



A HEART OF WISDOM

LESSON 4: Wisdom guards the heart

We believe that you are your child's first and most important spiritual leader. To support you that mission, we have created this tool to go along with each lesson your grade school age children are learning at Quest on Sundays.

SECTION VERSE

PROVERBS 2:9-10

“Then you will understand what is right and just and fair—every good path. For wisdom will enter your heart, and knowledge will be pleasant to your soul.”

LESSON VERSE

LUKE 6:45

“A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.”



WISDOM GUARDS MY HEART

DISCUSSION QUESTIONS

- Read Proverbs 4:20-27 out loud and discuss, verse by verse.
- How can we help keep our heart clean?
- Name some things that are not good to put in your heart. How about some good things?
- How can you apply what you learned in Quest this week?



PARENT DEVOTIONAL

Above all else, guard your heart, for everything you do flows from it.

-Proverbs 4:23

LESSON 4: What are you storing up?

Guard your heart for everything you do flows from it. A guard has two functions. The first is to keep out anyone or anything that will cause harm or does not have the owners permission to enter. The second is to allow in those persons or things that the owner has authorized. Why is a guard on the heart so critical? We've all used the expression, "garbage in, garbage out," and are familiar with its implications in any type of analytical task. It can be equally applied to our heart (the biblical center of the will and emotions). How about this positive version of the expression, "Jesus in, Jesus out"? Both are biblical principles are they not? Regulating what goes in to the heart is directly connected to what will come out.

A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. Luke 6:45

How does a person guard or protect their heart then? One would be correct to say, "Flee the evil desires of youth!" (2 Tim 2:22) However that is only half of the truth. We are taught by God's word that lasting heart health can only be achieved when we flee FROM those things of lesser value and TO some One of infinitely greater value. The passage cited above continues, "and pursue righteousness, faith, love and peace." Flee & pursue. How? We flee by creating distance between ourself and temptation, by turning our backs on the twisted values of the world. We pursue by "looking on" Jesus the author and perfecter of our faith, by setting our hearts and minds on things above, by thinking about whatever is "true, noble, right, pure, lovely, and admirable." Finally, this call to flee and pursue is meant to be carried out in community. Let's look again at our passage in full, "Flee the evil desires of youth and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart." Let us encourage the children to guard their hearts with us.



MEDITATING ON THE WORD

Proverbs 4:20-27

2 Timothy 2:22

Philippians 4:6-8

Psalm 101:3

Colossians 3:1-2