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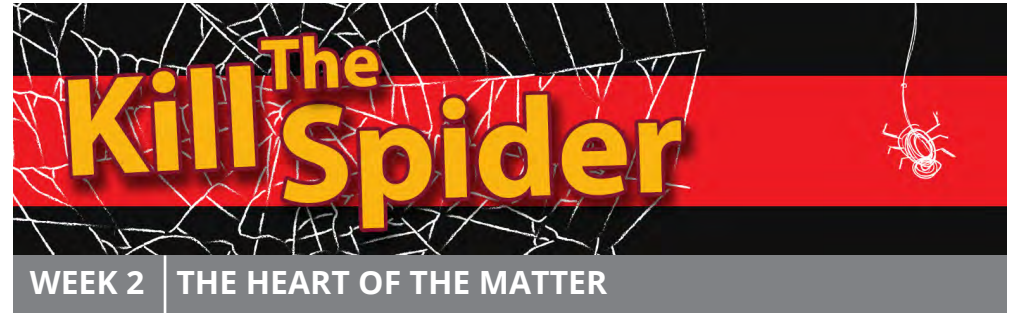
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### WARM UP

Can you name a time when you were surprised? Was it a good surprise? Why or why not?

### WORD

Read [1 Samuel 16:7](#)

When it comes to humanity, the most discussed theme in the Bible is the heart. This is because all of life flows from what is in our hearts. It is so easy for us to get caught up in how our lives appear externally, but all that shows up outwardly comes from what is *in* our hearts.

### NOTES

## 1 ABOVE ALL ELSE

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<sup>23</sup>*Above all else, guard your heart, for everything you do flows from it.*

[Proverbs 4:23](#) (NIV)

When the wisest man in history, apart from Jesus Christ Himself, says there is a piece of wisdom that is “above all else”, we must pay attention. What is that advice? TO GUARD OUR HEARTS, because all of life flows from it. The way we make decisions, journey through life, and maximise what God has designed for us is determined by what is in our hearts.

- What practical ways can you guard what goes into our heart?

## 2 THE HEART SEARCH

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<sup>23</sup>*Search me, God, and know my heart; test me and know my anxious thoughts. <sup>24</sup>See if there is any offensive way in me, and lead me in the way everlasting.*

[Psalm 139:23-24](#) (ESV)

<sup>6</sup>*do not be anxious about anything, but in everything by prayer and supplication with thanksgiving, let your requests be made known to God. <sup>7</sup>And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

[Philippians 4:6-7](#) (ESV)

Our hearts can be at rest when we allow God to search our hearts and thoughts for any hindrances in experiencing His peace. Examples of what can rob us of experiencing authentic peace can be guilt, jealousy, greed, pride, and anxiety. By asking God to search our heart and remove offensive ways that are not of Him, can foster a peace that both overrides and completely rids us of hindrances of the heart.

- Have you experienced the peace of God? Are you experiencing His peace right now? Why or why not?
- What hindrances to peace have you have experienced or are currently experiencing in your life?

## PRAYER

- Take time to submit to God any circumstances or hindrances in experiencing the peace He has for you.
- Pray for God’s peace in these situations. Ask Him for faith to receive His peace, knowing that He has it all under His sovereign control.
- If there are any areas which are not pleasing to God, would you like to submit these to Him, in order to receive His grace and peace, and follow Him in the everlasting path that He has for your life? If so, submit yourself to God, trusting that He would take full control of your life.