

Guard Your Heart: The Wellspring of Life

The Way of Wisdom: Living in God's World

Proverbs 4:20-27 | Rev. Bruce Persons | July 6, 2025

I. Pay Attention to Wisdom (vv. 20-22)

II. Guard Your Heart (v. 23)

III. Watch Your Mouth, Eyes, and Feet (vv. 24-27)

SMALL GROUP DISCUSSION QUESTIONS

1. What does “guard your heart” mean practically in your life right now?
2. What are common “distractions” that lead people away from God’s path?
3. How can we monitor what we allow into our hearts and minds daily?
4. What role does community play in helping us stay on the right path?
5. How has God helped you course-correct when you’ve strayed?

FAMILY DISCIPLESHIP GUIDE

Memory Verse: Proverbs 4:23 (NIV) – “Above all else, guard your heart, for everything you do flows from it.”

Activity Idea for Kids (Ages 4 – 11):

- Use a paper heart. Write or draw things that help protect your heart (like praying, reading the Bible, kind friends, worship) on one side, and what could hurt your heart (like lies, anger, bad words) on the other of the paper.
- Discuss: “what helps your heart stay close to God?”

Reflection Questions for Teenagers (Ages 12 – 18):

- What do you allow into your heart through music, media, friendships, or thoughts?
- What is one habit you can start or stop to guard your heart more intentionally?

Prayer Prompt:

“Jesus, help me to protect my heart. I want to follow You and do what’s right. Show me how to choose good things that please You.”

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