



Walk Wisely Proverbs 4:23

Check out one of these helpful resources:

How to Read Proverbs – Tim Mackie: <https://bit.ly/4ebfv2h>

Proverbs: The Art of Wise Living – Francois Lamprecht: <https://bit.ly/3yP6wnl>

God's Wisdom for Navigating Life Devotion – Timothy Keller: <https://bit.ly/4aLw41T>

Allow God to speak to you through his written Word. The goal of this time is to have quality connection and time together. Choose questions from Know, Grow, and Show that will best help your group discuss the passage and take their next steps of faith. Don't feel like you need to use all the questions. Feel free to add your own too! We are praying for you as you lead your D-Group this week!

KNOW (Build Relationships)

1. What is one of your favorite or happiest memories from childhood? Why do you think that memory sticks out to you?
2. What is something you do routinely to stay mentally and emotionally healthy?
3. When is a time you felt your heart was troubled or unguarded? How did you respond?
4. What role does self-care play in your ability to guard your heart well?
5. How does your job or work environment impact your ability to guard your heart? The schedule, people, environment, etc.?
6. What are some things that tend to negatively influence your heart?
7. How has getting older changed the way you view the condition of your heart?
8. When have you seen the importance of guarding your heart play out in your family life or relationships?



GROW: (Grow Spiritually)

1. Read Proverbs 4:23. What does it mean that the heart is the "wellspring of life"? Why is it so important to guard it?
2. How does Jesus reinforce the importance of guarding our hearts in Matthew 15:19-21?
3. According to John 7:38, what flows out from a heart that is guarded and pure?
4. Proverbs 28:13 says, "He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy." How does this relate to guarding our hearts?
5. A quote from the sermon notes is "guarding your heart is a grace-driven effort." What does that mean? How are we empowered to guard our hearts?
6. Often, we try to treat the symptoms instead of the root problem. How can guarding our hearts help address root issues instead of just symptoms?
7. Jeremiah 17:9 says that "the heart is deceitful above all things." Why is God's perspective and evaluation of our heart so crucial?
8. How can spiritual disciplines like prayer, Bible study, fasting help guard our hearts?
9. Read Psalm 119:9-11. What guidance does this give for guarding our hearts and lives?
10. Worldly wisdom says follow your heart, but God says guard your heart. How would you explain this difference in perspective to someone? (2 Cor. 10:5)



SHOW: (Live on Mission)

1. What is one area of your heart/thought life that you need to be more diligent about guarding? What is a first step you can take?
2. How can we as a group provide accountability and encouragement for one another in guarding our hearts?
3. Is there a broken relationship you need to pursue reconciliation in to guard your heart from bitterness?
4. Spend some time praying for one another, that God would guard our hearts and minds in Christ Jesus.