

How to Guard Your Heart

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“Above all else, guard your heart,
for everything you do flows from it.”
– Proverbs 4:23

Welcome

Thinking Hat

Ask the group to share their best practices on how to secure against theft the following items:

- a. Cellphone
- b. Cash/Money/Savings
- c. Vehicle
- d. Your room
- e. Stocked food
- f. Collections (toys, shoes, etc.)

Transition Statement: We all want to keep our personal belongings safe at all times and we have lots of ideas on how to secure them. Sadly, we often fail to secure our most important belonging---our hearts. The good news is; we can give it to the Lord who knows exactly what to do.

Worship

Lead the group into singing “My Heart is Yours” by Kristian Stanfill or listen to it together.

Word

1. Hook: In making decisions, do you often use your head or your heart?
2. Book: Read Proverbs 4:23

I. Make Him your priority.

Our world has a lot to offer when it comes to fun and pleasure. The list goes on and our desires will never come to an end. The more we have, the more we want. And it'll be a tiring hunt for satisfaction unless we realize that only Jesus truly satisfies.

But the sad reality is, even Christians who already accepted Jesus as their Lord and Savior still fall victim to the enemy's trap. The blessing that God bestowed upon us becomes the very thing that hinders us from Him. A student

who gets so busy with school requirements trades his/her quiet time in order to finish some more projects. A young professional who gets overwhelmed by the tasks and responsibilities resolves to spend Sundays for recreation to get some rest instead of attending church.

We have acquired a mentality that if our excuse is related to our family, school or work, it is valid. And if my excuse is valid, it's okay not to do my devotion or it's okay to miss church. But the more we succumb to these excuses, the more we draw away from Him. Jesus should be our priority and when He is your priority, He gets the best of your time, not the rest of it.

Jesus said in Luke 14:26-27, *"If anyone comes to me and does not hate father and mother, wife and children, brothers and sisters—yes, even their own life—such a person cannot be my disciple. And whoever does not carry their cross and follow me cannot be my disciple."*

II. Do it proactively.

In Proverbs 4:23, the statement 'guard your heart' is an action. It requires us to do something. Guarding our hearts is our business and not anybody else's. Your CG leader cannot do it for you. Your pastor cannot do it for you. Only you have the capacity to control yourself with the enabling power of the Spirit. It is a decision you have to make for yourself.

The problem is most of us like to play the role of a victim. We have accepted and settled to the fact that we are weak and can't do anything about it. If you know it's going to rain, you'll bring an umbrella with you, right? If you know a certain road is dangerous, you'll take the other road instead, won't you? We can do something about it. Don't seek help when it's already too late. Set your own precautionary measures. Practice spiritual disciplines. Be consistent. As the saying goes, prevention is better than cure.

III. Surrender it to God.

What consumes your heart consumes you. Jeremiah 17:9-10 says, *"The heart is deceitful above all things and beyond cure. Who can understand it? I, the Lord search the heart and examine the mind, to reward each person according to their conduct, according to what their deeds deserve."*

The passage clearly tells us that we cannot trust our hearts. We should not be carried away by mere emotions and the best thing to do is to surrender

it to the Lord who knows us well. Surrendering means giving Him full control of all our decisions and consulting Him first in every step we take. It is a 100% commitment and not a spurs of the moment thing. Only in God's hands can we fully secure our hearts from the thieves of this world.

3. Look:
 - a. Can you say that you have really surrendered your heart to Jesus? How?
 - b. What particular areas of your life are you finding hard to give the Lord full control?

4. Took: What specific actions will you do to proactively guard your heart from now on?
Begin your statement with *I will* _____.

Take note of your members answers and make sure to follow them up throughout the week.

Works

Lead the group into prayer according to their response to the Word.