

Study Guide

Guard Your Heart

Key Verse: Prov. 4:23- "Above all else, **guard** your heart, for it is the wellspring of life."

1. Why is it so important ("above all else") to guard our hearts?
2. Describe the state of our hearts (Jer. 17:9; Gen. 6:5; Rom. 3:23).
For further study (Mark 7:21-23; Prov. 23:17; 12:25; 12:20; 6:25; 13:12; 14:10; 14:13; 14:14).
When did you first realize that you can't fully trust your heart?
3. Managing the state of my heart: (*like weeds in a garden*)
 - a. Establish trust in God. (Prov. 3:5). How does trusting God help us to guard our hearts?
 - b. Identify your feelings. (Prov. 20:5). How does sharing deep thoughts in a safe environment help us?
 - c. Introduce truth. (Prov. 2:2; 4:4; 6:21). How does claiming God's truths and promises help us?
 - d. Find cleansing. (Prov. 20:9; Psalm 51:10). How has God's grace changed you?
4. Share any other examples on what it means for you to guard your heart.
5. Read Proverbs 23:26. How can a lifestyle of surrender help us to manage the state of our hearts?

Application

Take time for silence and reflection. Ask God to reveal areas He wants to identify for you to manage the state of your heart. Pray as a group for each other as we manage our hearts.
How may God want to be changing some of your rhythms to help you better manage the state of your heart?

Message Slides

Biblical Manhood

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A. State of the Heart

1. Proud

Prov. 5:12- "How have **I hated instruction** and my heart spurned reproof."

Prov. 29:23- "Pride brings a person low, but the lowly in spirit gain honor."

2. Broken

Jer. 17:9 "The heart is more deceitful than all else and is desperately sick;"

Gen. 6:5- "The LORD saw how great man's wickedness on the earth had become, and that every inclination of the thoughts of his heart was only evil all the time."

Examples from Proverbs

23:17- "Do not let your heart **envy** sinners..."

12:25- "**Anxiety** in a man's heart weighs it down..."

12:20- "**Deceit** is in the heart ..."

6:25- "Do not **desire** her beauty in your heart..."

13:12- "**Hope deferred** makes the heart sick, ..."

14:10- "The heart knows its own **bitterness**..."

14:13- "Even in laughter the heart may be in **pain**..."

14:14- "The **backslider** in heart will have his fill of his own ways..."

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Prov. 28:26- "He who trusts in his own heart is a fool, but he who walks wisely will be delivered."

B. Managing the State of my Heart

1. **Establish trust**- 3:5- "**Trust** in the Lord with all your heart."

2. Identify your feelings

20:5 "A plan (purposes) in the heart of a man is like deep water, But a man of understanding draws it out."

3. Introduce truth

Prov. 2:2- "**Incline** your heart to wisdom."

Prov. 4:4- "Let your heart **hold fast** my words; keep my commandments and live."

Prov. 6:21- "**Bind them** continually on your heart."

4. Find cleansing

Prov. 20:9- "Who can say, "I have cleansed my heart, I am **pure** from my sin"?"

Psalms 51:10- "Create in my a clean heart, o God."

Prov. 4:23- "Above all else, guard your heart, for it is the wellspring of life."

C. Surrender

Prov. 23:26- "Give me your **heart**, my son, and let your eyes delight in my ways."

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