

12:00



Life Advice

Words to live by from the book of Proverbs



Search

May 17, 2026

Pastor Trey Hildebrant

Life Advice Week 2

Main Text

Proverbs 4:23

Discussion Questions:

Belong:

Ice Breaker: When you face a difficult decision or problem, what do you usually do first? Do you pray? Ask for help from a friend or mentor? Research the problem? Read the Bible?

Leader's Note to Share with your group:

The book of Proverbs was written as a gracious resource of divine wisdom. Proverbs is a collection of wisdom sayings written primarily by a King in ancient Israel's history named Solomon, who is the son of King David and Bathsheba.

Some of the sayings come from Solomon himself; others were sayings taught to him by his father, his mother, and a prophet named Nathan. Proverbs teaches, guides, warns, and reveals, giving direction for life; almost like a SIGN simply saying, "Live like this."

God, in His kindness, has set us up for real life success with the Proverbs. This month, we're teaching FOUNDATIONS for Wisdom. The big idea is that we are all being formed by something. Something or someone is forming you, guiding you, influencing you, helping you become who you are becoming. The question remains: is what is forming you wise and good?

Believe:

What do you think of when you hear someone ask you, "how is your heart?"

Read Proverbs 4:23 (Ask Group members to read from their favorite Bible translation to hear the passage in more than one version).

What does it mean to "keep your heart"? What naturally flows out of the heart?

*"The teaching of the whole of the Bible, and especially in Proverbs is this - **how our heart goes, so our life goes.**"* Pastor Trey

How have you seen this play out in real life?

Read Proverbs 4:7-8

According to this passage, how do we get wisdom? What does wisdom produce in a person's life? What does it mean to "prize" something "above all else"?

Note: *The word "embrace" implies being "united to God" at the heart.*

How is keeping our heart, embracing or prizing wisdom in the Christian life different than merely following a set of rules?

Read Ezekiel 36:26

What does our "before" picture look like? What has God promised his people? How does this make you feel? Does it encourage you to know that the very heart you need to "embrace" wisdom is from God in the first place?

Read John 7:37-38

Who makes this new heart within us possible?

“Jesus changes us at the SOURCE, and now HIS LIFE FLOWS out of us, rather than you and I trying to BEHAVE a certain way to get right with Him. Which is why we are invited to believe in Him BEFORE we behave like Him.” - Pastor Trey

What is our part?

Become:

The **gospel** is this – **We already FAILED the test**, but Jesus stepped in and took our place. He covers our failures with His death on the cross. He was perfect where we missed the mark. Now, His death for the forgiveness of our sin, and His resurrection from the grave offers us **eternal life** through a **RELATIONSHIP** with God. (See Romans 3:23-24)

That being said, believers in Jesus are actively involved in their own spiritual growth. With God’s help, we press into becoming more like Jesus every day.

Read Proverbs 4: 20-27

What stands out to you from the larger context of our theme verse today? What are some ways you can let the right things into your heart, and keep the wrong things out? Why does this matter so much? What is at stake?

Read Psalms 73:24-27

What is one indicator of what is in our heart? How do we “correct” crooked speech or devious talk? On a scale of 1-10, how hard is it for you to do this?

Read Philippians 4:8

What can help us “let the right things into our hearts” and “check” what comes out of our mouths? Name some things that are:

- true
- honorable

- just
- pure
- lovely
- commendable
- excellence
- anything worthy of praise

Make a list and share it with your group! Encourage everyone to “think or dwell” on these things this week and see if it makes a difference in the way you “keep your heart”.

Closing:

Saying yes to a relationship with Jesus is the most important decision we will make.

This week, Pastor Trey will give a Gospel invitation in all three services.

- Take some time to explain what it means to have Gospel conversations with each other and share the love of God.
- We will be in the book of Proverbs throughout the next 12 weeks! Who can you invite to church to hear this real-life advice?
- Encourage your group members to sign up for daily Scripture and prayer texts this week - text 'daily' to 40777