

Life Group Discussion Guide

THE HEART OF THE MATTER

Proverbs 4:23

Stuart Jones - June 23, 2019



INTRODUCTION

The word “heart” is more than the name of an organ in our body. The word describes something basic, critical to our very existence. Heart is a description of the center of something or of everything—the heart of the campus, America’s heartland, the heart of the economy or the heart of the matter. And let’s not forget “heart and soul” as a commonly used tag for activities, events, teams and efforts.

Anything as important as the heart deserves its own guard rail. “Above all else, guard your heart, for everything you do flows from it.” (Proverbs 4:23)

DISCUSSION STARTER

1. This is the final sermon of Guard Rails. Has this series been valuable for you? Do you think guard rails are valuable and necessary? Why or why not?
2. When have you seen someone blow up a marriage, finances or a career when something on their inside got loose on the outside?

EVALUATE IT

1. Read Proverbs 4:23. What is the connection between what's in a person's heart and the way they speak and behave? How has what's in your heart influenced your relationships with others? How has it influenced your relationship with God?
2. During the message, Stuart said that God is more bothered by how we treat others than by how we follow religious rules. Has a religious rule ever caused you to treat someone poorly? If so, what happened?
3. Read Philippians 4:6-7. On a scale of 1 to 10, with 1 being "non" and 10 being "I'm overwhelmed," how much anxiety are you currently experiencing in life? Does the idea of addressing your anxiety by thanking God and taking your requests to him seem realistic? Why or why not?
4. Stuart said, "Secrets suck the life out of you and secrets suck the passion and the life out of a relationship." How do we get rid of the internal guilt that sucks the life out of us? Why is this solution so difficult?

MAKE IT PERSONAL

1. Do any of these emotions regularly ding your conscience—guilt ("I owe you"), anger ("you owe me"), greed ("I owe me") or jealousy ("God owes me")?
2. What is one thing you can do this week to begin to establish a guard rail around your heart? What can you do to take a step toward confessing if you feel guilt, forgiving if you feel anger, giving if you feel greed or celebrating if you feel jealousy? How can this group support you?



Interested in joining or starting a Life Group?
Contact our Life Groups Minister.

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