

# How to Guard Your Heart

*May 31, 2026*

**Main Passage: Proverbs 4:1-27**

## **Theological Theme**

We flourish spiritually when we carefully follow God's commands and will for our lives.

## **Introduction**

- ① Have you had to implement a regimen to train for a goal? What did your training focus on?
- ② Why is it important we focus on the Lord in an intentional way?

## **1. A Father's Example (Proverbs 4:1-9)**

The book of Proverbs opens by introducing the author as King Solomon (Proverbs 1:1), son of David, whose wisdom, an incredible gift from the Lord, was great (1 Kings 4:29-30). It would be wise, indeed, for his sons to listen to the wisdom he had share. We are wise, too, when we listen to the godly counsel of faithful believers who are further along in their lives and faith walk than us.

- ① What was Solomon's focus in these verses?
- ② What do you know about Solomon's father? What type of wisdom might he have passed on to his son?
- ③ How would you describe wisdom? Since God is the source of all wisdom, what does this say about our need to stay close to Him?

## **2. Two Ways of Life (Proverbs 4:10-19)**

Solomon warned against wicked living by describing two paths: the path of the wicked, and the path of the righteous. The wicked Solomon described here seem addicted to evil deeds.

- ① What themes stand out in these verses?

❓ What practical guidance did Solomon give for pursuing wisdom?

❓ What does it look like for us to avoid the path of the wicked in daily living?

### 3. The Straight Path (Proverbs 4:20-27)

In the final section of Proverbs 4, Solomon focused on righteous living. He urged his readers to keep these teaching in their hearts (v. 21). He called these wise teachings “life to those who find them” and “health to one’s whole body” (v. 22).

❓ What further instruction did Solomon give in these verses?

❓ What does it look like to “guard your heart” in daily life?

❓ What is the connection between righteous speech and wise living? How have you seen speech create obstacles to righteousness?

### Conclusion

In Proverbs 4, Solomon, son of David and the king most known for his wisdom, dispensed advice on how to live. He began by stressing the importance of wisdom and understanding, both of which come from the Lord. His memory of David telling him, “Keep my commands and live” (v.4b), advised him to walk closely with the Lord. This is the key to really living.

❓ What does it look like to seek God’s wisdom daily? Where are we tempted to seek wisdom apart from God?

❓ How do we encourage one another to seek God’s wisdom and righteousness on an ongoing basis?

❓ How does righteous living give us opportunity to share the gospel with others?