

## Argyle LifeGroup Discussion, Guardrails, Part 6

Pray

“Above all else, guard your heart.

For everything you do flows from it.” Proverbs 4:23 (NIV)

1. Have you ever been exposed to a church with an over-emphasis on appearance, dress, rules, etc. What are some of the dangers of that approach?

2. We live in a culture that has been called “The age of authenticity”.

This belief says that you look deep within yourself for your deepest desires and dreams, and then you go for it. It’s your feelings that are the real you.

What are the dangers of living by your feelings?

3. Your heart is found in the things that you trust in the most.

That’s why we read, “Trust in the Lord with all your heart”. Proverbs 3:5 (NIV)

Your heart is found in the things that you are committed to the most.

Jesus said, “For where your treasure is, there your heart will be also”. Matthew 6:21 (NIV)

Discuss.

4. Read Proverbs 27:19 “As water reflects the face, so one’s life reflects the heart.” Discuss.

5. Read 1 Samuel 16:7 (NIV)

But the Lord said to Samuel, “Do not consider his appearance or his height, for I have rejected him.” “The Lord does not look at the things people look at.

People look at the outward appearance, but the Lord looks at the heart.” Discuss.

6. Our spiritual heart can grow hard when we hear God’s truth, but we refuse to accept it.

We don’t need to be fed more. We already know what God wants us to do. Discuss.

7. Spiritual heart murmurs happen when church people complain and gossip.

Christ followers are told many times in scripture to avoid grumbling, murmuring, and complaining. Read Philippians 2:14. Discuss

8. The spiritual equivalents to congestive heart failure are:

anger, giving in to temptation, and pride.

Forgiveness is the guardrail for anger in your heart. Discuss.

Taking control of our thought-life is the guardrail against temptation.

2 Cor. 10:5 “We capture every thought and make it give up and obey Christ.” Discuss.

The guardrails that will keep pride out of my heart: Discuss each one.

Surrender to God, Stand against the devil, Come near to God, Clean sin out of my life