



VIOLET

BAPTIST CHURCH

Family

Discussion Guide: Guard Your Heart

Main Idea

God's wisdom begins in our hearts. If we want our words, choices, attitudes, and actions to honor God, we must guard what we allow into our hearts and ask God to keep our hearts clean and focused on Him.

Key Verse

"Above all else, guard your heart, for it is the wellspring of life."

— Proverbs 4:23

Sermon Summary for Families

In Proverbs 4, Solomon teaches that the heart is like a spring where everything in life flows from. Our words, thoughts, choices, and relationships are shaped by what is happening in our hearts. Just like clean water comes from a clean spring, a godly life flows from a heart that is guarded and surrendered to God.

The sermon reminded us that we need to:

- 1. Recognize the importance of our hearts**
2. God cares deeply about what is happening inside us.
- 3. Protect what enters our hearts**

What we watch, listen to, read, and think about can shape our hearts.

- 4. Examine what comes out of our hearts**

Our words, focus, and choices show what is really going on inside.

Questions for Older Children

1. What do you think it means to “guard your heart”?
2. Why do you think Solomon says to guard your heart “above all else”?
3. What are some things that can pollute our hearts today?
4. How can our words reveal what is happening in our hearts?
5. The sermon said that our heart is like the “control center” of our life. What does that mean?
6. What are some things you allow into your heart through music, shows, games, social media, or friendships?
7. Is there anything you feel God may be asking you to stop watching, listening to, or focusing on?
8. How can fixing our eyes on Jesus help us make wiser choices?

Questions for Younger Children

1. What is your heart for?
2. Does God care about what is inside our hearts?
3. What are some good things we can put into our hearts?
4. What are some bad things we should keep out of our hearts?
5. If our heart is full of love for Jesus, what kind of words might come out of our mouth?
6. How can we ask God to help us have a clean heart?
7. What is one way you can show kindness with your words this week?

Family Application

This week, practice being “keepers of the spring” together as a family.

Each day, ask these three questions:

1. What am I letting into my heart today?

Think about shows, music, games, conversations, and thoughts.

2. What is coming out of my heart today?

Think about words, attitudes, obedience, kindness, and patience.

3. What needs to change today?

Ask God to help you make one wise choice.

As a family, choose one practical step this week, such as:

- Memorize Proverbs 4:23 together.
- Turn off one show, game, or app that is not helping your heart.
- Replace complaining with gratitude.
- Pray Psalm 139:23-24 together each morning.
- Speak words of encouragement to each family member every day.

Short Prayer

Dear God, thank You for loving us and caring about our hearts. Help us to guard our hearts and choose what is good, wise, and pleasing to You. Show us anything that is polluting our hearts, and help us to follow Jesus with our words, thoughts, and actions. Give our family clean hearts that love You and love others. In Jesus' name, amen.