



Passcode Week 2 – Guard Your Heart Spiritual Formation Guide

We hope you'll use this guide to take the teaching from Sunday's service and reflect on it with a few friends or a group. If you have questions or want to talk more about how to take your next spiritual step, contact us at info@wschurch.org.

Scripture:

"Guard your heart above all else,

for it determines the course of your life.

24 Avoid all perverse talk;

stay away from corrupt speech.

25 Look straight ahead,

and fix your eyes on what lies before you.

26 Mark out a straight path for your feet;

stay on the safe path.

27 Don't get sidetracked;

keep your feet from following evil."

Proverbs 4:23-27

Reflection Questions:

- What is one piece of advice or wisdom that has been memorable or meaningful to you?

- What stood out to you from Sunday’s service? How did you sense God encouraging and challenging you through the songs, the message, and being with others as part of the church? (The message’s main points and scripture are listed below if it helps you think back.)
- If someone asked you, “What’s one thing that you want?” how would you respond?
- Read Proverbs 4:23-27. What do you notice in these words of wisdom?
- Chip shared, “When you’re doing the right thing—even when you don’t feel like it—you’re actually being true to your deeper, truer desires.” Have you ever had a moment where you chose to do something that wasn’t what you felt like doing, but you knew deep down was the right thing? Did it feel authentic?
- Using the verses from Proverbs 4:24-27, Chip shared a few practical ways to guard our hearts:
 - **Guard your heart by managing your mouth.** (Your words *express* your heart. Your words *shape* your heart. Where your words go, your heart follows.) Read James 3:3-6 for a visual of what this looks like.
 - **Guard your heart by directing your eyes.**
 - **Guard your heart by directing your feet.** Flee temptation urgently.

Which of these do you need to apply most? How will you start this week?
(Take a moment to write down some relationships or situations where you need to work on guarding your heart. Then, talk to God about what you want, what you feel, and what you sense He wants.)
- Is there anything else from this teaching that you want to explore more?
- Take time to pray and surrender to God as you close your time of reflection or discussion.

Want some resources and ideas for how to grow spiritually?

We are spotlighting our resource, “**How to Pray and Read the Bible,**” which you can get at our Next Steps Area or access online at https://www.wschurch.org/content/pdf/How2PrayBible_Digital.pdf. Visit www.wschurch.org/resources to see additional tools and resources.

Message Main Points and Scripture:

- **Our hearts determine our destiny.**
- Proverbs 4:23 - “Guard your heart above all else, for it determines the course of your life.”
- *“To see the light in the dark, you gotta **follow your heart.**”* - Scorpions 2013/2017
- *“The heart wants what it wants. There’s no logic to those things. You meet someone and you fall in love and that’s that.”* - Woody Allen
- **We’re partially responsible for what our hearts desire.**
- **Our desires have been corrupted.**
- **Our desires are layered.**
- **Right feelings follow right actions.**
- Proverbs 4:24-27 – “Keep your mouth free of perversity; keep corrupt talk far from your lips. Look straight ahead, and fix your eyes on what lies before you. Mark out a straight path for your feet; stay on the safe path. Don’t get sidetracked; keep your feet from following evil.”
- **Guard your heart by managing your mouth.**
- **Your words *express* your heart.**
- **Your words *shape* your heart.**
- James 3:3-6 – “We can make a large horse go wherever we want by means of a small bit in its mouth. And a small rudder makes a huge ship turn wherever the pilot chooses to go, even though the winds are strong. In the same way, the tongue is a small thing that makes grand speeches. A tiny spark can set a great forest on fire. And among all the parts of the body, the

tongue is a flame of fire. It is a whole world of wickedness, corrupting your entire body. It can set your whole life on fire, for it is set on fire by hell itself.”

- **Where your words go, your heart follows.**
- **Guard your heart by directing your eyes.**
- Proverbs 4:25 – “Look straight ahead, and fix your eyes on what lies before you.” Another translation says, “Ignore all sideshow distractions.” (MSG)
- **Guard your heart by directing your feet.**
- Proverbs 4:26-27 – “Mark out a straight path for your feet; stay on the safe path. Don’t get sidetracked; keep your feet from following evil.”
- Proverbs 4:27 - “turn your foot away from evil.”
- **Flee temptation urgently.**
- **Genesis 39**
- **Evil doesn’t have a monopoly on your impulsivity.**