

Prayers and Proverbs

Week 5 9/27/20

Read: Proverbs 4:23

- **23** Above all else, guard your heart, for everything you do flows from it.

Think!

- Have you ever been to a party with a piñata? What happens to the piñata when it is broken? Well, candy of course. But what if the person throwing the party put soggy, wet spaghetti noodles in it instead of goodies? Would that be as fun? No, of course not. What they put inside the piñata is pretty important. Our hearts are kind of like that piñata. What we fill our hearts with will come out in our words and actions.

****** When we fill our hearts with bad things like bad words, scary images from scary shows and other things that God wants to protect us from, it can sometimes show in the things we do.

- If we watch a lot of bad shows that have bad words in them, they fill our hearts and we can start to say those bad words to our siblings, parents and even our friends.
- **BUT!** When we fill our hearts with good things like God's word or good songs and spending time with friends and family, it will start to show in our actions. When I spend time with Jesus, it shows in my actions because it's filling my heart. I am kinder, more thoughtful and I think more about others than I do myself.

Questions/Review:

- Why are we told to guard our hearts?
- What choices will you make this week in order to guard your heart?
- What is your best advice to others to help them guard their heart?

Activity: This week, there is a super cool craft you got with this lesson. You will see a heart and different pieces of colorful paper. Have your parents help by gluing the paper to the heart and hanging it in a window or on your door. When you look at this heart try and remember to guard your heart and to fill it with good things.

Prayer:

Father God, thank you for a new day and a chance to start over. As the proverb says, help me guard my heart and fill it with things that honor and glorify you. Help me cut out the bad habits I've developed that hurt my heart. Thank you for your merciful love and forgiveness! AMEN.