



Overflow of the Heart – Pastor Mark Pope  
March 2 & 3, 2024

1. What does having a full heart look like to you? What kinds of things make our hearts "leak"?
2. Read 2 Timothy 1:6 What are some ways we can manage leakage and protect ourselves from spiritually, relationally or physically deflating?
3. Read Psalm 51:10 Why is it important to maintain a protective posture when it comes to guarding your heart? What are some practical things you already do to protect your heart?
4. Read Proverbs 4:20-27 Why do you think a full heart requires disciplined speech? How are these two things connected?
5. Read Proverbs 18:21 What could result from not being disciplined in your language? How does this challenge you to view the power of your words?
6. Remember, guarding your heart and being more verbally disciplined are connected to overflow. What changes will you make to be exceptional at managing your words this week?