



"Anatomy for Dummies"

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Above all else, guard your heart, for it is the wellspring of life.

Proverbs 4:23

LifeGroup Questions:

1. Why is your heart essential to your spiritual journey?
2. Do you feel that you are trying to manage your behaviors, or are you living as a result of an overflow of your heart?
3. What is the current overflow of your heart?
4. In what ways are you intentionally guarding your heart?
5. In your spiritual journey, what areas do you find yourself struggling with the most (words, thoughts or actions)?

Further study: Luke 6:43-45