

PERSONAL STUDY GUIDE • WEEK 1

A 5-WEEK SERMON SERIES

HEALTHY *Things* GROW

GOD TRANSFORMS US FROM THE INSIDE OUT.

*Keep thy heart with all diligence;
for out of it are the issues of life.*

PROVERBS 4:23



WEEK 1
**GUARD YOUR
HEART**
PROVERBS 4:20-27



WEEK 2
**HEALTHY
RELATIONSHIPS**
EPHESIANS 4:25-32



WEEK 3
**HEALTHY
MINDS**
ROMANS 12:1-2



WEEK 4
**HEALTHY
HABITS**
JOHN 15:1-11



WEEK 5
**THE FRUIT OF
A HEALTHY LIFE**
GALATIANS 5:22-25

BEFORE GOD
CHANGES WHAT
IS AROUND US,
HE BEGINS BY
CHANGING WHAT
IS WITHIN US.



PRIEST LAKE
COMMUNITY BAPTIST CHURCH
FORWARD & HIGHER TOGETHER



SUNDAYS AT 11:00 AM



3325 ANDERSON ROAD
ANTIOCH, TN 37013



WWW.PRIESTLAKE.ORG

GUARD YOUR HEART • PROVERBS 4:20-27 (KJV)

Pastor Travis M. Tullis



Welcome to Healthy Things Grow

A five-week journey of transformation from the inside out

SERIES TRUTH

Before God changes what is around us, He begins by changing what is within us.

God is not calling us merely to look healthy. The church welcomes hurting people, but Christ loves us too much to leave us unhealthy. Church attendance, titles, activity, and even spiritual gifts are not substitutes for relationship with Jesus, spiritual fruit, or a transformed heart. This guide will help you slow down, listen to God, examine your heart honestly, and take one faithful next step each day.

The Five-Week Journey

WEEK	FOCUS	SCRIPTURE
1	Guard Your Heart	Proverbs 4:20–27
2	Healthy Relationships	Ephesians 4:25–32
3	Healthy Minds	Romans 12:1–2
4	Healthy Habits	John 15:1–11
5	The Fruit of a Healthy Life	Galatians 5:22–25

How to Use This Guide

- Bring it to worship and capture what the Holy Spirit highlights.
- Use one devotional page each day, Monday through Saturday.
- Answer honestly. This is a personal guide, not a performance report.
- End each day with prayer and one clear act of obedience.



Week 1: Guard Your Heart

Everything God wants to do through you begins with what He is doing in you.

BIG IDEA

Healthy things grow from the inside out.

Proverbs 4:20–27 (KJV)

- 20 My son, attend to my words; incline thine ear unto my sayings.
21 Let them not depart from thine eyes; keep them in the midst of thine heart.
22 For they are life unto those that find them, and health to all their flesh.
23 Keep thy heart with all diligence; for out of it are the issues of life.
24 Put away from thee a froward mouth, and perverse lips put far from thee.
25 Let thine eyes look right on, and let thine eyelids look straight before thee.
26 Ponder the path of thy feet, and let all thy ways be established.
27 Turn not to the right hand nor to the left: remove thy foot from evil.

Memory Verse

PROVERBS 4:23

Keep thy heart with all diligence; for out of it are the issues of life.

Opening Heart Check

Am I becoming spiritually healthy, or have I mistaken church activity, a title, or a gift for transformation? What has been filling my heart—God’s Word or the world’s noise? Faith or fear? Forgiveness or offense?



Sunday Message Notes

Listen for what God is revealing, correcting, healing, and calling you to do.

Sermon Movements

- 1 A Father Invites His Son to Listen — vv. 20–22
- 2 Guard What Guards Everything Else — v. 23
- 3 Pressure Reveals the Heart; God Guides the Life — vv. 24–27
- 4 The Heart Only Christ Can Give

What the Holy Spirit Is Saying to Me

My Immediate Response



Monday: Hear the Word

READ: Proverbs 4:20; Romans 10:17

TODAY'S TRUTH

Healthy hearts begin by listening to God.

Reflect

Solomon says, “attend to my words” and “incline thine ear.” Spiritual health begins with surrendered attention. We cannot live by every voice and still be shaped by God’s voice. Listening is more than hearing sound; it is leaning toward God with readiness to obey.

Heart Check

Which voices receive most of my attention?

What has God already said that I need to obey?

Pray

Lord, quiet competing voices and make my heart attentive to Your Word.

My One Faithful Step



Tuesday: See the Word

READ: Proverbs 4:21; Psalm 119:15–18

TODAY'S TRUTH

What stays before your eyes helps shape what lives within your heart.

