

Week 2: Guarded



CORE SCRIPTURE

Proverbs 4:20-23

- 20) My son, give attention to my words; Incline your ear to my sayings.
21) Do not let them depart from your eyes; Keep them in the midst of your heart;
22) For they are life to those who find them, And health to all their flesh.
23) Keep your heart with all diligence, For out of it spring the issues of life.

MAIN POINT

“You must guard your heart with all diligence because your future flows from it.”
– Casey Treat

The heart is the spiritual womb where faith, vision, strength, and future are formed. Because life flows from the heart, we must guard it diligently, heal bruises and brokenness, reject orphan-hearted thinking, and choose what we allow to shape us. A whole heart produces a whole life.

DISCUSSION QUESTIONS

- What does it practically look like to “guard your heart with all diligence”? What influences do you need to unplug?
- The heart is described as your “spiritual womb.” What has been forming in your heart lately—faith, fear, vision, discouragement?
- Where have you experienced signs of an orphan heart—fear of closeness, isolation, distrust, or difficulty with long-term relationships?
- Who or what has been “plugged into” your heart? What needs to be removed, and what needs to be added?
- Jesus said we speak from the abundance of the heart. What does your speech reveal about the treasure inside you?
- You can decide the condition of your heart. What step can you take this week to strengthen it?

A whole heart produces a whole life.

Father,

HEAL EVERY BROKEN AND BRUISED PLACE IN MY HEART. HELP ME GUARD IT WITH WISDOM, FILL IT WITH YOUR TRUTH, AND PRODUCE A STRONG, WHOLE, FAITH-FILLED LIFE. AMEN.