

Proverbs 3:1-8, 4:20-23

Your Heart

Introduction

The most comprehensive biblical term for what determines your life direction is called your "heart". It is the chief concern in Proverbs and the rest of Scripture. Your heart is the source of all your motivations, thoughts, behaviors, and feelings.

Discussion Questions

- The first call is to keep commandments from the heart. This means internal obedience, not just external conformity [3:1-2]. Why do you think this matters? Why not just ensure proper behavior?
- Love and faithfulness are foundational to hearts of wisdom [3:3-4]. Why do these lead to favor with others? What is it about these qualities that you value most?
- Trusting in the Lord with all your heart is a exercise of faith [3:5-8]. In what areas of life do you struggle with trusting God? Do you lack faith or something else? Why is it so hard to trust in this area of your life?
- Meditating on Scripture is how we put it in our heart. This provides a storehouse of healing for us [4:20-22]. What verses or stories in Scripture have you found healing? How has the Bible shaped your heart and mind to this point?
- There are many areas in life which Proverbs gives direction, but above them all is carefully guarding our heart [4:23]. Have you ever let your guard down and suffered for it? How do you balance guarding your heart and becoming hard hearted?

Think About It

John Calvin commented on how our hearts are idol factories. This points to the deep need for our hearts to love and be motivated by something other than the grace of God. Our hearts will either worship God in wisdom or commit idolatry in folly. We must tend to our own heart as if our soul depended on it, because it does.

What Will You Do?

Look to God, your Father, for instruction. Meditate on the love of Jesus, your Savior, for inspiration. Rely on the Holy Spirit, your Helper, for empowerment. Love the Lord with all your heart and keep it free from idols.

Renewing Your Mind

The fool says in his heart, "There is no God." [Psalm 14:1]

Blessed are the pure in heart, for they shall see God. [Matthew 5:8]

Who can say, "I have made my heart pure; I am clean from my sin"? [Proverbs 20:9]

*As in water face reflects face, so **the heart of man reflects the man.** [Proverbs 27:19]*

*From within, **out of the heart of man**, come evil thoughts, sexual immorality, theft, murder, adultery, coveting, wickedness, deceit, sensuality, envy, slander, pride, foolishness. **All these evil things come from within**, and they defile a person. [Mark 7:21-23]*

Where your treasure is, there will your heart be also. [Luke 12:34]

*I have trusted in your steadfast love; **my heart shall rejoice in your salvation.** [Psalm 13:5]*

***Whoever believes in me**, as the Scripture has said, '**Out of his heart will flow rivers of living water**' [John 7:38]*

Delight yourself in the LORD, and he will give you the desires of your heart. [Psalm 37:4]

I desire to do your will, O my God; your law is within my heart. [Psalm 40:8]

Prayer Requests

***Create in me a clean heart**, O God, and renew a right spirit within me. [Psalm 51:10]*

