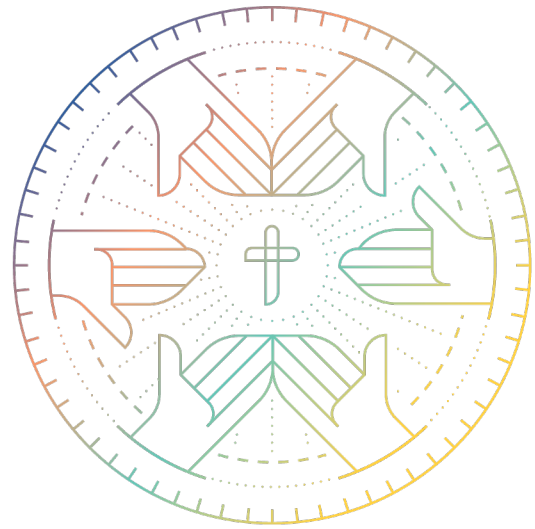


Group Life.

WE ARE BETTER TOGETHER



SMALL GROUP GUIDE

Unlearned Wisdom: “Guard Your Heart”
Scripture Focus: Proverbs 4:20-27

ICEBREAKER

When was the last time you felt your heart “shift” or “change” about something, and what caused that change?

or

What’s something you’ve learned over the years about protecting your heart from negative influences?

INTRODUCTION

In today’s message, we learned the importance of guarding our hearts, as Proverbs 4:23 instructs us to protect the very core of who we are—our hearts—because everything we do flows from it. A healthy, protected heart leads to a life aligned with God’s will.

How might your life look different if you truly believed that everything flows from the condition of your heart?

INTO THE WORD

Read Proverbs 4:23, Luke 6:45 and Galatians 5:22-23. Why is it so important to keep our hearts in alignment with God’s will? What kind of fruit does a heart aligned with God’s will produce?

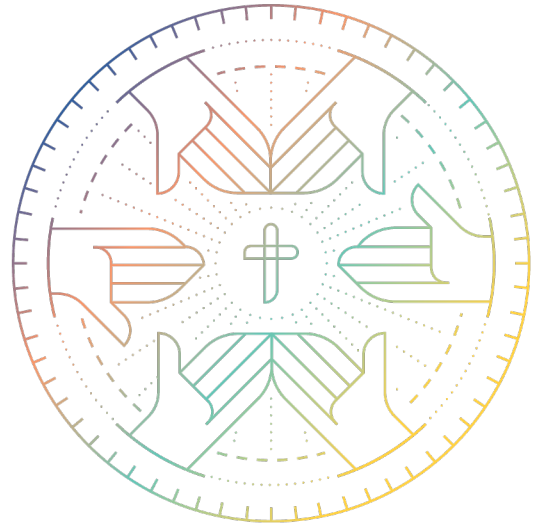
Read Ephesians 4:29, Matthew 12:34 and Proverbs 4:24. How have you experienced the connection between your emotions or thoughts and the words you speak? Can you think of a time when your speech revealed something about the condition of your heart?

Read Matthew 6:22-23, Psalm 119:11, Proverbs 4:25. In what ways have you noticed your heart becoming distracted or misled by what you’ve been focusing on? How can you actively choose to fix your gaze on God’s Word and truth throughout your day to protect your heart?

Read Colossians 3:1-2, Hebrews 12:1-2 and Proverbs 4:26-27. How do we maintain a steady course in our relationship with God, especially in the face of distractions? What are some of the things that hinder us?

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APPLICATION

What are some of the voices in your life that might be influencing your heart negatively?

How can you guard against them?

How can you practice “guarding your heart” in everyday conversations? Allow the group some time to reflect on one area of their life where they feel their heart drifting. Afterward, invite everyone to share, then take a moment to pray together, inviting God into that area and asking for His guidance and realignment.

PRAYER

Heavenly Father, we thank You for the reminder to guard our hearts with all diligence. Help us to align our hearts with Your will, that we may live lives full of Your love, peace, and wisdom. May our focus remain on Your truth, and may we fix our gaze on what is pure, noble, and good. Strengthen us to protect our hearts from distractions and temptations, and fill us with the fruit of the Spirit, so that we can reflect Your character to the world around us. In Jesus' name, Amen.