

ROOTED | HEART CHECK: GUARDING WHAT SHAPES YOU

October 26, 2025 // Craig Rees + Adam Davidson

BIG IDEA:

Guard your heart, because what fills your heart, fuels your life.

KEY SCRIPTURES:

Proverbs 2:2

Proverbs 4:20–27

Proverbs 5:1

Proverbs 7:24

Proverbs 22:17

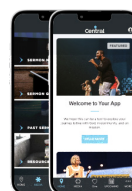
Jeremiah 17:9

Ezekiel 36:26

Matthew 5:8

Matthew 12:34

1. *Read Proverbs 4:20–21.* Which “gateways” (ears, eyes) most influence your heart right now, and what’s one input you need to limit or increase this week?
2. *Above all else, guard your heart* (Proverbs 4:23). Practically, what does guarding look like for you in this season: fences to put up and wells to deepen?
3. Proverbs 4:23 pictures the heart as a spring that flows outward. What “downstream” behaviors in your week suggest what’s in the source? Give a recent example.
4. Compare Proverbs 4:24 with Matthew 12:34. How do your words lately reveal what is overflowing in your heart? Where do you need repentance or renewal?
5. *Let your eyes look straight ahead* (Proverbs 4:25). What distractions most pull your gaze off Christ, and what habit could help you fix your focus?
6. *Give careful thought to the paths for your feet* (Proverbs 4:26–27). Identify one path you need to stay on (persevere) and one detour you need to avoid (repent). Why?
7. *Read Jeremiah 17:9* alongside Proverbs 4:23. Why is “follow your heart” insufficient counsel, and how does guarding/reorienting the heart lead to wisdom?
8. Ezekiel 36:26 promises a new heart. Where do you need more than behavior management—Spirit-led transformation—and how will you ask for it this week?
9. *Blessed are the pure in heart* (Matthew 5:8). What one concrete step will you take in the next 7 days to pursue a purer heart. Think of an input to change, a confession to make, or a practice to adopt?



Get the weekly sermon questions on the **Central Holland App!**