

Guard Your Heart | Week 1

Guard your heart against Idleness. We should pursue Sober mindedness

Series Intro:

- Tonight, we are starting a new series called: Guard Your Heart
- Proverbs 4:23
- The intention of this series is for us to be wise in guarding our hearts from what the world tries to throw at us!

This week's Intro:

- This week we are guarding our hearts against Idleness
- And we are going to pursue being Soberminded!

Main Idea: We are guarding against idleness to pursue being sober-minded!

- We are guarding against_____ to pursue being _____

DQs [Discussion Questions]:

DQ1: **If you were an influencer for a day, would you be proud of the way people see how you live your life? Would you change the way you live because people are watching?**

- Remember these few ideas with our first question
 - Try and not give affirmation right away so students continue to think rather than give what they think is the right “answer” and just check out.
 - This question is posed to get them to think
 - Encourage them to be open and share- This is a safe group
 - Leaders, this is on you to promote a culture that is protected and there is trust between members!
- **For this question, I am looking for students to think about what they do daily**
 - **How would they change their lives?**
 - **Would they be proud of the way they live? Or would they be ashamed?**
 - **How much time do they spend just scrolling away or lounging around?**

Passage: 1 Peter 5:8- Sober minded, self-controlled, alert

- Other passages:
 - 2 Timothy 4:5
 - 1 Thess 5:6- Be alert/be sober
 - Titus 2:11-14

DQ2: Using other passages below, what do you think 'Sober' means? How is it defined within its use in the Bible?

- 1 Peter is going to be our main passage for this evening. However, you can utilize the other passages to help your pod conclude about how to define Sober.
- Give students time and have them work together to come to a definition. If they are struggling, have them go to the other passages to see if that will help.
- Definition of Sober: Self-controlled, alert
- Another question:
 - Where have you heard sober before?

DQ3: Where do you need to become sober-minded/self-controlled? What is one step to do that?

- Something I want to really push with the third/application question is to move students to think practically about their next step. This is a time where we can be a tad pushy with having them think honestly about their next step.
 - Sometimes students genuinely provide a good answer here, but then what happens is they don't think how it will play out or think their step will play out differently than what they may think. Push them to think about these things!
- Some of the steps the students share may be hard! Keep this in mind, and think about how your student leader/other students in your pod can keep each other accountable to this
 - You may even need to spell this out for them about being open with each other and encouraging each other with Scripture. Or even calling each other and praying for one another!
 - We may need to teach them how to even care for one another!

Extra Question:

- We see the Lord rest on the 7th day after He created everything in 6 days. He calls us to rest (Matthew 11:28-30). What is the balance between resting well in the Lord and just being idle?
 - We need rest as individuals and God models this for us.
 - This may be a good opportunity to talk about how you find rest!
 - Time, what you do, etc.

Final Punch:

- Let's not live our life just scrolling/doing things aimlessly (not using our brains)
 - We have an enemy that is looking to destroy us because we are not alert!
- Talk through how to care for your friends!