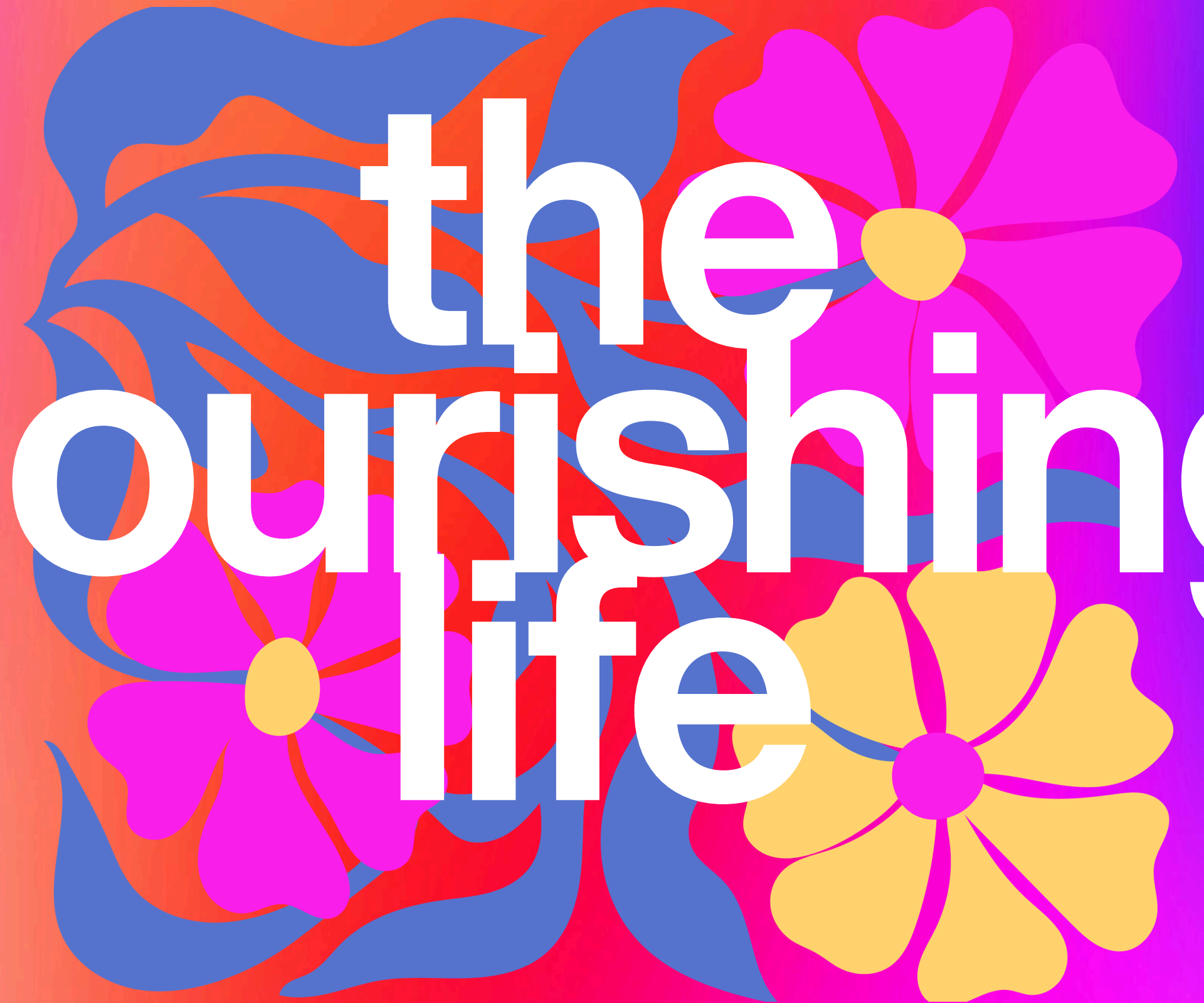


Summer in Proverbs



the flourishing life

23 August 2026

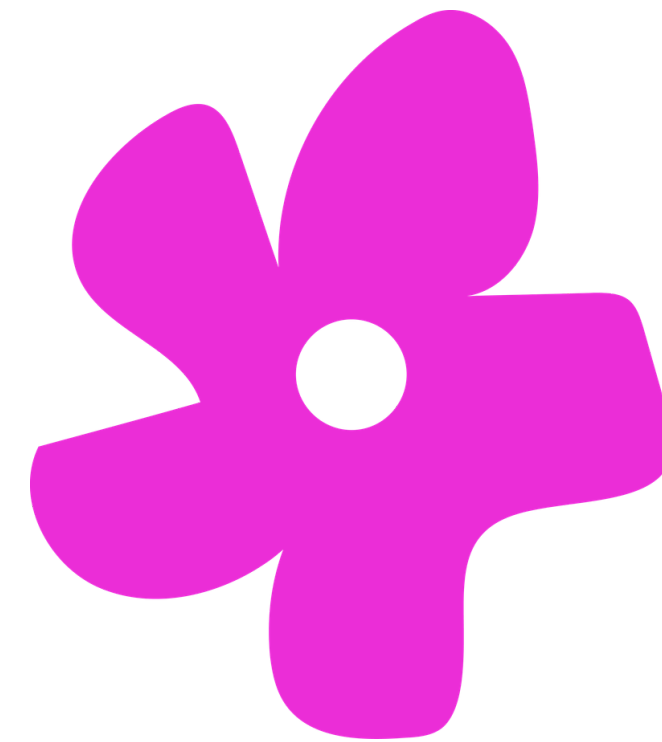
Matt Walmsley

Discuss



Can you think of a time when doing what you felt like doing led you somewhere you didn't actually want to end up?

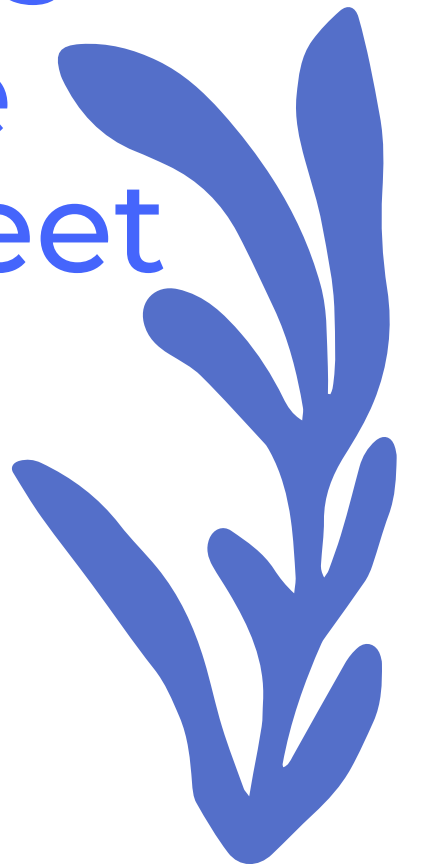
Proverbs:
Guard the
Heart.



My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one's whole body.

