

Life Group Questions: May 31st 2026: “Guard your heart for it is the wellspring of life”

1. If your heart had a “weather report” today, what would it be — sunny spells, cloudy with showers, unexpected storms, or calm and clear?

2. **Read Proverbs 4:20–23.** What does it mean that the heart is the “wellspring of life”? Why does everything we do flow from it?

3. **Read Matthew 15:10–20.** Jesus says that what comes out of our mouths reveals what is in our hearts. Where do you see this in everyday life — in yourself or in others?

“Anger: You Owe Me” — Guard Rail: Forgiveness

4. The sermon said anger often feels like “you owe me.” What’s the difference between feeling anger and letting anger take root? Ephesians 4:26–27.

5. Why is forgiveness such a powerful guard rail for the heart? What makes forgiveness difficult — and what makes it possible with God’s help? Colossians 3:13

“Guilt: I Owe You” — Guard Rail: Confession

6. Guilt says “I owe you.” How does unconfessed guilt affect our relationships?

7. What does healthy confession look like — and how do we receive God’s forgiveness rather than staying stuck in self-condemnation? Read 1 John 1:9

“Greed: I Owe Me” — Guard Rail: Thankfulness & Contentment

8. Greed whispers “I owe me.” How does greed subtly shape our attitudes, decisions, or priorities? Luke 12:15

9. How do thankfulness and contentment guard our hearts from the “me, me, me” mindset? What helps you practice contentment in daily life?

“Jealousy: God Owes Me” — Guard Rail: Receiving God’s Love

10. Jealousy says “God owes me.” How does jealousy distort our view of God, ourselves, and others? James 3:14–16.

11. How does receiving God’s love — deeply and personally — help uproot jealousy and insecurity?

“When You Feel It, Let God Heal It”

12. If your heart had a set of dashboard warning lights, which one would be flashing today — “Anger overload,” “Guilt detected,” “Greed rising,” “Jealousy alert,” or “All clear — Holy Spirit at work”?