

GET WISDOM! Lesson 17: GUARD YOUR HEART – ITS' WHERE YOUR ACTIONS START!

Video for this lesson:
<https://youtu.be/vslNwv01mVo>
Keep My Heart Pure
by Bible Kids Sept 18, 2020



Proverbs 4:23
**“Above all else, guard your heart,
for everything you do flows from it.”**

For our bodies to be physically healthy, we know we need a good strong heart. Our physical heart pumps blood all around our body and keeps us healthy. The Bible says that we need a good strong spiritual heart. Our spiritual heart is so important that we must guard or protect it, above all else!



What is the heart the Bible talks about?

The spiritual heart is ... ME! It's like a room inside me where I have my thoughts and desires. My heart is all the things that I love and treasure. The Proverb says that everything I do comes from my heart. My heart is where I decide what I will do and why I want to do it.

Why is it important to guard our heart?

We need to keep bad things out. If I let anger stay in my heart, out will come fighting and arguing with my family and friends. If I let pride stay in my heart, out will come bragging. If I let selfishness stay in my heart, out will come unkindness toward my friends.



On the Sermon on the Mount, **Jesus said**,
“A good person has good things saved up in his heart. And so he brings good things out of his heart. But an evil person has evil things saved up in his heart. So, he brings out bad things. A person speaks the things that are in his heart.” (Luke 6:45)



We have learned so much about this by studying the **Proverbs of Solomon**.

We've learned that we **DON'T** want these things in our hearts:

- Disrespect for our Parents
- Thinking I can do things **MY** way
- Selfishness and Envy
- Unkindness
- Laziness
- Lying
- Bullying
- Anger
- Loving money and "things" too much



How do we guard our heart?



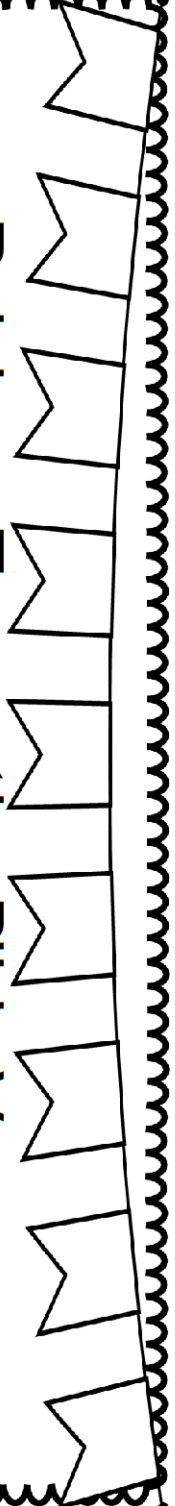
We learned in Proverbs that God will help us. He will give us the **SHIELD OF WISDOM** to **keep the bad things out!** But, we aren't perfect. So, if we do get angry or selfish, etc. we don't have to let those things stay in our heart.

Fill your heart with the GOOD things Solomon taught us about. Solomon says **"WRITE THEM ON THE TABLET OF YOUR HEART."**

- Respecting God
- Trusting God even when we don't understand
- Obeying our Parents
- Treasuring Wisdom
- Love and Friendship
- Kindness & Respect
- Humility
- Self-Control
- Joy
- Truth

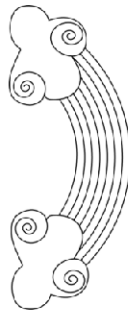


PRIMARY GRADES ACTIVITY

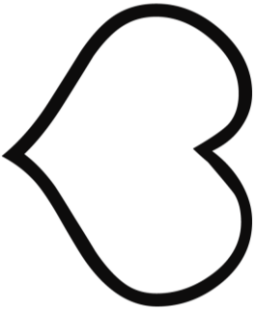


Rainbow Trace the Bible Verse

Use different colors to trace the Bible Verse.



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Proverbs 4:23

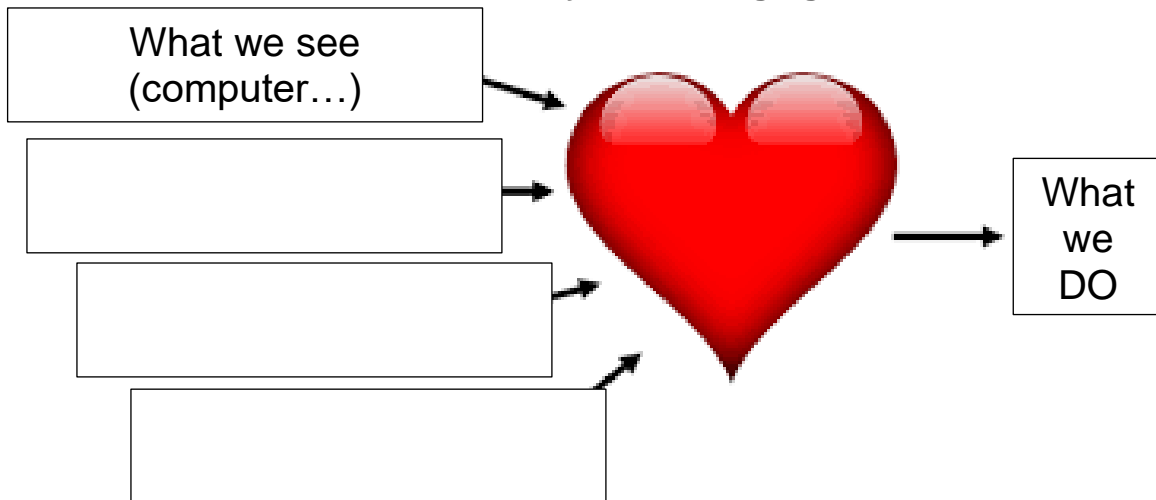
UPPER GRADES ACTIVITY

Copy Proverbs 4:23 from your Bible:



Write the proverb in your own words:

You've heard the saying "What goes in comes out."
What are some other ways that things get into our hearts?



DECIDE THAT YOU WILL CONTROL WHAT "GOES IN!"