

SERMON NOTES



KEEP YOUR HEART

Proverbs 4:23

BIG IDEA: The condition of your heart determines the course of your life, so keep it diligently.

APPLICATION GUIDE

FEBRUARY 23, 2025

DISCUSS

What's something valuable in your life that you work hard to protect or maintain (e.g., home, car, health, finances)? What steps do you take to keep it in good condition?" Now, how often do we put that same level of effort into protecting and maintaining our hearts?

Why does Proverbs 4:23 describe the heart as the "wellspring of life"? How does the condition of our hearts affect everything we do?

What does it mean to "keep" or "guard" your heart with "all vigilance"? How do the illustrations of a gatekeeper, gardener, soldier, or shepherd help us understand this responsibility?

What are some biblical examples of people who either kept or neglected their hearts? What were the outcomes of their choices?

APPLY

What influences—whether media, relationships, or personal habits—are currently shaping your heart the most? Are they leading you toward or away from God?

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What practical steps can you take this week to guard your heart through God's Word, the Holy Spirit, prayer, or fellowship with other believers?

Is there an area of your heart that you've neglected? How might God be calling you to tend to it with greater diligence?

COMMIT

Psalm 139:23-24 says, "Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!" (Psalm 139:23–24). Make this your prayer this week and share with another believer what the Lord reveals to you.