

Check Your Heart

Week 1: Do You Hear Yourself?

Monitoring the physical condition of your heart is important—but what about the spiritual condition of your heart? Jesus teaches that our words reveal what is stored inside us. This discussion will help you listen to your words, examine your heart, and invite God to bring restoration.

HAVE SOMEONE READ PROVERBS 4:23 (NLT) ALOUD.

“Guard your heart above all else, for it determines the course of your life.”

- When you hear the word “guard,” what images or ideas come to mind?
 - According to this verse, why is guarding your heart so important?
 - What does it look like, practically, to guard your heart in everyday life?
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HAVE SOMEONE READ MATTHEW 15:10–20 (NLT) ALOUD.

- In this passage, what misunderstanding does Jesus correct about what defiles a person?
 - According to Jesus, where do our words come from?
 - Why do you think Jesus places so much emphasis on the heart rather than external behavior?
 - What kinds of damage can happen—personally or relationally—when unhealthy things come out of the heart?
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HAVE SOMEONE READ LUKE 6:43–45 (NLT) ALOUD.

- What comparisons does Jesus use to explain the relationship between the heart and our words?
 - What does this passage suggest about the connection between what we store internally and what we express externally?
 - Can you think of a time when someone’s words clearly revealed what was going on inside them?
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HAVE SOMEONE READ ROMANS 12:2 (NLT) ALOUD.

“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.”

Discussion

According to this verse, where does transformation begin?

How do our thoughts influence our emotions, words, and actions?

What are some thought patterns that might need to be renewed in order for our hearts—and words—to change?

PERSONAL REFLECTION

- Looking back over this past week, what kinds of words have most often come out of you (encouraging, critical, defensive, hurtful, dishonest, etc.)?
 - What might those words reveal about what you are currently storing in your heart?
 - Is there anything you sense God inviting you to release—such as anger, shame, jealousy, fear, or past hurt?
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CLOSING SCRIPTURE

Have someone read Proverbs 4:23 (NLT) again.

Final Question

- What is one practical step you can take this week to better guard your heart and listen more carefully to your words?
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PRAYER

Close by praying together. You may want to thank God for revealing what's in your hearts and ask Him to help renew your minds, heal what's been hurt, and guide your words this week.