

OCTOBER 17TH 2021

# GUARD YOUR HEART

Proverbs 4:1-27



## DISCUSSION QUESTIONS

- Take note of any observations, questions, and exciting insights you found while reading through the text to share with the group. What jumped out at you? What was something you noticed now that you didn't see before?
- Talk about a time where you felt vulnerable. What was the context? Why did you feel that way? Was it good or bad?
- What do you notice about the familial language used in the book of proverbs? Why do you think the author addresses the book from parent to child?
- Why do you think the author uses the imagery of light and darkness to communicate how one walks in wisdom? Can you think of anywhere else in the bible where it uses those metaphors?
- What does it mean to guard your heart? (Biblically speaking, what does the heart do? Is it talking about the organ that pumps blood or something else?) Why should we? How is there wisdom in this?
- Can following wisdom also lead to physical health? Yes? No? Sometimes? (4:22)
- Turn to Hebrews 12:1-3. Have someone read the chapter out loud. Where are you personally challenged in this season to keep your eyes set on Jesus and not to your left or right? (4:25)
- Share where in your life you currently need to guard your heart so you might not stumble in darkness.

Memory Verse:  
**Proverbs 4:23**

"Watch over  
your heart with  
all diligence,  
For from it flow  
the springs of  
life."