



# HEART *and* SOUL

Heart and Soul – Part 2  
Guard Your Heart  
Pastor Joseph Zwanziger  
October 20-21, 2018

## USING THIS SERMON DISCUSSION GUIDE

We have provided all the Scriptures referenced in the sermon and some discussion questions for you to use to facilitate a discussion.

This Sermon Discussion Guide is only a tool to aid you in meeting the needs of your group. For most groups, there are too many questions to answer in one session together.

While the questions are important, remember your group's goal is not to pound through the questions but to create an atmosphere that will foster true friendships, so use the discussion questions as you see fit, but emphasize the relationships.

**Key text:**

**Proverbs 4:23 (NIV)**

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

**Proverbs 4:23 (NASB)**

“Watch over your heart with all diligence, for from it flow the springs of life.”

**Proverbs 4:23 (TPT)**

“So above all, guard the affections of your heart, for they affect all that you are. Pay attention to the welfare of your innermost being, for from there flows the wellspring of life.”

**The state of our soul determines the course of our life!**

“Watch your thoughts, they become your words;  
watch your words, they become actions;  
watch your actions, they become habits;  
watch your habits, they become character;  
watch your character, for it becomes your destiny” – Ralph Waldo Emerson

**Proverbs 4:23 “...Everything you do flows from it.”**

**Question 1: What are things that can poison the water of your soul?**

1. Bad Company
  - 1 Corinthians 15:33: Do not be misled, bad company corrupts good character.
  
2. Worldly Mindsets
  - Proverbs 14:12: There is a way that appears to be right but in the end it leads to death.
  - Jeremiah 6:16: This is what the LORD says:  
  
“Stand at the crossroads and look;  
ask for the ancient paths,  
ask where the good way is, and walk in it,  
and you will find rest for your souls.  
But you said, ‘We will not walk in it.’”
  
3. Worry and Anxiety
  
4. Frustration with Life

**Question 2: What do we do once we know our heart is contaminated?**

Psalm 142:2: I pour out before him my complaint; before him I tell my trouble.

Psalm 62:8: Trust in him at all times, you people; pour out your hearts to him, for God is our refuge.

Psalm 51:1-4, 10-12

Have mercy on me, O God according to your unfailing love;  
according to your great compassion blot out my transgressions.

<sup>2</sup> Wash away all my iniquity and cleanse me from my sin.

<sup>3</sup> For I know my transgressions, and my sin is always before me.

<sup>4</sup> Against you, you only, have I sinned and done what is evil in your sight...

<sup>10</sup> Create in me a pure heart, O God, and renew a steadfast spirit within me.<sup>11</sup> Do not cast me from your presence or take your Holy Spirit from me.

<sup>12</sup> Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

**Question 3: How do I guard my heart?**

Identify the sources of contamination and cut them off!

**“For Monday”**

1) Identify the contaminants

- 2) Pour out your heart
- 3) Put up your guard

## TALK IT THROUGH

1. Have you been in a heavily guarded area? Describe the setting and how it made you feel, or affected your behavior.
2. Read together Proverbs 4:23 (TPT version) “The state of our soul determines the course of our life.” As a group, discuss some of the things that can poison the water of our souls. What are the four contaminants Pastor Joseph shared? What are some other possible contaminants?
3. The waterhole of our soul gets polluted more often than we know. Which contaminant(s) most affects your own soul? How can you identify it when it appears?
4. When our souls get contaminated, we often resort to wrong ways of dealing with it, like withdrawing in denial, or self-medicating, or covering it up. . . . How do you personally tend to respond? What does God want us to do?
5. Has “pouring out your heart/soul to God” been your practice? If so, how do you do it? What benefits have received from this practice? What oppositions confront you to keep you from it?
6. “If we really understood the power of our soul, we would guard it with our lives, and for our lives.” How can we guard our soul?
7. Read together Matthew 11:28-29. God wants to refresh your soul by giving you clean living waters from his presence. As a group, read the “For Monday” points (above). How will you, personally, take action on these in your life this week? Is there one point you need to focus on?