

# JESUS AT THE CENTER OF OUR FUTURE

## GUARD YOUR HEART

June 2, 2024

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### DIGGING DEEPER

Use this guide by yourself or with friends as you seek to know God.  
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Unless otherwise noted, words and phrases in this study guide are based on language from the New International Version (NIV).

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*Above all else, guard your heart,  
for everything you do flows from it.*

**Proverbs 4:23 (NASB)**

**Insight:** The two Hebrew words from which we get the word *heart* can be more fully understood as the *life force, seat of emotions, appetite, thoughts, the inner person, spiritual center, inclinations, activity of the will, character, nature or the fountain of the inner man.* (from the *New International Dictionary of Old Testament Theology and Exegesis*).

#### Read Proverbs 4:20-27.

1. The first two verses tell us how to handle words of wisdom in four different ways. What are they? Which words or phrases are most significant to you?
2. Describe a time you sensed a hunger to pursue God.
3. God's Word brings life and health to the *whole body* (vs. 22)! Have you ever felt fully alive in your relationship with God? What does that look like?
4. What does it mean that everything we do flows from the heart (vs. 24)?
5. What are you doing to care for your heart?
6. When is your heart most prone to wander?
7. What's the most important thing you can do to intentionally care for your heart?
8. Clear direction for guarding our hearts is provided in vs. 24-27. What are practical ways you can follow this instruction?
9. How would you summarize what it means to *guard your heart*?
10. Pause and ask God what He wants to say to you. Write down at least one thought that comes to mind.

For further reflection on the importance of the heart, read: 1 Samuel 16:7; Psalm 28:6-9; 37:4; 51:10; Proverbs 3:5-6; Jeremiah 24:6-7; Ezekiel 36:24-28; Matthew 5:8; Mark 12:30; Luke 6:45.

*The story of your life is the story of a long and sustained assault on your heart by the enemy who knows who you could be and fears you. But it's also the story of the long and mysterious pursuit of your heart by a God who knows you truly and loves you deeply.*

John Eldredge, *Waking the Dead: The Glory of a Heart Fully Alive*



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