



## LIFE GROUP QUESTIONS

part 2, Keep Your Heart

Pastor Dustin Lang

### ICE BREAKER

- 1) Go around the group and share any Bible passages that have become prominent life verses for you.
- 2) Another verse to consider with these is Proverbs 4:23. Read it out loud and then try to memorize it as a group.

### GOING DEEPER

- 3) The Biblical meaning of the word *heart* can best be defined as *the inner self comprised of our beliefs, desires, and choices*. Do you consider yourself a person who is more or less aware of what is within your heart?
- 4) The Hebrew word for *keep* has a twofold meaning of preserving and protecting. How can you preserve the health of your heart? How can you protect it from negative influences?
- 5) God's people are not only to keep watch of their hearts but to prioritize this above all other things. What are some ways you can intentionally make space for your heart?
- 6) Out of our hearts flow the springs of life. This means that what is in the heart will eventually come out. What are some of the negative beliefs, desires or choices in your heart that you want prayer for?
- 7) Close your time together by praying for one another.