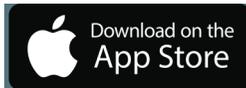


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## WARM UP

What was your favourite childhood game to play as a child?  
Were you competitive? Why or why not?

## WORD

Read **Proverbs 4:20-27**

Asiden from Jesus Christ, King Solomon was considered the wisest man who ever lived. He listed a number of proverbial principles that were of the utmost priority for living a God glorifying upright life. In the aforementioned passage, he writes of areas in our lives which are very important to guard.

## NOTES

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## 1 Guard Your Heart

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*<sup>20</sup>My son, pay attention to what I say; turn your ear to my words. <sup>21</sup>Do not let them out of your sight, keep them within your heart; <sup>22</sup>for they are life to those who find them and health to one's whole body. <sup>23</sup> Above all else, guard your heart, for everything you do flows from it.*

**Proverbs 4:20-23** (NIV)

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When the wisest man in the world says the phrase “Above all else...”, we should definitely take heed in that wisdom is of the highest priority. Solomon says to:

- 1) pay attention to God's words
- 2) keep those words of our hearts
- 3) to guard our hearts above all else.

- What are ways that we can effectively keep God's words in our hearts?

## 2 Keep Your Mouth

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*<sup>24</sup>Keep your mouth free of perversity; keep corrupt talk far from your lips.*

**Proverbs 4:24** (NIV)

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Luke 6:45 says that, ...out of the abundance of the heart, the mouth will speak”, so part of keeping your mouth free from gossip, foul talk, coarse language and other forms of corrupt speech, is to make sure that perversity doesn't enter into our hearts.

- How can you keep your mouth free of perversity?
- What are ways we can glorify God in our everyday speech? (eg evangelism).

## 3 Fix Your Gaze

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*<sup>25</sup>Let your eyes look straight ahead; fix your gaze directly before you.*

*<sup>26</sup>Give careful thought to the paths for your feet and be steadfast in all your ways. <sup>27</sup>Do not turn to the right or the left; keep your foot from evil.*

**Proverbs 4:25-27** (ESV)

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- How can you keep your eyes focused on God?
- Whether it's your life's destiny or to run everyday tasks and errands, before you go anywhere, you envision where your'e headed in both your mind and your eyes. When it comes to the vision for your life, have you made time to listen to God and ask him for the grace to envision it? Or do you prefer to “wing it”?

### PRAYER

- Pray that God will help you guard the deposit of his Word in our hearts and to uproot anything currently in our hearts that causes a destruction or unbelief towards his Word.
- Pray that God will grant us his vision and destiny, and help us to live our lives with an undistracted gaze fixed upon him.