



PRAYER: Search our hearts O God and know us. Give us clean hearts that might serve you. Clear the left-over residue of past wounds, hurts, disappointments, failures, and frustrations, so that our heart might flow again with life like a rushing river. Heal our hearts wherever they have been broken, as we prepare to exit one year going into another, enable to take inventory and take only what's needed to make life better. In the name of Jesus, we pray. Amen.

ICEBREAKER: What is the story behind the time you went the longest without sleep? What's something in your house you want to get rid of but can't? (Please no naming spouses or kids!)

MESSAGE RECAP: The heart is at the core of everything. Designed to be a free-flowing tributary, it can be clogged and cluttered by debris. Jesus Christ taught often on the heart, emphasizing that what comes out of a person is what defiles them because it revealed what was truly in them. What we do, think, and say flows from the state of our hearts. What we treasure is shown by the desires of our hearts, so it is imperative that we guard our hearts and keep them free from clutter. Only then will we experience the abundant life, finding ultimate satisfaction, total joy, and grace upon grace.

SCRIPTURE: Read Proverbs 4:23 (Message)

DISCUSSION:

1. **What was your biggest takeaway from the message?** What's one thing you learned? What questions came to mind as you listened to the message today? What points did you find most insightful? How did the message challenge you?
2. In the message, Pastor Watson gave three reasons in the message why we should be vigilant over our hearts? Do you agree with them? Why or why not?
3. Four disciplines were offered as a pathway to keep our hearts uncluttered: reflection, rest, release, and rejoicing. Are those disciplines present in your life? Which discipline comes easiest for you? Which discipline do you need to work on?
4. Pastor Watson taught that forgiveness is a decision, then a discipline. Do you agree? Do you find it easy or difficult to forgive? Without naming it, is there something or someone in your heart for whom forgiveness is needed? Ask the group to pray for you and if you feel comfortable, share it with them.
5. What does the writer of Proverbs say about the purpose of the heart? How are we to take care of it? What does he mean "guard your heart above all else?"



Welcome!

SERIES: CLUTTER

Today's Message: Unclutter Your Heart
Dr. Lance D. Watson, Senior Pastor

6. Is there a dysfunction or behavior to avoid in Proverbs 4:23-27? Is there an instruction to follow? What do you think are the main points of those verses? How does this passage challenge (or confirm) your understanding of the spiritual life? How does this passage call on you to change the way you live?
7. Take a few moments to write down how Proverbs 4:23-27 challenges you personally and how it might cause a change in your life. Then take turns sharing with your group.

CHALLENGE: What is one “a-ha” moment you had in our group discussion today. Note it and write it down. If you applied your learning from this week’s message, how would the next week be different for you?

SERVE: How is God calling us to live out this message this week? As individuals? As a group?

ANNOUNCEMENTS: Take this time to share group announcements. Church wide and campus specific announcements can be found at www.myspbc.org. You can also “find, follow and like” our Facebook page at www.facebook.com/myspbc. Turn on your notifications.

CELEBRATIONS: Take this time to share praise reports (e.g., answered prayers, birthdays, anniversaries, promotions).

PRAYER REQUESTS AND PRAYER: Take this time to share prayer requests. Close with prayer.

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Welcome!

SERIES: CLUTTER

Today's Message: *Unclutter Your Heart*
Dr. Lance D. Watson, Senior Pastor

We Care!

A large, solid red heart is positioned behind the text 'We Care!', with the heart's center overlapping the letter 'e'.

NOTICE: PLEASE BE PATIENT AS WE GRADUALLY REOPEN OUR CAMPUSES IN THE SAFEST MANNER POSSIBLE. As a small group leader, we depend on you to show members that we care. Here's a list of resources to help you.

FOR PRAYER:

CALL: 804.463.2472

EMAIL: prayer@myspbc.org.

FOR COUNSELING:

CALL: 804.643.6177

EMAIL: Barnabas@myspbc.org

TO REQUEST A HOSPITAL VISIT:

CALL: 804.304.3890 (For Emergencies)

EMAIL: ecare@myspbc.org.

TO REQUEST FUNERAL SUPPORT:

CALL: 804.304.3890 (Pastor On Call)

EMAIL: ecare@myspbc.org.

TO FIND A SUPPORT GROUP:

CALL: 804.643.6177

EMAIL: Barnabas@myspbc.org.

TO REQUEST EMERGENCY ASSISTANCE:

CALL: 804.643.4000

EMAIL: emergencyassistance@myspbc.org.

TO CONTACT MY LIFE STAGE PASTOR:

CALL: 804.643.4000 and Press 1 for the Dial By Name Directory

EMAIL:

- Imagination (0-10): Vernita Williams: Vernita.Williams@myspbc.org
- SMB (11-19): Martina Jones-Smith: Martina.Jones-Smith@myspbc.org
- Dreamchasers (20-29): Juan Shackelford: juan.shackelford@myspbc.org
- Aspire (30-39): Lance Watson, Jr.: lance.watsonjr@myspbc.org
- Fusion (40-49): Michelle Townsend: michelle.townsend@myspbc.org
- Encore (50-59): Jamie Duncan: Jamie.Duncan@myspbc.org
- Prime Time (60-69): Maceo Freeman: maceo.freeman@myspbc.org
- Refiners (70+): Roscoe Jones: roscoe.jones@myspbc.org

GPS is a study guide based on the weekend message. The purpose of this guide is to assist small groups in study. Previous GPS Guides are available online at www.myspbc.org.