



06.04.2023
HOW DO I GUARD MY HEART?
Discussion Guide

BIG IDEA

In the Bible, your heart is the part of you that includes your intellect, emotions, willpower, and moral capacity. Your heart determines the direction of your life. Josh Surratt, Lead Pastor of Seacoast Church, explains the importance of guarding your heart by controlling your tongue, setting your heart on things above, and watching where your steps take you. How is your heart?

SCRIPTURES USED IN THE MESSAGE

- Proverbs 4:23-27 (NLT)
- Proverbs 23:7 (KJV)
- Mark 7:21-23 (NLT)
- Proverbs 18:21
- Proverbs 15:1 (NLT)
- Hebrews 12:2a (TPT)

TALK IT OVER

Choose questions that keep the discussion moving. No need to discuss every question.

- What small things have you done that have made a big difference in your life?
- Describe a time that the condition of your heart was at risk. What are some ways you protected or could have protected yourself in that situation?
- The tongue can warm things up or burn things down. What things do you need to start or stop saying to your spouse, children, parents, siblings, friends, or coworkers?
- There's a cost associated with our attention. Where is your focus? The past? Comparison? How does your focus affect your heart?
- What does it mean to watch your step? How can you be intentional about watching your step this week?

APPLICATION IDEAS

- What words spoken to you in the past still influence you now? What new word from the Word of God could you speak over yourself to break the power of those words?
- What is something you could do for someone that could have a big impact in their life?

PRAYER FOCUS

At Lifepoint, we pray until something happens. Make time in every group meeting to pray for one another and the larger matters of concern to your group.

- Ask God to give you the wisdom you need to guard your heart by controlling your tongue, fixing your eyes, and watching your steps.

LEADER TIPS

- If you haven't already, consider serving as a group at one of the Paint the Town Red projects.