**"Guard Your Hearts" (Proverbs 4:23)**

**Lesson 4: Guard Your Feet**

* **Scripture**: Prov. 4:26 - Give careful thought to thepaths for your feet and be steadfast in all your ways.
  + **Other Scripture References**:
    - Prov. 119:105
    - Prov. 3:5-6
    - Prov. 14:15
    - Eph. 5:15-17
    - Heb. 12:13
* **Key Idea & Theme**:
  + This verse calls us to examine or evaluate our life and live a life of purpose, not passivity. We're urged to think carefully about where we're going — spiritually, morally, and practically.
* **Lessons**:
  + Think Before You Act
  + Be Intentional with Your Life Direction
  + Examine Whether Your Path Aligns with God’s Word
  + Wisdom Brings Stability
  + Your Life Affects Others
  + Consistency is Key
* **Discussion Questions:**
  + **What does it mean to you to “ponder the path of your feet”?**
    - How do you evaluate the direction your life is taking?
  + **When was the last time you stopped to examine the choices you’re making?**
    - What did you discover?
  + **Are there any areas of your life where you’re “walking” without much thought or prayer?**
    - What would it look like to be more intentional there?