

# LIFE GROUP GUIDE

Message Series: Lonely But Not Alone

Message Title: The Importance of Protecting Our Heart

Date: March 2, 2025

Speaker: Curtis House

## AT A GLANCE

### SCRIPTURE

1 Samuel 17:7; Matthew 15:16-20; Proverbs 4:23, 12:25, 14:14, 14:30, 15:15, 15:30, 17:10, 23:7, Matthew 5:8

### BIG IDEA

God looks at the heart.

## DISCUSSION & APPLICATION

**Ice Breaker: What has been your favorite job you've had? Have you ever based your identity/worth on your job instead of your position in Christ?**

Read 1 Samuel 16:7.

**1 How does God's choice of David encourage you in your current stage of life or career?**

Read Matthew 15:18 and Luke 6:45.

Transformation of the heart before behavior modification is the focus.

**2 How have your words affected your relationship with others?**

Read a few/all of these verses in Proverbs:  
4:23, 12:25, 14:14, 14:30, 15:15, 15:30, 17:10, 23:7

Deceitful heart - "crooked, bent" Righteous heart - "upright, straight"

**3 Which of these verses speaks to you the most?**

Read Matthew 5:8.

Allow God to write on your heart.

**4 Praying for others is the most effective thing we can do for them. Whose heart do you need to pray for change?**

## PAUSE, PONDER, PRAY

Unwanted behavior falls away as the heart changes. Is there a habit you have with your words that you need to surrender to the Lord?