Even to give every man according to his ways, According to the fruit

of his doings.

Genesis 6:5-6 (NKJV)

⁵Then the Lord saw that the wickedness of man was great in the earth, and that every intent of the thoughts of his heart was only evil continually. ⁶And the Lord was sorry that He had made man on the earth, and He was grieved in His heart.

2. The heart can be a source of good or evil.

- a. You can keep your heart good, or you can let it become bad.
- b. You can be diligent in a project, or you can be lazy.
- c. God's children have an old man that tempts them to evil, but their new man calls them to godliness.
- d. Your heart must decide between the two often. Every person makes a series of choices each day.

Matthew 6:21 (NKJV)

For where your treasure is, there your heart will be also.

Luke 6:45 (NKJV)

A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks.

3. Whatever is in your heart comes out in your life.

- a. If your heart is full of good things, your life will show that goodness. If your heart is full of sinful thoughts, your life will show them.

Colossians 3:22-24 NKJV

²²Bondservants, obey in all things your masters according to the flesh, not with eyeservice, as

men-pleasers, but in sincerity of heart, fearing God. ²³And whatever you do, do it heartily, as to the Lord and not to men, ²⁴knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ.

- b. Guard your heart because it shapes your thoughts and words.

Matthew 15:18-19 (NKJV)

¹⁸But those things which proceed out of the mouth come from the heart, and they defile a man. ¹⁹For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies.

- c. The heart remembers the good things that God has done for you.

Deuteronomy 4:9 (NKJV)

Only be on your guard and diligently watch yourselves, so that you do not forget the things your eyes have seen, and so that they do not slip from your heart as long as you live. Teach them to your children and grandchildren.

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Rev. Morrell B. Estrellado
Associate Pastor



UCA CAREER DAY

Discover your passion, plan your future

Looking forward to a brighter future, students expressed their aspirations of being a professional in the future through the Career Day last February 20 and March 3. Pre-schoolers and elementary students dressed up to their chosen profession. The program stirred up the minds of the students and challenged them to prepare as they make their way towards their career goal. This program helps the students evaluate their passion and interests and help them discover more about themselves. UCA parents and guardians were also present to support their children for this inspiring program.

At a very young age, UCA encouraged the students to have career aspirations when they grow up while also discovering their God-given gifts and abilities.

PRE-SCHOOL



Face-to-face students also prepared a presentation where they showcased their dance moves while wearing their creative costumes.



Online classes were also full of aspiring professionals who expressed their interest in their career choice with their costumes.

ONLINE

Deuteronomy 31:8
(NKJV)

And the Lord, He is the One who goes before you. He will be with you, He will not leave you nor forsake you; do not fear nor be dismayed.



Students also expressed their appreciation to the helpers of the community by recognizing their hardwork and by looking like professionals for a day. This also inspires them to be like helpers of the community in the future.

GRADE 1 TO 3



Through this, students are exposed to different roles they can play in their communities when they grow up by also learning their main duties and responsibilities.



Online students also shares the fun of discovering their desired profession and dressed up like grown ups in their Google Meet session.

He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy.

Proverbs 28:13
(NKJV)



A self-reflection was made to consider the student's interests and skills and how they can be a helpful and productive citizens of their community.

**GRADE
4 TO 6**



ONLINE

It was also a reminder for every student that education is vital in achieving their dream careers and that learning never stops.

Galatians 6:7-8
(NKJV)

⁷Do not be deceived, God is not mocked; for whatever a man sows, that he will also reap. ⁸For he who sows to his flesh will of the flesh reap corruption, but he who sows to the Spirit will of the Spirit reap everlasting life.



