


## SERIES: GUARDRAILS

### Episode 4: "The Heart of the Matter"

If we look close enough, we see that the emotions inside of us have the potential to hurt those around us. So how do we minimize the negative effects of guilt, anger, greed, and jealousy?

#### QUESTIONS

#### NOTES


**01**  *"Above all else, guard your heart, for everything you do flows from it"* (Proverbs 4:23). What are some examples of how "your heart" impacts how you react or behave?

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**02**  How much anxiety are you currently experiencing in life? Is guilt, anger, greed, or jealousy contributing to your anxiety?

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**03**  Of those four emotions, which is the most challenging for you to control? Explain.

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**04**  How could the following tactics help you combat the emotions that tempt to control you? How could you implement them in your life?

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|----------|---|-----------|
| Guilt    |  | Confess   |
| Anger    |  | Forgive   |
| Greed    |  | Give      |
| Jealousy |  | Celebrate |

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#### BOTTOM LINE

*Confess when you're guilty. Forgive when you're angry.  
Give when you feel greedy. Celebrate others when you're jealous.*



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