

Above All Else: Learning to Guard Your Heart
“Your Life Follows Your Heart”
Part 1

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Prov. 4:23 “Guard your heart above all else, for it determines the course of your life.” (NLT)

1. Our lives are the sum total of our _____

Gal. 6:7-9 “Don’t be misled—you cannot mock the justice of God. You will always harvest what you plant. ⁸Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit. ⁹So let’s not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don’t give up.” (NLT)

2. We must be _____ what we allow in to our lives

Prov. 25:28 “A person without self-control is like a city with broken-down walls.”

- Let the _____ influence your decisions
- Resist becoming _____
- This is a _____ not an event

3. We must guard ourselves from being _____ towards others

James 4:11 “Don’t speak evil against each other, dear brothers and sisters. If you criticize and judge each other, then you are criticizing and judging God’s law. But your job is to obey the law, not to judge whether it applies to you.” (NLT)

Rom. 14:14-16 “I know and am convinced on the authority of the Lord Jesus that no food, in and of itself, is wrong to eat. But if someone believes it is wrong, then for that person it is wrong. ¹⁵And if another believer is distressed by what you eat, you are not acting in love if you eat it. Don’t let your eating ruin someone for whom Christ died. ¹⁶Then you will not be criticized for doing something you believe is good.” (NLT)

- Don’t force your _____ on to other people
- Don’t think your convictions make you _____

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- Be willing to lay aside your _____ for the sake of loving others

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Discussion Questions:

1. Discuss how the heart is so influential in how we make decisions in this life. Share how you have witnessed the truth of Proverbs 4:23 play out in your own life or in the lives of others.
2. How do you feel about the statement: “Our lives are the sum result of our choices.”? How does Gal. 6 support this?
3. Discuss what it means to be discerning in what we allow in to our lives. What does it mean to have gates and walls?
4. As we learn how to guard our hearts better, why is it so important we also resist the urge to become self-righteous? Why is this so easy to do? Why do we all have a tendency to want to be morally superior to others? How do we protect ourselves from this?
5. How is God wanting you to grow in your ability to guard your heart?

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