Reflect

God tells us not to let His words depart from our eyes. What we repeatedly watch becomes material for our thoughts, desires, and decisions. Guarding the heart includes choosing what we allow to remain in view.

Heart Check

What am I repeatedly placing before my eyes?

Does it strengthen faith, feed fear, or normalize compromise?

Pray

Open mine eyes, that I may behold wondrous things out of thy law.

My One Faithful Step



Wednesday: Treasure the Word

READ: Proverbs 4:21–22; Psalm 119:11

TODAY'S TRUTH

The Word must move from the page into the heart.

Reflect

We can own Bibles, hear sermons, and still leave the Word outside the control center of life. To keep God's Word in the midst of the heart is to value it, remember it, and let it govern our response before pressure comes.

Heart Check

Which truth from Proverbs 4:20–27 do I need to store in my heart?

Where do I need Scripture ready before the next pressure moment?

Pray

Lord, hide Your Word in my heart and make it life and health to me.

My One Faithful Step



Thursday: Wisdom at the Gate

READ: Proverbs 4:23; Matthew 6:21

TODAY'S TRUTH

Do not build walls around your heart; build wisdom at the gate of your heart.

Reflect

A guarded heart is not a hardened heart. A wall keeps everyone out; a wise gate discerns what should enter and what must be refused. Your heart is where the river of your life starts. Whatever gets into the source eventually flows downstream into your words, relationships, choices, and direction.

Heart Check

What have I allowed through the gate of my heart?

Is there an offense, fear, appetite, cynical attitude, or unhealthy expectation I need to surrender?

Pray

Search me, O God, and know my heart; lead me in the way everlasting.

My One Faithful Step



Friday: Pressure Reveals

READ: Proverbs 4:24–25; Matthew 12:34

TODAY'S TRUTH

Pressure did not create it; pressure revealed it.

Reflect

Like the Jack-in-the-Box demonstration, pressure does not put the figure inside; it causes what was already inside to come out. Our speech and reactions report the condition of the heart. God reveals what is there not merely to condemn us, but to heal, confront, and transform us.

Heart Check

What has pressure caused to pop out of me this week?

Has cynicism—disappointed distrust that expects the worst and assumes nothing will change—taken root in my speech or outlook? What hopeful, truthful response is God asking of me?

Pray

Set a watch, O Lord, before my mouth; uproot cynicism and renew my hope in You.

My One Faithful Step



Saturday: Ponder Your Path

READ: Proverbs 4:26–27; Hebrews 12:1–2

TODAY'S TRUTH

Sooner or later, your feet will follow your focus.

Reflect

People rarely drift from Christ in one dramatic decision. We drift one compromise at a time. Growth also happens one faithful step at a time. Pondering the path means examining direction before distance makes return more difficult.

Heart Check

If I continue in my present direction, where will it lead?

What one faithful step will I take today?

Pray

Lord, establish my ways and keep my feet from evil.

My One Faithful Step



Weekly Heart Inventory

Name what is entering, what is growing, and what God is asking you to release.

1. What Has Been Entering?

Voices and conversations: _____

Media and images: _____

Fears and pressures: _____

God's Word and godly counsel: _____

2. What Has Been Growing?

- ☐ Faith / Fear
- ☐ Peace / Anxiety
- ☐ Forgiveness / Offense
- ☐ Humility / Pride
- ☐ Hope / Cynicism
- ☐ Compassion / Indifference

3. Gifts, Fruit, and Relationship

Where have I relied on activity, title, ability, or gifting while neglecting intimacy with Christ, character, repentance, or fruit?

4. What Must Change at the Gate?

5. Who Can Help Me Stay Healthy?



My Week 1 Growth Plan

Growth is intentional. Put all four rhythms in place so that you do not drift.

RHYTHM	MY PLAN	WHEN / WITH WHOM
Worship	How will I intentionally turn my attention and affection toward God?	
Prayer	When will I talk with God and make room to listen?	
God's Word	What will I read, meditate on, and obey?	
Fellowship	Who will I connect with honestly and consistently?	

My Week 1 Commitment

With God's help, I will guard my heart by: _____

Signature: _____ Date: _____

Prayer

Father, search my heart. Remove what is unhealthy, heal what is wounded, and strengthen what is weak. Give me wisdom at the gate of my heart. Help me hear Your Word, see Your Word, treasure Your Word, and walk in faithful obedience. Create in me a clean heart, O God, and renew a right spirit within me. In Jesus' name, Amen.

NEXT WEEK: Healthy Relationships — Ephesians 4:25–32