

Guard Your Heart | Week 2

Guard your heart against opinion/"My Truth" and We should pursue God's Truth

Series Intro:

- Tonight, we are continuing 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 living by opinions/ "My Truth"
- And we are going to pursue living God's Truth

Main Idea: We are guarding against opinions to pursue God's Truth

- We are guarding against_____ to pursue being _____

DQs [Discussion Questions]:

DQ1- **What is something you do in your life, but you don't know why you do it?**

- **I am shooting for this question to have students reflect on the things they do in their lives.**
- As they reflect, I am hoping some questions arise:
 - Why do I do the things I do?
 - What beliefs do I have that impact the way I live my life?
 - Things people in authority have told me that alters the way I live my life?
- Encouragements:
 - Try and guard against giving affirmation- Students are seeking affirmation and once they get it, they disengage because they have the 'right' answer.
 - Encourage a culture of openness and sharing, but also protect people when they are vulnerable.
 - Encourage a culture of asking questions! This is huge!

Reading: Psalm 1:1-3

DQ2- Read these passages as it pertains to God's Word being truth. What can we glean from these passages about living by God's Word?

- Psalm 1:1-3
 - Will be blessed by not following wicked, sinners or scoffers
 - Will yield fruit
- Psalm 119
 - V. 9- Living a pure/holy life, and not in sin
 - V. 24- God's Word gives us counsel
 - V. 50 - God's promises from His Word bring comfort in hard times
 - V. 93- God's Word brings life
 - Precepts- another word for commandments
 - V. 105- God's Word guides us
- 2 Timothy 3:16-17- Profitable for:
 - Teaching, reproof, correction, training in righteousness, and that we would be equipped for every good work

Extra Passages:

- Luke 11:28- We will be blessed if we hear God's Word and keep it!
- Romans 12:2- Renewal of our minds
- Romans 15:4- God's Word is given to us as an encouragement and to give us hope
- Hebrews 5:12-14- God's Word provides nourishment for whatever maturity level we are at in our walks with the Lord.
- James 1:22-25- We will be blessed if we do God's Word

Main Idea: We are guarding against opinions to pursue God's Truth

DQ3- What are some ways you need to drop living "My truths", or living based on opinions, and start living God's truth?

- Remember to push students pretty hard here to think deeper about their applications!
- Other questions to help push some different ideas. Think about where your pod is at and how you can push them further with our main idea
 - How can we get away from living by following our 'gut' or 'heart'?
 - Proverbs 3:5-7
 - How can we start thinking about why we do the things we do? Do we just do them because we always have, or is there a purpose in following God?
 - This connects to DQ 1
 - How can we be good at questioning things? (Not just to be a nuisance, but to honestly seek clarity?)
 - As we reflect on our life, how can we make more purposeful decisions to honor God?
 - How can we go to God's Word to give us guidance rather than something else?

Final Punch:

Proverbs 3:5-6