

DISCUSSION GUIDE



[GUARDRAILS]

KEEPING YOUR LIFE OUT OF THE DITCH

May 11/14, 2017

Choose to be the gatekeeper

BIG IDEA: Guardrails for our heart lead us to life.

GROUPS VISION

We believe life transformation happens when we engage with other people, with Jesus as our focus, and take next steps together. A next step is where we Ask, Listen, and Respond to take any action that advances our journey with Jesus.

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KEY VERSE

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

Proverbs 4:23

POTENTIAL NEXT STEP

You are the gatekeeper to your heart. This week take inventory and authority over what you are allowing into your heart through social media, TV, movies, and music.

Do you have a story of someone taking a next step?

Share with us at
groups@valleycreek.org

MAIN POINTS & SCRIPTURES

The quality of our lives is determined by the condition of our hearts. (**Proverbs 4:23**)

Four Practical Guardrails for Our Hearts

- 1. Choose to be a gatekeeper.** We are the gatekeepers of our hearts. Our willingness to engage in that role will determine whether our heart will flourish or fall. Take inventory and ask the Holy Spirit for wisdom on what we should to let into our hearts. (**Philippians 4:8, James 1:5, Psalm 127:1**)
- 2. Choose to grieve.** Grief is processing loss or pain with God and then releasing the pain and hurt back to Him. God has set aside time for grieving, and when we avoid the grieving process it is difficult to heal. (**Ecclesiastes 3:1**) Choosing to feel grief and loss is important for us because it allows us to experience the joy the Father has for us. (**Psalm 34:18**) When we bury emotions, we bury them alive, and they will re-emerge, anger is a secondary emotion that is rooted in grief. (**Proverbs 25:28**) God invites us to put in place the guardrail of dealing with our emotions, as grief leads to true growth.
- 3. Choose to grow.** Our hearts should be growing, the fruits of the Spirit should be on the increase in our lives by making the choice to take next steps with Jesus. (**Proverbs 3:5-6**) We grow with others in community and we grow up in Jesus. (**Proverbs 20:5**) We must remain child-like not childish, we must choose to grow up in the Lord. (**1 Corinthians 13:11**)
- 4. Choose to receive grace.** God takes our mistakes and missteps and redirects our paths, His grace is not only enough; it is more than enough. (**2 Corinthians 12:9**) The guardrail of grace isn't meant to remind us how off we are, it's there to remind us of who we are.

DISCUSSION

1. When we let something into our hearts it never just passes through it always impacts the condition of our hearts. What are you letting into your heart? Are you choosing to take inventory and take authority? (See point #1)
2. Wherever you are hurting is where Jesus is near. Do you grieve well? Is there a loss or pain that God is inviting you to grieve? (See point #2)
3. Is there an area in your life that God is inviting you to grow? What is a next step He is asking you to take? (See point #3)
4. What is an area you can choose to receive His grace? (See point #4)
5. **What is the Holy Spirit saying to you? What is your next step?**