



Heart Healthy

Proverbs 4:23

Heart Issues:

- Our performance orientation downplays the Heart. 4:23
- Our Heart is complex and uncontrollable. 3:3

Heart Defined:

- Emotions, feelings 12:25; 14:10; 15:15
- Thoughts, reflections, pondering 15:14; 6:25; 19:3
- Makes plans, decides 19:21; 6:14

The heart is our inner life - the hub where everything we experience is processed.

What is happening on the inside will guide what we do on the outside.

Application:

- 1) Give your inner life the attention it deserves.
- 2) Fortify your heart through spiritual disciplines.
- 3) Embrace the power of community and choosing.

Download "*Heart Healthy*" (07/11/10 #4 in Proverbs series) free, or share it via email, Facebook or Twitter at hcbc.com/media. You may also purchase a CD at the Resource Center in the East Lobby.

REALife Application

Use the following questions this week to reflect on what it would mean to align yourself with the truths taught in Scripture. Each question is meant for both personal reflection and as a catalyst for discussion with your family, friends, or REALife Group.

- 1) Review the BIG TRUTHS from the first four messages in Proverbs. What is God teaching you?
 - #1 The Fear of the Lord is the Beginning
 - #2 God Wired the World with Wisdom
 - #3 Listen and Learn to Live Wisely
 - #4 Guard your heart to guide your life
- 2) As you reflect on what is happening in your inner life, how do you feel it is affecting your outer life? What are things going on inside you that need to be addressed?
- 3) Why does God place so much emphasis on the "heart"? See Matthew 5:21-48; Mark 7:21-23. How do you "guard your heart"?
- 4) Are there areas of your inner life that need to be exposed to a friend or pastor so you can receive perspective and begin to change? What spiritual disciplines do you practice and how do they help you?



Memory Verse

"Above all else, guard your heart, for it is the wellspring of life."

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