



We're all creatures of habit. We do so many things in auto-pilot mode! What does it mean to be human, have desires, and regulate them towards a life that honours God? What if we learned to calibrate our hearts, to guard them?

- Open with prayer.
- If your groups is new, give everyone time to introduce themselves.

CONVERSATION STARTERS

- What's one thing you're looking forward to in the future?
- Share something new or a highlight from this past week.

REVIEW

Open your Bibles and read from **Proverbs 4:23**.

- Share your favourite points from the weekend sermon. What spoke to you?
- Share a phrase or moment that you related to the most, or a question you may have from the weekend.

DISCUSSION QUESTIONS

- What's a habit you need to break?
- What's a habit you need to start?
- What strategies or disciplines have you found to be effective in developing healthy habits?
- What does it mean for you to guard your heart?
- What does it mean to live a life that honours God on a daily basis?
- How does this verse apply to your life? What will you do about it?

PRAISE & PRAYER POINTS

Share what God is doing in your life and spend some time praying for each other's prayer requests.