



LIFE Group Discussion Guide

June 21, 2026

Proverbs 23:26-28

CONVERSATION STARTERS

- What are some highs or lows you experienced this past week?
- What Scripture has been shaping you recently?
- Where have you seen God moving in your life this week?
- What did you hear in today's sermon OR read in today's passage that you would like to discuss?
- What did you learn about yourself in today's sermon/passage?
- What did you learn about God in today's sermon/passage?
- What convicted you as you listened to today's sermon OR read in today's passage?

OPENING

What gets most of your attention during a typical week? (Social media, sports, friends, gaming, school, music, etc.)

Everyone is influenced by something. The things we focus on, care about, and spend time with shape who we become. In Proverbs 23:26–28, Solomon tells his son to give him his heart and warns him about influences that can pull him away from wisdom.

Today we'll learn that what has your heart will often determine the direction of your life.

SCRIPTURE

Read *Proverbs 23:26–28* together.

Ask students to listen for:

- What Solomon asks for
- The warning he gives
- Why the warning seems so serious

PASSAGE SUMMARY

Solomon begins by saying: "Give me your heart."

He's not just asking for obedience. He's asking for trust and a willingness to embrace wisdom.

Then Solomon warns about destructive temptation. While the specific example involves sexual temptation, the bigger principle applies to all kinds of temptation:

- Sin often looks attractive at first.
- It promises something good.
- It hides the consequences.
- It can pull us away from God if we're not careful.

The main point is:

Guard your heart because your heart guides your choices.

DISCUSSION QUESTIONS

What do you think Solomon means when he says, "Give me your heart"?

He is asking for trust, attention, and a willingness to listen to wisdom instead of ignoring it.

Why do you think God cares so much about our hearts and not just our actions?

Because our actions come from our hearts. What we love and value eventually shows up in how we live.

What are some things that compete for a teenager's heart today?

Social media, popularity, sports, relationships, entertainment, approval from others, success, and fitting in.

Why can temptation seem appealing at first?

Because it often promises happiness, excitement, acceptance, or pleasure while hiding the consequences.

What are some examples of temptations students face that can pull them away from God?

Peer pressure, unhealthy relationships, dishonesty, inappropriate content, gossip, pride, or compromising values to fit in.

Why is it easier to avoid temptation before you're close to it than after you're already in the middle of it?

Wise boundaries are easier than trying to escape once you're deeply involved.

How can you tell if something is beginning to take too much of your heart and attention?

It becomes your main focus, affects your decisions, pulls you away from God, or becomes more important than your relationship with Him.

APPLICATION

What is something in your life right now that competes for your attention more than it should?

Encourage honest reflection.

What is one boundary you could set this week to help protect your heart?

Examples:

- Limiting screen time
- Being more careful about friendships
- Avoiding certain influences
- Spending more intentional time with God

What is one practical step you can take this week to grow closer to God?

Examples:

- Read Scripture daily
- Pray consistently
- Talk with a trusted Christian friend or leader
- Participate more actively in worship

DIG DEEPER

Why do you think God warns us about temptation instead of just telling us to avoid it?

How do our daily habits reveal what has our heart?

What role do friendships play in helping us guard our hearts?

How can you pursue God when so many other things are competing for your attention?

CLOSING THOUGHT

The biggest battle in your life isn't just about your actions—it's about your heart. Whatever captures your heart will eventually influence your choices, priorities, and direction.

God wants more than your behavior. He wants your heart.

Challenge students:

This week, pay attention to what gets most of your attention.

Is it helping me move toward God or away from Him?

Give a moment of quiet reflection:

"God, help me give You my heart and follow Your wisdom."

LOOKING AHEAD

Next week we will discuss **Proverbs 23:26-28** as we continue our series, *Uncommon Sense: God's Wisdom in a Foolish World*.

PRAYER FOCUS

Pray together:

- Thank God for loving us enough to guide and warn us.
- Ask Him to help students guard their hearts from unhealthy influences.
- Pray for wisdom to recognize temptation and choose what is right.
- Pray for courage to follow God even when culture or friends pull in a different direction.
- Pray specifically for the invitation portion of our worship services—that hearts will be open, the Spirit will move powerfully, and people will respond in obedience to Christ.

COMMENTARY

Proverbs 23:26-28

The teacher calls for the pupil to imitate him and shun the temptress. The passage portrays two types of loose women: unmarried ("prostitute") and married ("wayward wife"). In either case there is danger, for their way is a "pit", the gateway to Sheol; and those who enter are as good as dead. But the danger is active – "like a bandit she lies in wait" and multiplies the unfaithful among men.