



# STUDY GUIDE

## WISDOM FOR LIFE 05.26.2019

### [start with prayer]

Missions Prayer Focus this week:  
Forever Home Adoptions

### [set up]

What are some of the steps/precautions you typically take to keep unwanted intruders and critters (thieves, deer, mice, ants, flies, mosquitos, etc.) out of your home and yard (house, pantry, attics, basements, patios, etc...)?

Do you have a story of an infestation that you personally experienced that helped motivate you to take preventive steps to guard your home?

### [digging deeper]

Proverbs 4:23 says, “Keep your heart with all vigilance, for from it flow the springs of life” (ESV). Some translations say “watch” or “guard” your heart.

What is the biblical understanding of “heart”?

What is meant by the phrase “springs of life”?

Putting those two concepts together, what is this piece of wisdom from God for the heart telling us to do and why?

What are some of the intruders that want to enter our hearts that we need to guard against so they cannot get IN?

What is writhing in our hearts that we need to guard from coming OUT?

If you read on in the following verses (Proverbs 4:24-27) and others we covered last Sunday, what are some of the practical instructions/cautions we have from the Lord in how to accomplish “watching over our heart”?

Here are some additional verses that speak to this issue. Look all (or some) of them up and give a small sentence that summarizes what God is saying in each one. If you’re in your LifeGroup, you can divide and conquer.

Luke 6:45    Matthew 15:18-19    Psalm 141:3    Psalm 119:9    Proverbs 16:17  
Proverbs 1:7    2 Thessalonians 3:3    Luke 12:15    Philippians 4:8

(over)

How does our faith in Christ and the Holy Spirit living in us make guarding our hearts possible? (John 7:28; Philippians 4:6-7; Ephesians 3:16-17)

### **[living it out]**

What is one way you feel personally encouraged from this lesson?

What is one way you feel convicted by the Lord from this lesson?

What is an action step you need to take to act on that conviction?

Paint a verbal picture/description of how that action step, empowered by the Holy Spirit, can and will make a difference in your life.

### **[praying it up]**

Close in prayer and use Proverbs 4:23 as a template for your prayer.

A prayer prompt for your LifeGroup:

“Lord, help us watch over our hearts from \_\_\_\_\_ so that \_\_\_\_\_.”