

Life Group Study Notes

November 13, 2022

Head Strong
Proverbs 4:23; Philippians 4:8-9



Sometimes we can become our own worst enemies. We can fixate on the wrong things and set ourselves up for a greater mess of our own making. How do we fill our minds in a way that is healthy and helpful?

Study – Discovering What the Bible Says

1. What is a key takeaway from last week's study?
 2. Do you have a principle or a life verse that you live by? How did you come to adopt it for your life?
- READ Proverbs 4:23; Philippians 4:8-9**
3. Do you agree what was presented in the message concerning Proverbs 4:23? Why or why not?
 4. How are we to understand what is meant by the heart in Proverbs 4:23?

5. Why is the heart a problem, even though it is vital to guard?
6. What points were presented for becoming "heart-strong" so that we can avoid life's mess-makers. Take time to discuss each.
 - a. The problem of _____.
 - b. The problem of _____.
 - c. The problem of _____.
 - d. The problem of _____.
7. Which of the four problems above is the most difficult for you to manage?
8. As you read Philippians 4:8-9, how does it equip us to "guard our heart?"
9. Is there anything additional that you would like to add or discuss on this topic?

My Personal Journey

1. Describe a time when you did not guard your heart and what happened as a result?
2. How can you build into your life the truths of this lesson?

Additional Notes

Coming Next Week – Part 10 of our Series, *Messy Life*

Redeemed Mess

Luke 4:16-21

The messiness of our lives can sometimes reflect how we understand God's love for us. If we are not careful, we can view our messiness as God's judgement, and not as a vehicle for redemption

Series Summary

*Messy Life: Finding Our Way Back to the Stress-Free Zone
(10 Part Series)*

We are born with this expectation that life should be perfect, but soon learn that life is messy and unpredictable. What if a messy life is really an invitation to something greater and potentially more hopeful?

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