



Keeping the Heart

John Flavel

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Puritan John Flavel (1630-1691) in *Keeping the Heart* (originally titled: *A Saint Indeed or The Great Work of a Christian Opened and Pressed*) has proven to be a steady and timely friend to many over the years. Using Proverbs 4:23 ("Keep your heart with all vigilance for from it flow the springs of life."), Flavel creates a treatise designed for all professing Christians. The aim is that the contents of the heart be laid bare, so that sin which is present is seen as sin and dealt with as a believer should and that the heart be guided to be pure in its devotion and affection for God. He does this, not with law, but by constantly pointing the believer to God's grace as the grounds and means for his sanctification. Flavel is not content to merely convey information, rather, with each point he carefully takes aim at your very soul and deftly fires shot after gospel-saturated, God-glorifying shot. Make sure you read this book slowly and prayerfully, allowing each purifying blow to have its full affect on your heart.

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