

PROVERBS 4:23

THE WELLSPRING OF LIFE

HEAD

Memorize what it says.

**“Keep your heart with all vigilance,
for from it flow the springs of life.”**

Proverbs 4:23 (ESV)

HEART

Understand what it means.

Be careful what enters your heart, because, like a wellspring, what goes in eventually flows back out. All of life is lived from the overflow of the heart.

Compare Jesus’ parable of a tree and its fruit in Luke 6:43-45 and Paul’s illustration of sowing and reaping in Galatians 6:7-8.

HANDS

Put it into action.

The images and ideas that enter your heart eventually flow out as thoughts, words and actions.

The most important thing to guard in this life (with all vigilance) is your heart.

ALWAYS GUARD YOUR HEART.

For additional study materials and all bonus verses, visit www.icsva.org/bonus-verse.

BONUS VERSE STUDY QUESTIONS

PROVERBS: 4:23: THE WELLSPRING OF LIFE

- What is a wellspring?
- What is the wellspring of life?
- How is your heart like a well or a spring?
- How can a well be polluted?
- How does the condition of a well affect an entire community?
- What did Jesus say about trees and fruit (Luke 6:43-45)?
- Why is your heart so important?
- How does the condition of your wellspring affect the rest of your life?
- What did Paul say about sowing and reaping (Galatians 6:7-8)?
- How do good or bad things get into your heart?
- How do others see what comes out of your heart?
- What is the most important thing in the world for you to protect?