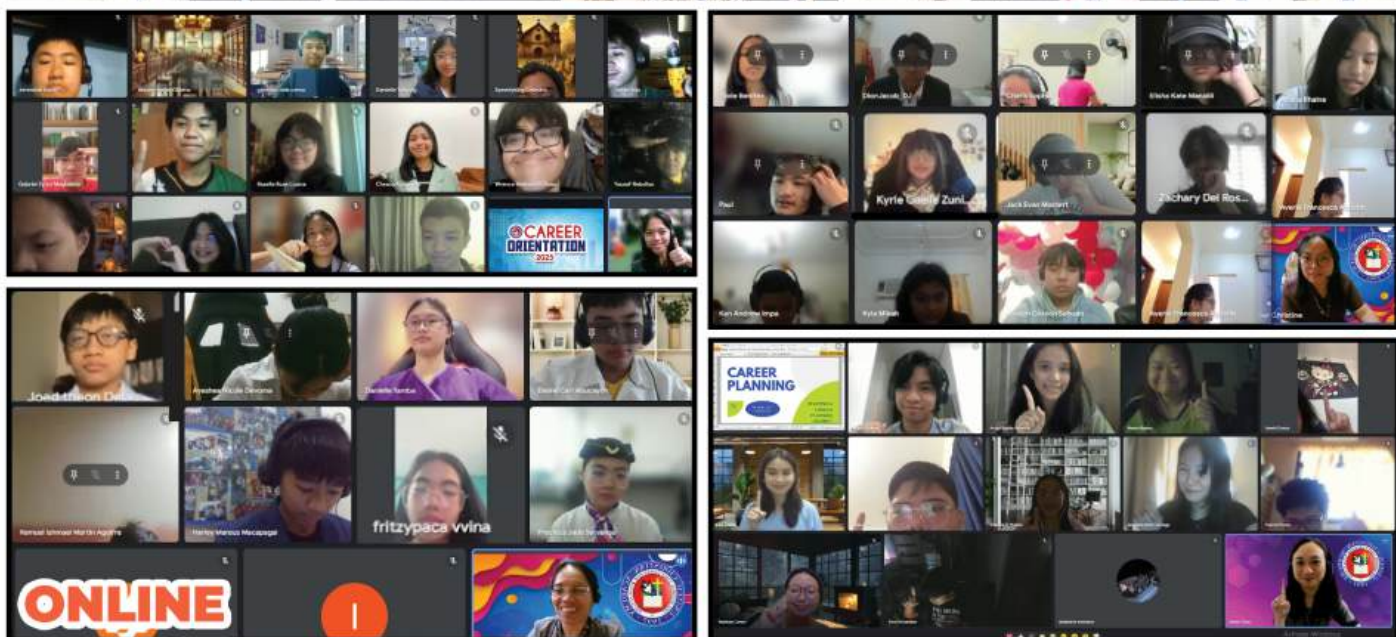
As learners, one of the important things that they must consider is their next stage after being a student. This program aims to open their minds and unfold their strength towards potential career paths, which was held by Prof. Mary Joy Obingayan, UCACOA dean.

**GRADE
7 to 10**



FACE-TO-FACE

Discovering their skills and abilities, they write their personal job exploration.



The Junior High students gathered in an online seminar, diving into insightful career discussions that sparked curiosity and excitement about their future paths.

And we know that all things work together for good to those who love God, to those who are the called according to His purpose.

Romans 8:28
(NKJV)



GRADE 11 to 12

The Senior High School students had a career planning program to discover their interests and understand the significance of preparing themselves for their career journey. An activity questionnaire was also accomplished by them to serve as a guide for their self discovery.



The students share on stage the potential career jobs they hope to pursue.



