



How's Your Soul? (Proverbs 4:20-23)

Pastor Mark Pope | September 12 & 13, 2026

1. On a scale of a passing "Hey, how's it going?" to a genuine "No, really—how are you?" who in your life asks the *REAL* version of that question? What's different about the way you answer them compared to others?
2. Read Proverbs 4:20-23. How well are you guarding your heart? How can you be better about guarding your heart?
3. What's one thing you guard fiercely without even thinking about it -- does your soul get that same level of protection? Why?
4. Do you put your soul at risk unnecessarily? What might change in your life if you regularly asked, "How will this affect my soul?" before making decisions?
5. Look at Matthew 14:22-23. After a long day, Jesus withdrew from people in order to pray alone on a mountain. What does "recovering your soul" look like for you practically, and what usually gets in the way of it?
6. What is one practical step you can take this week to protect your soul and stay close to God?