

**PART 1: Guard Your Heart**

**DATE: 06-05-2022**

## START

What is in our hearts, our inner selves, spills out into our lives. It guides what we say, what we think, our behaviors, and habits. If we are not vigilant in guarding our hearts then how we live our lives can easily get off track from being who God desires us to be.

- How does our heart shape guide our actions and thoughts?
- How have you seen your heart shape the direction of your life?
- What's in your heart right now?

## READ

[Proverbs 4:23](#) (NIV)

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

## THINK

One degree off course can dramatically alter your destination. In life, when we let small compromises happen and tolerate small things that we know aren't good for us it can dramatically alter our destination in life. The small things add up and create a gap between where we are and where Jesus wants us to be.

- Where have you seen your life get off course?
- How have you, or how can you bring course correction into your life?

A pivotal part of being vigilant and guarding our hearts is to take time for self-reflection on the things that we have let creep into our hearts. Being honest with ourselves and with God allows us to make the necessary adjustments to get back on course. It's not about being perfect, but about pursuit.

- If you were to reflect on what you have spoken lately, what would you believe is happening in your heart?
- What are we allowing to have space in our heart?
- What needs to be confronted in your heart?

## PRAY

"God, help me to examine my heart and to confront the things that have crept in that create a gap between me and you."

## ACT

This week, take some time for self-reflection and determine the things that you have let shape you heart that has created a gap between you and Jesus.

[Discover Hope](#) | [Next Step](#) | [Summer Events](#)