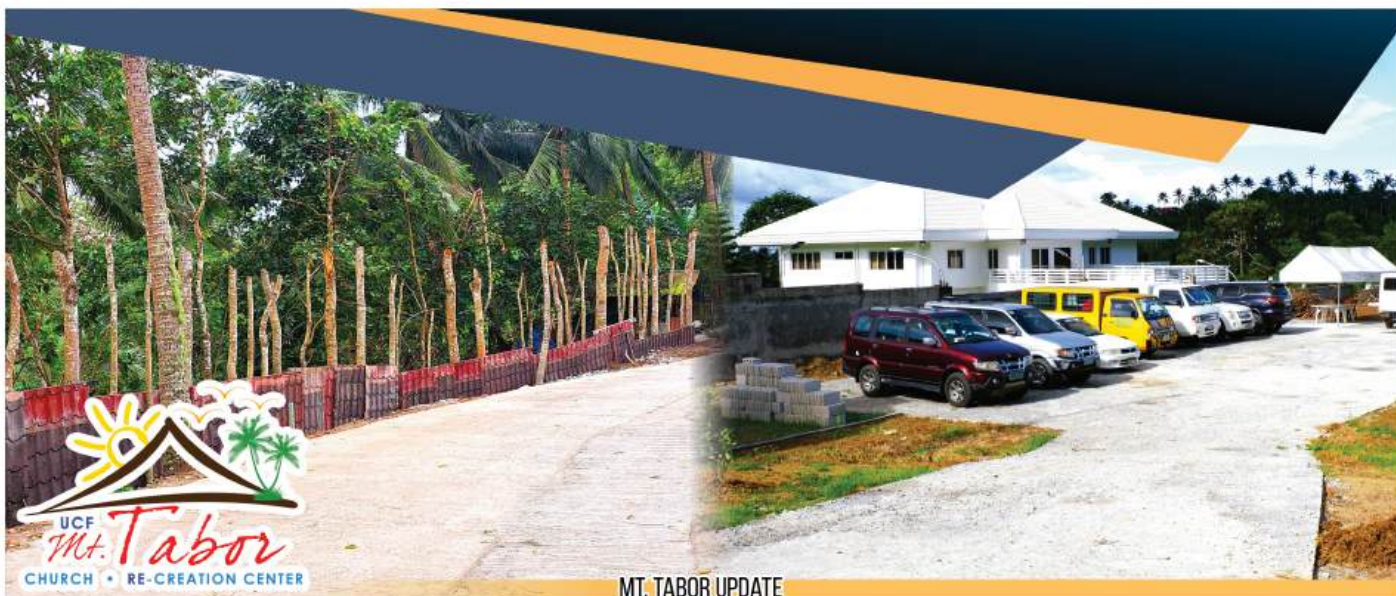
The DOLE Muntiparlas Field Office Senior Labor Employment Officer Harley Camposanto conducted a seminar last February 21, to discuss the employment rights and opportunities.

DOLE SEMINAR

As young as they are, it is important to have a wide perspective about their occupational development. Understanding and knowing their responsibilities as an employee will give them a clear direction for their future jobs. The Department of Labor and Employments (DOLE) provided an insightful discussion about this.



Ephesians 1:11 (NKJV) In Him also we have obtained an inheritance, being predestined according to the purpose of Him who works all things according to the counsel of His will.



PAGPAPABUTI SA **KANIYANG** MINISTERYO

Ang Diyos ay hindi kailanman nagkukulang upang ang Kaniyang ministeryo ng Diyos ay maging kagamit-gamit para sa gawain Niya. Sa pagdating ng bagong taon ay masisilayan ang bagong mga lugar na naisaayos sa Mt. Tabor Church Re-Creation Center.

Naging produktibo ang Mt. Tabor sa konstruksiyong ginagawa rito. Ilan sa mga ito ay ang pagpapalawak ng mga kalsada. Sinimulan ito sa pagpuputol ng mga puno ng mahogany at pagwasak ng dating pader sa kahabaan ng *bike lane*. Mula sa daanan sa panambahan sa ibaba ay unti-unti nang lumalawak ang mga daan hanggang itaas. Ito ay upang maging mas maluwag na ang kalsada para sa mga sasakyan at mapadali ang kanilang pagmamaneho upang makaiwas sa aksidente maliban dito, mas malawak na rin ang lugar na magagamit. Isa pa sa mga naidagdag ay ang bagong paradahan na makikita sa tapat ng panambahan at sa tapat ng greenhouse. Katuwa-tuwa dahil marami pang mga sasakyan ang maiparada rito sa mga paparating pa na mga programa.

Tunay na ang kalaguan ay sa Panginoon lamang matatagpuan. Sa patuloy na pagsunod ay tiyak na mayroong bunga. Kaya tayo ay maging kaisa sa gawain ng Diyos para sa pagpapabuti ng ministeryong Kaniyang ipinagkatiwala. Salamat sa Iyo, kamangha-manghang Diyos!