Above all else, guard your heart, for everything you do flows from it. Keep your mouth free of perversity; keep corrupt talk far from your lips. Let your eyes look straight ahead; fix your gaze directly before you. Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil.

Proverbs 4:20-27



My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one's whole body.

Proverbs 4:20-22

**Above all else,
guard your heart,
for everything you
do flows from it.**

Proverbs 4:23

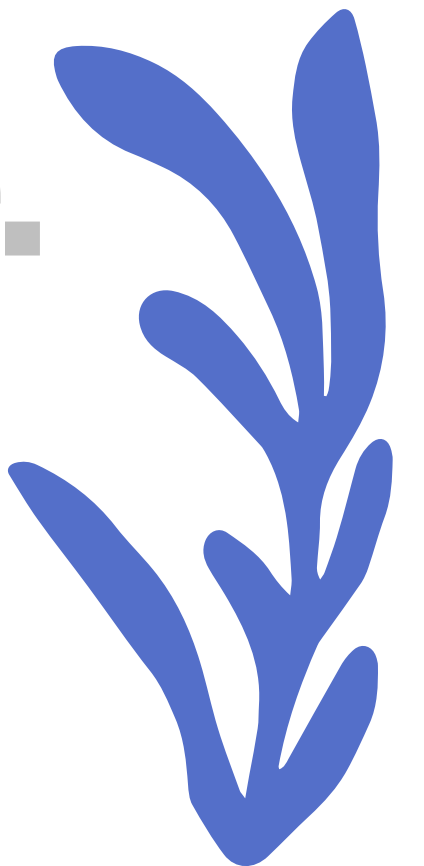
What *is* the heart?

