



Session #1 — May 4, 2025

Title: Parents Just Don't Understand

Theme: Guard Your Heart!

Scripture: Proverbs 4:20-23 (NIV)

Objective: During this session, the learner will be able to understand the importance of protecting our inner thoughts and motivations, as they ultimately shape our outward behavior.

Outreach from Previous Week:

Each one, reach one! Encourage making a pact for each member to bring a guest to class next week to celebrate the BELONGING series.

Training Text: Proverbs 4:20-23 (NIV)

²⁰ *My son, pay attention to what I say;
turn your ear to my words.*

²¹ *Do not let them out of your sight,
keep them within your heart;*

²² *for they are life to those who find them
and health to one's whole body.*

²³ *Above all else, guard your heart,
for everything you do flows from it.*

over, please

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Scripture Discussion | Proverbs 4:20-21

- What did the writer tell us to do with his words?

Scripture Discussion | Proverbs 4:22

- How does the writer’s words help the people who find them?

Scripture Discussion | Proverbs 4:23

- Why should we guard our hearts?

Discussion Questions:

- Why is it difficult to listen to instruction?

- What does it take to learn from others, including our elders?

- Why is guarding the heart considered the most important thing?

Next Week’s Scripture: Deuteronomy 6:4-9 (NIV)

Outreach:

Ask two people the following question: What is something you can do to guard your heart?

Report your results in the group next week.