



## Week 1: Do You Hear Yourself?

Monitoring the physical condition of your heart is important, but what about the *spiritual* condition of your heart? In Matthew 15:10-20, Jesus teaches that it's the words we say that reveals what is in our hearts. Monitoring the nature of your own words can actually help us monitor the condition of our hearts. When it comes to your heart, do you hear yourself?

### Discussion Questions

1. What do you picture when you think of the word "guard"?
2. According to Proverbs 4:23, why is it important to guard your heart? What does that mean to you personally?
3. Reflecting on the statement "stick and stones may break your bones but words *can really* hurt you":
  - What are some hurtful words that you are holding onto?
  - How have those words impacted your life?
  - What is one way you could work to let go of those words?
4. Words have the ability to be used as weapons to tear down or tools to build up. Consider the words you speak to yourself and to others:
  - Do you hear yourself when you talk?
  - Do you use more words as weapons or tools?
  - What do the words you are speak reveal about the condition of your heart?
  - What are you storing in your heart that you may need to let go of?
  - What are the hurtful words you need to stop saying to yourself?
  - Are there any hurtful words you have spoken to others and need to ask forgiveness?
5. What is one thing you could ask God to help you with this week, (begin to listen to your words, uncover what is stored in your heart, heal from past hurtful words, etc.)? How would your life look different if you took this step?