

WORDS OF WISDOM





Week of February 11, 2024

EVALUATING OUR HEART: A SPIRITUAL CHECKUP

Proverbs 4:23

Speaker: Pastor Beau Jenses

ICEBREAKER



Who are you rooting for during the Super Bowl?
Chiefs? 49ers? Junk food and halftime show?

Introduction

- Is your “check engine” light on, in your life right now? What are some things that you frequently overlook until you’re running on empty?
- Proverbs 4:23 states: 'GUARD YOUR HEART ABOVE ALL ELSE, FOR IT DETERMINES THE COURSE OF YOUR LIFE.'. When you read or hear this verse, what is the first thing that comes to mind? Why?
- What are some practical disciplines you are using or can use as routine “check ups” to guard your heart?

What is the Heart?

- As the physical heart is central to life and living, the spiritual heart is central to every aspect of your life. When the Bible speaks about the heart, it is really referring to the center of who you are: mind, will, and emotions. You protect your physical heart from harm, because without it you would die. Do you protect your spiritual heart above all else in the same way?

- Jesus tells us that out of the abundance of the heart the mouth speaks (Matthew 12:34 & Luke 6:45) how has your heart affected your life?
- When we say things like “God knows my heart” or “my heart hurts / is broken” what are we really saying?

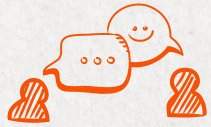
Call to Guard the Heart

- Why is guarding our heart so important? What are some practical ways or boundaries you can use to guard your heart?
- Most of us have times where we failed to guard our heart. Can you share some of the subtle ways that the world, friendships, and media have gotten past your defenses and influenced your beliefs or heart?
- How can the lack of guarding the heart affect your relationship with God?

The Overflow of a Guarded Heart

- Is your heart currently stuck in a default posture that is against God? Psalm 119 says we can “incline our heart” to perform God’s will, how can we posture our hearts in a divine direction?
- The overflow of a well-guarded heart is refreshing to you and you become a blessing to others as well. People that guard their hearts just naturally seem to reflect and project God’s love, wisdom, and righteousness. What things will you actively do this week to guard your heart?
- Jesus said that “rivers of living water” will flow out of the heart from those who believe in him (John 4:10). Is this true in your life? What does this look like practically?

ACT ON IT



ENCOURAGE

After David committed adultery & murder as king, he humbled himself and asked God to “create in me a clean heart, O God, and renew a right spirit within me” (Psalm 51:10). We know that God answered this humble prayer as evidenced by the rest of David’s life.



ASK

Ask the Holy Spirit to reveal the condition of your heart. Is your heart in good condition? Where do you need to put up better guardrails? How would the ones closest to you say your heart condition is?



CHALLENGE

God has designed the Body of Christ to love, support and hold each other accountable. Ezekiel 3 talks about being a “watchman” on the wall who will be held accountable by God if he does not warn people of the consequences of their sin. Who can you partner with this week to be watchmen on the wall helping to guard each other’s hearts?

PRAYER

God, we love You and we thank You for giving us life. We thank You for Your word today and allowing us to have a way to come to you, even when our hearts get in the way. Holy Spirit, please examine my heart and clean it from whatever is not of You and lead us to the heart posture that will only bring You glory. We love You and we will be forever grateful for your unending love for us. In Jesus name, Amen.