

Air, water, and food. It has been said that Man can live three minutes without air, three days without water, and three weeks without food. While approximate and not exact, those three measurements illustrate just how important each element is. We seem to have plenty of air and time to find food when needed, but water is always the most protected resource, especially in the arid lands of the Bible.

In today's Scripture verse, Solomon used a well of water as a metaphor for the human heart (the soul and spirit), and advised guarding the heart as one would guard a precious well: "Above all else, guard your heart, for it is the wellspring of life." Just as physical life depends on a wellspring of water, so spiritual life depends on an abundant and pure heart. The first ten chapters of Proverbs contain instructions for wise living from a father to his son. Included are admonitions to store up wise and Godly instruction. (Proverbs 2) A heart full of such instruction will become a source of life in moments of testing. So, *above all else*, guard your heart, and it will be a wellspring of life and wisdom.

Proverbs 4:23 "Above all else, guard your heart, for it is the wellspring of life."