Guarding the heart is not...

- Becoming emotionally closed to things
- Distrusting everyone around you
- Avoiding difficult conversations that might upset you



Guarding your heart means
carefully considering what you
allow to shape your inner life.



How to Guard the heart?



How to Guard the heart?

Diet: Feed it the nutrients it needs through
God's truth



How to Guard the heart?

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Exercise: Give it a work-out it through
healthy habits



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How to Guard the heart?

Diet: Feed it the nutrients it needs through God's truth

Exercise: Give it a work-out it through healthy habits

Rest: Don't over-exert it beyond capacity

Check-up: Get it examined regularly



Discuss



Do you think you know what it means to guard your heart based on what's just been said?

Heart check up: which of these things do you think you need to pay more attention to?

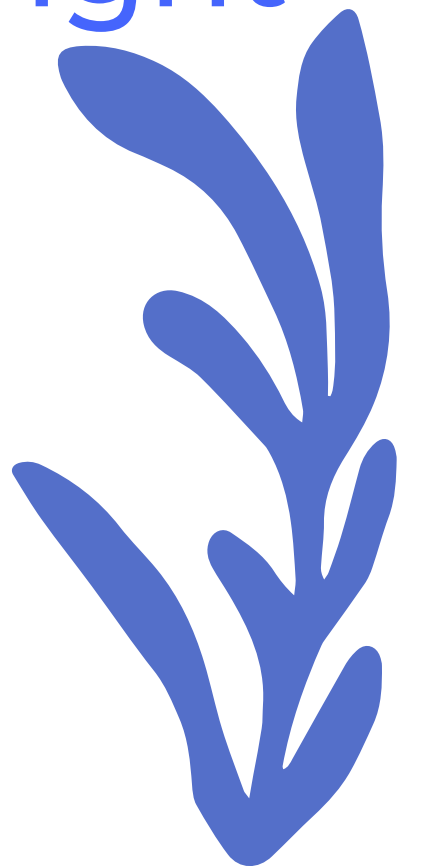
- Diet: Feed it the nutrients it needs through God's truth
- Exercise: Give it a work-out it through healthy habits
- Rest: Don't over-exert it beyond capacity
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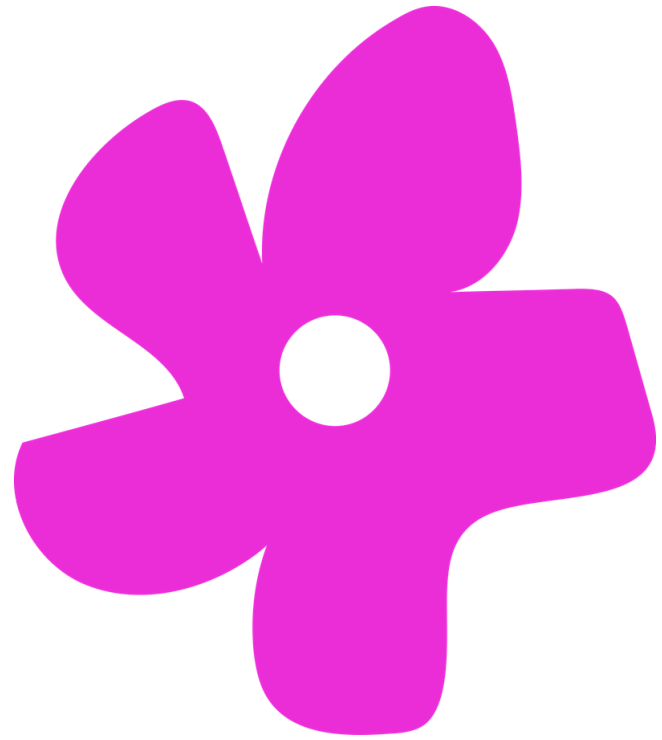
Give careful thought to the paths for your feet and be steadfast in all your ways. Do not turn to the right or the left; keep your foot from evil.

