

# Week 1: Guarded



“When your heart is healed, you’re no longer afraid of commitment.”

## CORE SCRIPTURE

### John 14:18

18) I will not leave you orphans; I will come to you.

#### MAIN POINT

**“Fear builds walls, but wisdom builds gates.” – Casey Treat**

*Brokenness and fear create layers of protection that hinder healing and relationships. Through Christ, hearts can be restored, identities secured as sons and daughters, allowing us to live with wisdom, not fear, and build healthy connections rooted in God’s love and truth that transform area of life.*

#### DISCUSSION QUESTIONS

- Why do you think many people today struggle with commitment and relationships?
- Read Luke 4:18. What does it mean to you that Jesus came to heal the brokenhearted?
- How would you describe the difference between an orphan mindset and a son/daughter identity in God?
- Have you ever found yourself relating to God in a transactional way? What changed or challenged that?
- What are some “walls” you may have built to protect yourself? How might those be preventing healing?
- How can you begin to live more securely in God’s love this week?

Father,

HEAL OUR HEARTS, REMOVE FEAR, HELP US WALK AS YOUR CHILDREN, SECURE IN YOUR LOVE, BUILDING HEALTHY RELATIONSHIPS. AMEN.