

PART 5: Heart of the Matter DATE: 08-05-2018

START

If you really want to you can blow right through a guardrail. We often find ourselves flirting with the guardrails in our life. We wonder to ourselves how close we can get without hitting it? Inevitably, it takes one wrong decision to blow right through our guardrail if we are right next to it.

- When have you seen someone blow up a marriage, finances, or a career when something on their inside got loose on the outside?
- What areas of your life do you find yourself getting close to your guardrail?
- Are there any inner emotions, thoughts, or attitudes in your life that if they came out would do a lot of harm?

READ

[Proverbs 4:23](#)

“Above all else, guard your heart, for everything you do flows from it.”

THINK

When we begin to bump up against our guardrails we must ask what is going on in my heart? Most likely there is a root issue that is causing us to continue to hit a guardrail. If these root issues are not confronted then we will continue in the same behavior.

- Do you find yourself continuing to run into a personal guardrail?

Anthony gave us four things we can guard our hearts from; anger (“you owe me”), greed (“I owe me), Jealousy (“life owes me”), and guilt (“I owe you”).

- Do any of these emotions regularly ding your conscience—guilt (“I owe you”), anger (“you owe me”), greed (“I owe me”), or jealousy (“God owes me”)?
- What are you doing to guard your heart against these things?
- What can you do to take a step towards confessing if you feel guilt, forgiving if you feel anger, giving if you feel greed, or celebrating if you feel jealousy?

PRAY

Ask God to help you see what is flowing from your heart, and what steps are necessary to guard your heart.

ACT

This week be aware of the emotions in your life. Take some practical steps to confess when you feel guilt, forgive when you’re angry, give when you feel greed, and to celebrate when you are jealous.

Summer is here! Go to SUMMERatTCC.com to discover all the events happening across all locations.

