

# FamilyLife Blended® Radio Transcript

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## Guard Your Heart (Malachi 2:16)

Air date: August 11, 2017

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**Ron:** Want to affair-proof your marriage? Then guard your heart.

**Announcer:** For FamilyLife Blended®, here's Ron Deal.

**Ron:** “Guard yourselves in your spirit,” says Malachi 2:16 in the Bible, “and do not be faithless to the wife of your youth.” You see the problem was the men of Judah had been trading in their wives for younger women and God was calling them into repentance. “The way you keep yourself from sin,” he says, “is to guard your spirit.”

As married people we should guard our thoughts—how often we think negatively about our spouse, or hold on to hurt. Guard your eyes from pornography or whatever distracts your attention. Guard your boundaries with friends or co-workers so an inappropriate relationship doesn't form. Guard your spirit and you guard your marriage. For FamilyLife Blended I'm Ron Deal.

**Announcer:** Find more at [familylifeblended.com](http://familylifeblended.com).

*FamilyLife Blended with Ron Deal* is a production of FamilyLife, of Little Rock, Arkansas. Help for today. Hope for tomorrow.

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