

WEEK 2: GUARD YOUR HEART NOT "FOLLOW YOUR HEART"

GROUP DISCUSSION GUIDE

PREPARE

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MAIN POINT

From unrealistic expectations placed on you, to unmet expectations toward you, to your relationship status, to being hurt from "the game" of dating, to the pain of failed or damaged relationships, there is much pain surrounding the relationships in our culture. If you don't guard your heart, you could be crushed. The wisdom writer says, "Above all else, guard your heart." Guard your heart, and you will make wiser choices and avoid the relationships that can destroy you. If you don't guard your heart, you will be attracted to what can ruin you.

LEAN IN BREAK THE ICE

Can you think of a time when something in your love life didn't quite go according to plan that made you laugh (but maybe not until much later)? Or do you know of that happening to someone else? Share about a blind date that was awkwardly funny or a wedding detail that didn't turn out quite right.

LOOK DOWN LOOK AT GOD'S WORD

Read Proverbs 4:20-5:14

20 My son, pay attention to my words; listen closely to my sayings.

21 Don't lose sight of them; keep them within your heart.

22 For they are life to those who find them, and health to one's whole body.

23 Guard your heart above all else, for it is the source of life.

24 Don't let your mouth speak dishonestly, and don't let your lips talk deviously.

25 Let your eyes look forward; fix your gaze straight ahead.

26 Carefully consider the path for your feet, and all your ways will be established.

27 Don't turn to the right or to the left; keep your feet away from evil.

CHAPTER 5 - AVOID SEDUCTION

1 My son, pay attention to my wisdom; listen closely to my understanding

2 so that you may maintain discretion and your lips safeguard knowledge.

3 Though the lips of the forbidden woman drip honey and her words are smoother than oil,

4 in the end she's as bitter as wormwood and as sharp as a double-edged sword.

5 Her feet go down to death; her steps head straight for Sheol.

6 She doesn't consider the path of life; she doesn't know that her ways are unstable.

7 So now, sons, listen to me, and don't turn away from the words from my mouth.

8 Keep your way far from her. Don't go near the door of her house.

9 Otherwise, you will give up your vitality to others and your years to someone cruel;

10 strangers will drain your resources, and your hard-earned pay will end up in a foreigner's house.

11 At the end of your life, you will lament when your physical body has been consumed,

12 and you will say, "How I hated discipline, and how my heart despised correction.

13 I didn't obey my teachers or listen closely to my instructors.

14 I am on the verge of complete ruin before the entire community."

In Proverbs 4:20-23, what specific actions does the writer urge the reader to take with their ears, eyes, and heart?

How does Proverbs 4:24-27 describe the lifestyle and direction of someone who is guarding their heart?

What warnings in Proverbs 5:1-14 show the consequences of not guarding your heart?

**LOOK OUT
IDENTIFY THE
RELEVANCE OF
GOD'S WORD IN
THE WORLD**

How does our culture's view of "following your heart" differ from the biblical perspective presented here?

How do social media and constant connection influence the kinds of things that capture our attention and affection?

How might the wisdom of Proverbs 4:20-5:14 challenge common ideas about love, attraction, and personal freedom in today's society?

**LOOK IN
APPLY GOD'S
WORD TO YOUR
LIFE**

What does it mean to actually guard your heart in everyday life, without cutting off your emotions entirely?

How can you practically "stir your affections" for God so that your heart is filled with what truly satisfies?

Consider the people with whom you spend the most time. Are they good, godly influences on you? Why or why not? What kinds of people might you want to pursue relationships with so that your heart might be stirred toward love for God rather than love for other things?