

**KEEPING  
OURSELVES**



**Ecclesiastes 3:1-8 To everything *there is* a season, A time for every purpose under heaven:**  
**<sup>2</sup> A time to be born, And a time to die; A time to plant, And a time to pluck *what is* planted; <sup>3</sup> A time to kill, And a time to heal; A time to break down, And a time to build up; <sup>4</sup> A time to weep, And a time to laugh; A time to mourn, And a time to dance; <sup>5</sup> A time to cast away stones, And a time to gather stones; A time to embrace, And a time to refrain from embracing; <sup>6</sup> A time to gain, And a time to lose; A time to keep, And a time to throw away; <sup>7</sup> A time to tear, And a time to sew; A time to keep silence, And a time to speak; <sup>8</sup> A time to love, And a time to hate; A time of war, And a time of peace.**

# **A TIME TO KEEP**

- A. A time to keep and a time to throw away.**
- B. We buy things, display them proudly for a while, demote them to the cabinet, drawer or closet. Then ultimately it is delegated to the garage where it remains until we finally clean out the garage and put it in the garbage. Did you ever notice how alike garage and garbage are?**
- C. Some of us are obsessed with keeping things.**
- D. I'm a keeper. You never know when you might need that item. If you throw it away you will find you will need it very soon afterwards.**
- E. God's word tells us there are some things we need to keep.**

# **I. KEEP YOUR TONGUE FROM EVIL**

**Psalm 34:13 Keep your tongue from evil,  
And your lips from speaking deceit.**

## **II. KEEP YOUR FOOT FOLLOWING SINNERS**

**Proverbs 1:10-15 My son, if sinners entice you,  
Do not consent. <sup>11</sup> If they say, "Come with us,  
Let us lie in wait to *shed* blood; Let us lurk  
secretly for the innocent without cause; <sup>12</sup> Let  
us swallow them alive like Sheol, And whole,  
like those who go down to the Pit; <sup>13</sup> We shall  
find all *kinds* of precious possessions, We shall  
fill our houses with spoil; <sup>14</sup> Cast in your lot  
among us, Let us all have one purse"-- <sup>15</sup> My  
son, do not walk in the way with them, Keep  
your foot from their path;**

# **III. KEEP TO THE PATHS OF RIGHTEOUSNESS**

**Proverbs 2:20 So you may walk in the  
way of goodness, And keep *to* the paths  
of righteousness.**

# IV. KEEP YOUR HEART

**Proverbs 4:23 Keep your heart with all diligence, For out of it *spring* the issues of life.**

# **V. KEEP SILENCE BEFORE GOD**

**Habakkuk 2:20 But the LORD is in His holy temple. Let all the earth keep silence before Him.“**



# **VI. KEEP THE WORD OF GOD AND JESUS**

**John 14:23-24 Jesus answered and said to him, "If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our home with him. <sup>24</sup> He who does not love Me does not keep My words; and the word which you hear is not Mine but the Father's who sent Me.**

# **VII. KEEP YOURSELF FROM THINGS OFFERED TO IDOLS, BLOOD, STRANGLED MEAT, SEXUAL IMMORALITY**

**Acts 21:25 But concerning the Gentiles who believe, we have written *and* decided that they should observe no such thing, except that they should keep themselves from *things* offered to idols, from blood, from things strangled, and from sexual immorality.“**

# VIII. KEEP BIBLICAL TRADITIONS

**1 Corinthians 11:1-2 Imitate me, just as I also *imitate* Christ. <sup>2</sup> Now I praise you, brethren, that you remember me in all things and keep the traditions just as I delivered *them* to you.**

# **IX. KEEP THE UNITY OF THE SPIRIT**

**Ephesians 4:1-3 I, therefore, the prisoner of the Lord, beseech you to walk worthy of the calling with which you were called,  
2 with all lowliness and gentleness, with longsuffering, bearing with one another in love, 3 endeavoring to keep the unity of the Spirit in the bond of peace.**

# **X. KEEP YOURSELF PURE**

**1 Timothy 5:22 Do not lay hands on anyone hastily, nor share in other people's sins; keep yourself pure.**

# **XI. KEEP YOURSELF UNSPOTTED FROM THE WORLD**

**James 1:27 Pure and undefiled religion before God and the Father is this: to visit orphans and widows in their trouble, *and* to keep oneself unspotted from the world.**

## **XII. KEEP YOURSELVES IN THE LOVE OF GOD**

**Jude 20-21 But you, beloved, building yourselves up on your most holy faith, praying in the Holy Spirit, <sup>21</sup> keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life.**

# **XIII. KEEP YOUR LIFE ETERNALLY**

**John 12:25 He who loves his life will lose it, and he who hates his life in this world will keep it for eternal life.**



# **XIV. KEEP THE COMMANDMENTS OF GOD**

**Revelation 14:12 Here is the patience of the saints; here *are* those who keep the commandments of God and the faith of Jesus.**

# WHAT ABOUT YOU?

- A. Are you keeping the right things in your life?**
- B. Are you keeping the things God Wants you to keep?**
- C. Are you doing His will or your own will?**

