message notes

**Avoiding Evil and Seeking God: Proverbs 4:13-23**

Week 2 in our series *Everyday Wisdom*

June 8, 2025

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*But we prayed to our God and guarded the city day and night to protect ourselves (Nehemiah 4:9)*

Guarding my heart means I will

- Focus on my _____ (v 13)

  Hearts are programmed by

  ⇒ E_____

  ⇒ E_____

  ⇒ E_____

  ⇒ E_____

  So I must make every _____(vs 14-15)

- Recognize there are only _____ in life (vs 18-19)

*Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it. (Matthew 7:13-14)*

**Remember!**

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*The Daily Connections* (*Good Morning God, Spiritual Boost, Good Night Review*) open our lives to God's love and direction and power.

*Good Morning God* should be the first thing we do every day when waking up. The *Spiritual Boost* connects us with God's words in the Bible during the day sometime when we have 10 minutes of quiet. Finally, we finish our day with *Good Night Review*, and this allows God's joy and forgiveness to come to us as we drift into sleep.

These three spiritual exercises take only 20 minutes each day, and you will be amazed at how they affect your life. Give it a try and see how you are fundamentally changed by time with God!

Here are suggested readings in the Bible for your **Spiritual Boosts** this week:

Day 1: Nehemiah 4:7-9

- ❄ Why do we need both prayer and our own efforts to protect our heart?

Day 2: Proverbs 4:13-17

- ❄ What are some things that help you avoid giving in to temptation?

Day 3: Proverbs 4:18-23

- ❄ How can you keep from "losing sight" of God's words (v 21)? For example, you may write in on a card and post it on your mirror.

Day 4: Psalms 1:1-6

- ❄ What are the advantages of following God's advice and the disadvantages of following the wicked?

Day 5: Matthew 7:13-14

- ❄ If there is a highway to hell and a narrow path to God's Kingdom, how will your life be different from most others?