Proverbs 4:24-27



The goal of the spiritual life is not to get people to do the right things, it is to become the kind of person who naturally does the right thing.'

John Ortberg

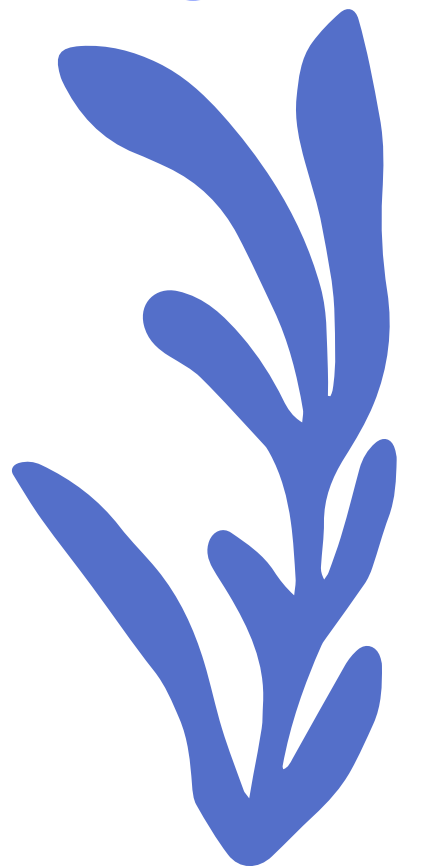


The wisdom of our world says:
*‘Be a good person, and good
will come your way’.*

The wisdom of our God says:
*‘Let me change your heart, and wisdom will flow
out of it to your mouth, hands and feet’.*

“What comes out of a person is what defiles them. For it is from within, out of a person’s heart, that evil thoughts come - sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and defile a person.”

Mark 7:20-23



How to Guard the heart?



Transplant: Get a new heart from Jesus

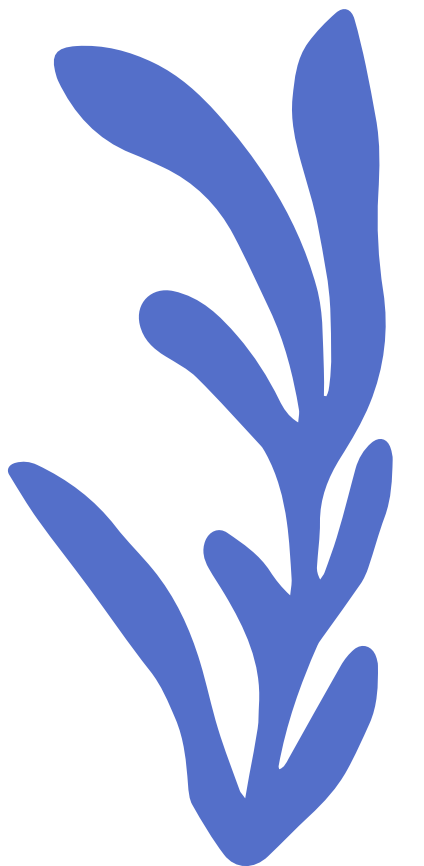
Diet: Feed it the nutrients it needs through God's truth

Exercise: Give it a work-out it through healthy habits

Rest: Don't over-exert it beyond capacity

Check-up: Get it examined regularly

Above all else,
guard your heart,
for everything you do
flows from it.



Discuss

Which of these areas do you think has the biggest influence on your heart at the moment:

- what you watch/listen to,
- who you spend time with,
- what you think about,
- what you pursue,
- or your habits?



Discuss



“The goal of the spiritual life is not to get people to do the right things, but to become the kind of person who naturally does the right thing.”

What difference does that make to how we think about how we grow?

What is one thing currently shaping your heart that you think Jesus might be asking you to change, stop, start, or give more attention to?