

Wellspring

"Above all else, guard your heart, for it is the wellspring of life." Proverbs 4:23

Name: _____

Saturday, December 3, 2016
Lesson 7-Sat.

D1/D2—THE HEART/HOME: MARY & MARTHA

DUE:

Saturday, January 7, 2017

Jesus prayed, "Sanctify them in the truth; Your word is truth." (John 17:17). Thank God for His Word and ask Him to sanctify you through His Word as you work through the questions. Ask Him to help you see areas in your life where you need to grow and change.

LOOKING BACK...

Read Luke 10:38-42 and review your notes from Mary and Martha lesson. With all that you have learned about the heart and the need to shepherd your heart with God's Word as well as throughout the day, what right thinking would have helped Martha to display actions that would have honored God?

What do you learn about shepherding your own heart from Martha?

Think forward to your time in God's Word during the upcoming holiday season.

- How do you need to plan for changes or distractions in your schedule? (Be realistic)

- What are the challenges that you anticipate facing during these seasons?

- What will you do to prepare your heart to meet the changes, distractions, and challenges in a way that glorifies and honors God?

- How can you make the most of any unexpected small windows of time to shepherd your heart?

LOOKING DAY BY DAY...

Make note of any passages from your daily reading that highlight a person who got easily distracted by the world or their own sinful desires and/or any person who recognized their need to draw near to God. Record any consequences (good or bad) that resulted from their choices.

OR Record something from your reading that you'd like to share.

LOOKING AHEAD...

In preparation for the next lesson, D1 – The Heart: Guard Your Heart (Prov. 4:23), read Proverbs 4:1-27 on the following page. Observe what the passage is saying by using the questions and instructions below. Then write out Proverbs 4:23 on an index card and memorize it. Pray about what you have seen in the passage, asking the Lord to use it to prepare your heart for the next lesson on verse 23.

Verse 1 – Who wrote it? To whom is he writing? Why did he write it?

Underline in red any instructions given.

Underline in blue any benefits from following the instructions.

Proverbs 4

- 1 Hear, O sons, a father's instruction, and be attentive, that you may gain insight,
 2 for I give you good precepts; do not forsake my teaching.
- 3 When I was a son with my father, tender, the only one in the sight of my mother,
 4 he taught me and said to me, "Let your heart hold fast my words; keep my commandments, and live.
 5 Get wisdom; get insight; do not forget, and do not turn away from the words of my mouth.
 6 Do not forsake her, and she will keep you; love her, and she will guard you.
 7 The beginning of wisdom is this: Get wisdom, and whatever you get, get insight.
 8 Prize her highly, and she will exalt you; she will honor you if you embrace her.
 9 She will place on your head a graceful garland; she will bestow on you a beautiful crown."
 10 Hear, my son, and accept my words that the years of your life may be many.
 11 I have taught you the way of wisdom; I have led you in the paths of uprightness.
 12 When you walk, your step will not be hampered, and if you run, you will not stumble.
 13 Keep hold of instruction; do not let go; guard her, for she is your life.
 14 Do not enter the path of the wicked, and do not walk in the way of the evil.
 15 Avoid it; do not go on it; turn away from it and pass on.
 16 For they cannot sleep unless they have done wrong; they are robbed of sleep unless they have made someone stumble.
 17 For they eat the bread of wickedness and drink the wine of violence.
 18 But the path of the righteous is like the light of dawn, which shines brighter and brighter until full day.
 19 The way of the wicked is like deep darkness; they do not know over what they stumble.
 20 My son, be attentive to my words; incline your ear to my sayings.
 21 Let them not escape from your sight; keep them within your heart.
 22 For they are life to those who find them, and healing to all their^[b] flesh.
 23 Keep your heart with all vigilance, for from it flow the springs of life.
 24 Put away from you crooked speech, and put devious talk far from you.
 25 Let your eyes look directly forward, and your gaze be straight before you.
 26 Ponder^[c] the path of your feet; then all your ways will be sure.
 27 Do not swerve to the right or to the left, turn your foot away from evil.