



THRIVE

UNIVERSITY

MY SON, PAY ATTENTION TO WHAT I SAY; TURN YOUR EAR TO MY WORDS. DO NOT LET THEM OUT OF YOUR SIGHT, KEEP THEM WITHIN YOUR HEART; FOR THEY ARE LIFE TO THOSE WHO FIND THEM AND HEALTH TO ONE'S WHOLE BODY. ABOVE ALL ELSE, GUARD YOUR HEART, FOR EVERYTHING YOU DO FLOWS FROM IT. PROVERBS 4:20-23 NIV

"...THE LORD DOES NOT LOOK AT THE THINGS PEOPLE LOOK AT. PEOPLE LOOK AT THE OUTWARD APPEARANCE, BUT THE LORD LOOKS AT THE HEART." 1 SAMUEL 16:7 NIV

FOUR BLOCKAGES OF THE HEART

1. SELFISHNESS

"But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. Such 'wisdom' does not come down from heaven but is earthly, unspiritual, and demonic. For where you have envy and selfish ambition, there you find disorder and every evil practice."

JAMES 3:14-16 NIV

2. BITTERNESS

"Then He said to the disciples, 'It is impossible that no offenses should come...'"

LUKE 17:1 NKJV

"A brother wronged is more unyielding than a fortified city; disputes are like the barred gates of a citadel!"

PROVERBS 18:19 NIV

3. REJECTION

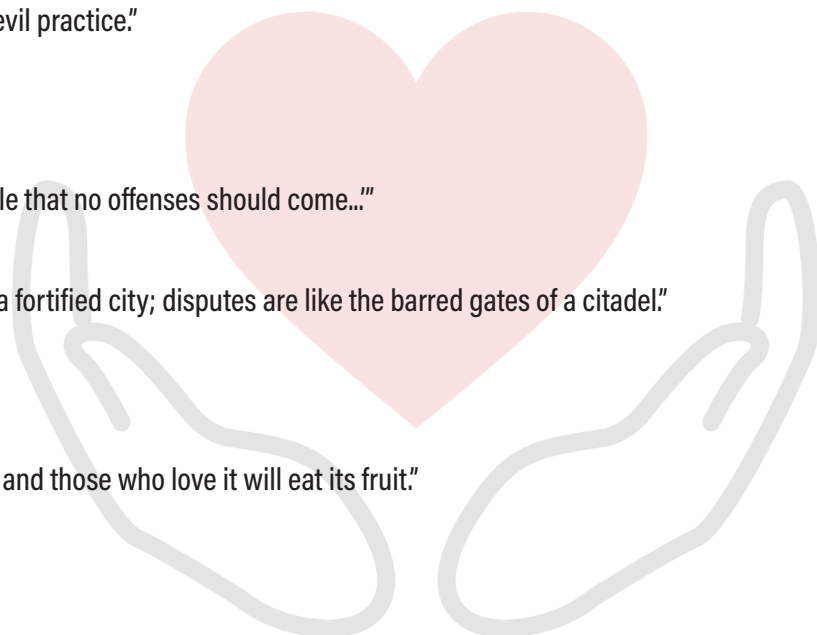
"The tongue has the power of life and death, and those who love it will eat its fruit."

PROVERBS 18:21 NIV

4. EVIL THOUGHTS

"For in is from within, out of a persons tear, that evil thoughts came sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and defile a person."

MARK 7:21-23 NIV



WHERE FREEDOM BEGINS

THREE STEPS TO TRANSFORMING THE HEART

I WILL GIVE YOU A NEW HEART AND PUT A NEW SPIRIT IN YOU; I WILL REMOVE FROM YOU YOUR HEART OF STONE AND GIVE YOU A HEART OF FLESH. AND I WILL PUT MY SPIRIT IN YOU AND MOVE YOU TO FOLLOW MY DECREES AND BE CAREFUL TO KEEP MY LAWS. EZEKIEL 36:26-27 NIV

1. INVITE THE HOLY SPIRIT TO **SHOW ME**

"Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

PSALM 139:23-24 NIV

2. INVITE THE HOLY SPIRIT TO **CHANGE ME**

"Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me."

PSALM 51:10-11 NIV

3. INVITE THE HOLY SPIRIT TO **FILL ME**

"Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit."

EPHESIANS 5:18 NIV

DISCUSSION:

1. What does it mean to 'guard your heart,' and why is it important above all else?
2. How do selfishness, bitterness, rejection and evil thoughts affect the heart?
3. What does it mean to have a 'heart of stone' versus a 'heart of the flesh'?
4. In what ways can guarding your heart lead to a healthier and more fulfilling life, as mentioned in Proverbs 4:20-23?
5. Share an experience where you felt the Holy Spirit was inviting you to transform your heart. What steps did you take or could you have taken to respond?

NOTES:

