

GUARDING OUR HEARTS

Scripture:

“Above all else, guard your heart, for everything you do flows from it” (Proverbs 4:23, *NIV*).

Objectives:

- Discuss the importance of keeping our bodies healthy. Discuss ways we keep our bodies healthy.
- Read and discuss the meaning of Proverbs 4:23).
- Discuss ways to safeguard our hearts.

Materials:

- Index cards
- Markers
- Timer

Lesson:

1. Scavenger Hunt
 - a. Find three healthy things to eat. (Discuss why these foods are good for them.)
 - b. Find two things that are okay to eat on a limited basis. (This is a good time to support their parents’ rules about nutrition.)
 - c. Name one thing they should never ever put near their mouths. Discuss why their parents have keep cleaning supplies and poisons behind locked cabinets or on high shelves.
2. Discuss the ways we are protecting ourselves from becoming infected by the coronavirus.
3. Read Proverbs 4:23. Discuss what the Bible means when it says, “... our hearts.” (The Bible isn’t referring to the muscle of heart. Instead, it is referring to our souls.)
4. Discuss the things that aren’t good for our hearts (foul talk, lying, internet “surfing,” movies with adult ratings, etc.)
5. Discuss the ways their parents try to guard their hearts. Discuss what they can do to protect their hearts.

6. Optional: Read and discuss I Timothy 6:11-12.

Activity:

1. Have your grandchildren write Proverbs 4:23 on the index cards, one word per card. Each grandchild will need their own set. (You may want to write these in advance if your grandchildren are younger or write slowly.)
2. Place the index cards in a bag. One set per bag.
3. Ask your grandchildren to assemble the cards in the order of Proverbs 4:23. Time their efforts.
4. Repeat the process 3 times.
5. Did they improve each time they tried? Why or why not?
6. Memorize Proverbs 4:23.

Close with Prayer.

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