



## Community Group Discussion Guide

June 14, 2015

Week 2 | Guard Your Heart

Proverbs 4:23

### Introduction

The thing I love about the book of Proverbs is how it takes key truths for everyday life and puts them on the bottom shelf where we can all reach them. It's a series of short statements that speak in a practical way to actions we will need to take to live a successful life.

A modern day word for these statements is Life Hacks. Life Hacks are simple ways of doing things that when done, add value to our lives. The book of Proverbs is full of Life Hacks. 631 total to be exact. And none of them are about anything little. Each one is a brilliant insight on how to live the most productive life possible.

Before answering these questions, read through Proverbs 4:23. If possible – since the passage we're talking about is just one verse – try to read this verse in 2-3 different Bible translations.

### Questions for Study

1. In your mind, picture the air traffic control towers at airports. What role do these control towers play, and why are they a big deal?
2. How do these control towers help us understand what the Bible often means when it talks about our hearts? (Think back to how Jeff described the heart in his sermon.)
3. Proverbs 4:23 starts out with "Above all" - highlighting the importance of what's coming. Why is guarding our heart in this "above all," super-important category? Explain your answer.
4. Read Jeremiah 17:9 and Mark 7:20-23. What do these passages tell us about our hearts?
5. As we seek to live godly lives, what happens if we fail to consider the corruption of the human heart due to sin?
6. The Bible talks about the "new heart" God offers all who trust in Him. (Check it out in Ezekiel 36:26-27.) Why is it so important to have "new hearts" if we're to truly live changed lives?
7. Do you have any examples or stories of how the new heart Jesus gives has changed your desires, and helped you see change in certain areas of your life?
8. "Guarding your heart" involves (1) working to keep bad influences out and (2) knowing when to let the right things in. Think about how you can practically apply each half of this:
  - What are some examples of bad influences or habits that can negatively impact our hearts? What steps can you take to guard against any of these bad influences that may be a particular issues for you?
  - What are some examples of godly influences and practices that can cultivate the desires God wants for a new heart? What steps can you take to implement any of these in your life, starting this week?
9. This week, challenge yourself to memorize Proverbs 4:23: "Above all else, guard your heart, for everything you do flows from it."