

Ordinary Time

Grow and Guard

If God has a vision for life, we have to grow that vision. We have to cultivate it and use it. But we also have to care for God's vision for our lives. We have to protect and guard it. Above all else, guard your heart. If we don't guard this "central part" of ourselves, we won't have it when we need it.

Discussion Questions

1. What is one thing in your life that you value the most? (It doesn't have to be expensive... or even a material "thing".) Why is it so valuable to you?
 2. Have you ever lost something because you simply didn't take the steps to guard/protect it? Looking back, how come you didn't take those steps? (This could obviously be for a number of reasons: you thought it was safe, you didn't anticipate losing it, you took it for granted, etc...). What might you do differently if you could?
 3. Growing and guarding takes wisdom. And wisdom comes from experience. Knowing your past, knowing who you are now, and knowing God's vision for your life, what is one way that you can guard God's vision in your life today?
 4. The "central part" or "heart" is described as "The heart is our hidden center, beyond the grasp of our reason and of others; only the Spirit of God can fathom the human heart and know it fully. The heart is the place of decision, deeper than our psychic drives. It is the place of truth, where we choose life or death. It is the place of encounter, because as image of God we live in relation: it is the place of covenant." (CCC 2563). Does anything in this description resonate with you?
 5. How might entrusting your heart to the Father be difficult for you? What might be one way you could guard your heart by entrusting it to the Father today?
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God in Real Life

1. This week, be attentive to the ways you are growing and guarding your heart. Write down one area where you need to guard your heart.
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To the Heart

"My child, give me your heart." (Proverbs 23:26)