

# STUDY GUIDE

## Week 4 – How Not to Wreck Your Life

### Heart Check:

### Whatever Rules Your Heart Runs Your Life

Your heart isn't just where your feelings live...  
it's where your decisions are born. What you  
let in, stays in. What you treasure, steers you.

**Text: Proverbs 4:20–27 (ESV)**

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### SMALL GROUP GOAL

To help each person identify what's ruling their heart and take one intentional step to guard it with God's wisdom.

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My son, be attentive to my words;  
incline your ear to my sayings.  
Let them not escape from your  
sight; keep them within your  
heart. For they are life to those  
who find them, and healing to all  
their flesh. Keep your heart with  
all vigilance, for from it flow the  
springs of life. Put away from  
you crooked speech, and  
put devious talk far from you.  
Let your eyes look directly  
forward, and your gaze be straight  
before you. Ponder the path of  
your feet; then all your ways will  
be sure. Do not swerve to the  
right or to the left; turn your foot  
away from evil.

## PROVERBS 4:20-27

### READ

Proverbs 4:20-27

### DISCUSSION QUESTIONS

### THE TEXT:

1. According to this passage, what are the consequences of an unguarded heart?
  - Look at the sequence in vv. 24–27. How do our speech, vision, and direction flow from the heart?
2. Jesus ties the heart to treasure (what we value) and to our speech.
  - What does that tell us about the heart's true influence on our lives?

Read Matthew 6:21 and Luke 6:45

3. Jesus ties the heart to treasure (what we value) and to our speech.
  - What does that tell us about the heart's true influence on our lives?

Reflect on Jeremiah 17:9 “The heart is deceitful above all things...”

4. In what ways does the world’s view of the heart (as trustworthy) clash with the biblical view?

## MEDITATION:

5. What currently rules your heart?
  - Fear? Pride? Control? Approval? Something else?
6. Think through the five gates mentioned in the sermon (ear, eye, thought, relationship, worship).
  - Which one do you feel God is asking you to guard more closely?
  - Which gate have you accidentally left wide open?
7. When you hear the phrase “Follow your heart,” what kind of emotions or memories does that stir up?
8. Share a time when your emotions led you in the right direction or the wrong one. What happened?

## APPLICATION:

9. What is one daily habit you can build to help guard your heart? (e.g., limit screen time, Scripture memorization, prayer walk, spiritual accountability, journaling)
10. Who in your life helps keep your heart in check—and are you inviting that kind of feedback?

## BONUS:

Read Psalm 139:23–24 as a prayer together.

## PRAYER

- Pray that each person in the group would recognize who or what is ruling their heart—and invite Jesus to reclaim the throne.
- Ask for wisdom to discern what needs to be guarded, healed, or surrendered.

## CHALLENGE

Using the 5 gates mentioned in the sermon. Using a gate a day evaluate yourself by asking the questions: *What am I listening too? What am I looking/watching? What am I dwelling on? Who am I letting in my heart? What am I treasuring?*

