**"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?