

TALK IT OVER

The Heart of the Problem

BOTTOM LINE

What's inside of you will come out no matter who you are with.

CONVERSATION STARTER

What is your superpower?

THINGS TO CONSIDER

What did you hear?

What do you think?

What will you do?

RESOURCES

- The Daily:
newpointe.org/thedaily
- [Guard Your HEART!](#) by Danny Gokey (1 min.)

KEY VERSES AND QUOTES

Above all else, guard your heart, for everything you do flows from it.
Proverbs 4:23 NIV

For the mouth speaks what the heart is full of. Luke 6:45 NIV

"We are great at monitoring our partner's behavior, but we're not good at monitoring our hearts."

"Your ability to feel certain things is determined by the condition of your heart. Your ability to stay in love has as much to do with the condition of your heart as it does the behavior of your partner."

"Everything you do is from the overflow of your heart. If your heart is not in good shape, it's impossible to maintain healthy relationships."

"When you are unclear about your emotions, they are powerful. They drive and determine what you say and send you into chaos."

"When healthy people discover that something they do or say causes negative emotions, pain, and hurt in their spouse, they quit doing it."

– Quotes by Dwight Mason

TALK IT OVER

How would you explain what it means to guard your heart? What are the consequences you have observed or experienced when a heart is not guarded? When stuff comes out of us that we don't like, our tendency is to blame the person who brought it out of us, but it was in us to begin with. Ouch. Discuss how that speaks to you. Your ability to stay in love has as much to do with the condition of your heart as does the behavior of your partner. No amount of commitment can compensate for not understanding this dynamic. That is a big statement. Talk about it. Why do you think we can so easily see the heart showing itself in other people but not ourselves? How does naming and clarifying our emotions help us guard our hearts? Counselors often provide charts for people to use in selecting a word to clarify emotions. How can you clarify and own your emotions? What happens when you say them out loud and pursue a conversation? Discuss proper responses when your spouse is vulnerable enough to tell you how he/she feels. If you and your spouse will focus on building and working a strategy to guard your heart, how do you think other relationships might be affected?

ACTION STEP

Guarding my heart is the most important thing I can do for my life and relationships. I will work with God to have a healthy heart by daily taking responsibility for what's in my heart, getting clarity on my emotions, and pursuing healthy conversations. I will start the conversations. _____
(Date)