

“Protect Your Heart”- Proverbs 7

Ebenezer Mennonite Church

Reach – Teach – Care (Pastor Jim King)

February 14th, 2010

"Above all things guard your heart, for it is the wellspring of life" (Proverbs 4:23)

Protect Your Food

*McDonalds and Little Debbie Snack Cakes

*Why – _____ & _____



Protect Your Heart

*Proverbs 1:7a – starts with the LORD

*Matthew 19:5 and 1 Thessalonians 4:1-8

Principle of the Path - Proverbs 7:1-3

*A Teacher – _____ **and** _____

*Commands – _____ Not an option. Yes Sir!

*Life Giving - _____ & _____

*Carry this Truth with You – _____ on finger; _____ on your heart

Proper and Improper Relationships – Proverbs 7:4, 5

*Proper – stay close to your sister _____ Where? _____

*Wisdom – _____

*Improper – someone not your _____

Porous Boundaries – Proverbs 7:6-21

*Leave the _____

-Where's my group?

-Who am I accountable to?

*Enter the _____

From Laptop to Lap Dance to Dangerous Duets

*Eyes Looking _____

Pornography industry to what women wear

*Ears Listening to _____

Cultural sex lies...



Premature Death – Proverbs 7:22-27

*Like slain animals *Victims *Grave *Death

*Consequences – Reap what you _____



Power of Resurrection

*Prevents – Ephesians 1:18-21

*Restores – 2 Corinthians 5:14-17

Our Prayers...

“Protect Your Heart”- Proverbs 7

Questions for Discussion February 14th, 2010

(Discuss these questions with your family, friends, and/or small group)

The Heart

*Many of us want to take care of our physical hearts.

What do you do to maintain a healthy heart?

*The Bible uses the word “heart” but not in the biological sense.

Read the following Scriptures to see how the word “heart” is used.

Jeremiah 17:9; Ezekiel 11:19; Hebrews 4:12; Ephesians 3:17; Proverbs 4:23

*Why is it important to “guard your heart?”

*Why do relationships with the opposite sex affect the heart?



Sources of Knowledge

*Who has helped you navigate through your journey in life?

*How did they help you?

*Read Proverbs 1:7. Why does a relationship with the Lord help us

in gaining knowledge? Why is “knowledge” not enough? Read James 1:22

*Who taught you about sex? What was that like? Was it “godly” knowledge?



Principle of the Path

*Read Proverbs 7:1-3

*Note the seriousness of the passage. This is a command.

Read Deuteronomy 6:6-8. Why is wisdom described as a “sister?”

*Why is sexual purity so important? What does it mean to be sexually pure?

A Young Man Takes the Wrong Path

*Read Proverbs 7:6-21

*What mistakes does the young man make that gets him into sexual sin?

*What promises are made? What do you think of the promises?

Premature Death

*Read Proverbs 7:22-27

*In what ways does sexual sin bring “death?”



Protecting My Heart – My Plan (and I need you to help!)

*Where do you get your knowledge about sex? Culture? Godly sources?

*Who are you accountable to in protecting your heart from sexual sin?

*What places are temptations for you? Share with a trusted friend.

*For men- how do you guard your eyes? For women – what are you wearing?

*Write a mission statement regarding your commitment to Christ in living a life of sexual purity...

Power of Resurrection

*Prevents – Ephesians 1:18-21 *Restores – 2 Corinthians 5:14-17

*When we are weak He is strong. Why is it a mistake to depend on your own power in regard to sexual purity and strength?

Prayer