

Proverbs

The Heart – Healthy Living Week 1 of 6

1. Share a silly, foolish thing you did that eventually made you laugh at yourself.
2. Cite biblical examples of people who did foolish things. What was the sin in their heart that was the root cause of their foolishness?
3. What are some characteristics of a healthy spiritual heart?

Now name some characteristics of an unhealthy spiritual heart.

4. What does it mean to “guard your heart”?
5. What should you do specifically to guard your heart?



northeast group questions

February 14-15, 2010

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