Be of good courage, And He shall strengthen your heart, All you who hope in the Lord.

Psalm 31:24
(NKJV)

PAMILYANG PINAGBUKLOD NG DIYOS



Sinasabi sa Kaniyang Salita na ating sikapin na gisingin ang damdamin ng bawat isa sa pagmamahal sa kapuwa at paggawa ng mabuti. Huwag din nating kaligtaan ang pagdalo sa ating mga pagtitipon at ating palakasin ang loob ng isa't isa hanggang sa araw ng Panginoon.

Bilang kalipunan ng mga tinawag ng Diyos, nararapat na ang bawat isa sa atin ay magpalakasan at patatagin ang ating

relasyon sa isa't isa nang may pag-aalala at pagmamahal; higit lalo bilang mga katiwala ng Diyos. Kaya naman nagkaroon ng munting *fellowship* ang pamilya ng UCF sa Mt. Tabor Church Re-Creation Center noong Marso 8, Sabado.

Ang puso ng bawat isa ay napuno ng kagalakan na makasama at mas makilala pa ang kapatiran na pinagbuklod ng pagmamahal ng Diyos.

Praise and Worship

Bilang mga anak ng Diyos, ang Panginoong Hesu Kristo ang Siyang nagbukbuklod sa bawat isa. Kaya naman, kagalakan ng pamilya ng UCF ang makasama ang kapatiran sa pagpupuri at pagpapasalamat sa Panginoon sa Kaniyang pag-ibig.



Ang mga tunay na nagmamahal sa Diyos ay hindi nakakalimot na magpasalamat at magbigay luwalhati sa Panginoon sa bawat panahon.

Nagsama-sama naman ang bawat isa para sa isang masarap at masayang pagsasalu-salo sa hapagkainan. Isa itong oportunidad upang sariwain ang kabutihan ng Diyos sa buhay ng bawat isa habang sinasariwa rin ang mga pagkaing inihanda.

Lunch Fellowship



1 Peter 5:6-10
(NKJV)

"Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you."

Session

Sa pangunguna ni Rev. Dr. James Sy, kaniyang ibinahagi ang tunay na kahulugan ng *fellowship* at kung paano ito maisasagawa ng kapatiran. Ipinaalala naman ni Rev. Dr. William Sy ang pamumuhay sa katotohanan bilang mga hinanap at kinatagpo ng Diyos.



SESSION WITH PASTORS



TESTIMONY TIME



Mas nagkakilanlan naman ang mga miyembro ng bawat fellowship group sa pamamagitan ng pagbahagi ng kanilang karanasan at patotoo sa Diyos. Sa ganitong gawain ay napagbubuklod ang pamilya ng UCF.



Malamig man ang panahon ngunit hindi ito alintana upang masayang lumangoy at magtampisaw sa swimming pool ang kabataan.

Swimming & Cooking



Water Baptism

Bilang deklarasyon ng pagkamatay ng lumang buhay at pag-ahon bilang bagong nilalang, isa sa ating kapatid sa Panginoon ang sumailalim sa pagpapabawtismo sa tubig.



Welcome to the Family of God,
Bro. Renante Clemente!



²My brethren, count it all joy when you fall into various trials, ³knowing that the testing of your faith produces patience. ⁴But let patience have its perfect work, that you may be perfect and complete, lacking nothing.

James 1:2-4
(NKJV)

Guarding your...

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Challenge

Guard your hearts always!

1. Let God the Holy Spirit search your heart always.
2. Let God cleanse and purify your heart always.
3. Keep yourselves in the love of God.

Psalm 139:23-24 (NKJV)

²³Search me, O God, and know my heart; Try me, and know my

anxieties; ²⁴And see if there is any wicked way in me, And lead me in the way everlasting.

Psalm 51:10 (NKJV)

Create in me a clean heart, O God, And renew a steadfast spirit within me.

Matthew 5:8 (NKJV)

Blessed are the pure in heart, For they shall see God.

Jude 1:21 (NKJV)

Keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life.

SERMON NOTES

Write the points to remember from the sermon as you seek God in your life.


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Congressman Brian Yamsuan



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