

Kids Connect Grade 1-5
Healthy Heart Habits / Lesson 1
Habit #1 : Guard you heart

*Note to Parents: Talk together as a family how you can help each other guard your hearts by checking your words, what you look at and where you go.)



Habit #1

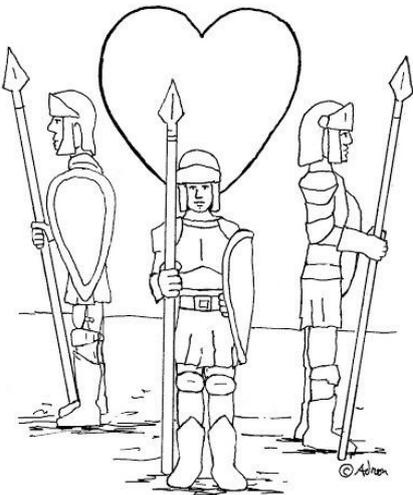


Read Proverbs 4:24
Guard your heart by
checking what you
Say with you
m_____.

Read Proverbs 4:25
Guard your heart by
checking what you look
at with your
e_____.

Read Proverbs 4: 26,27

Guard your heart by
checking where you walk
with your f_____.



Proverbs 4: 23
Above all else, guard your
heart, for everything you do
flows from it

Kids Connect Graad 1-5
Gesonde Hart Gewoontes / Les1
Gewoonte #1 : Bewaak jou hart

*Nota aan ouers: Gesels as 'n familie hoe julle mekaar kan help om julle harte te bewaak deur te kies wat julle oor praat , na kyk en waar julle gaan.)



Gewoonte #1

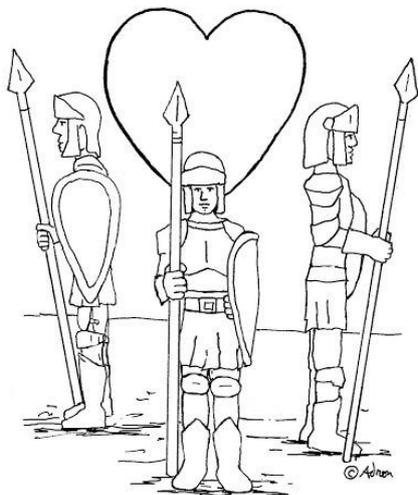


Lees Spreuke 4:24
Bewaak jou hart deur
wat jy kies om te sê
met jou
m _____.

Lees Spreuke 4:25
Bewaak jou hart deur te
kies wat jy na kyk met
jou _____.

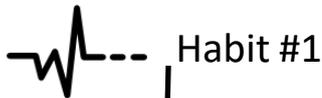
Lees Spreuke 4: 26,27

Bewaak jou hart deur te
kies waar jy met jou
v _____ gaan.



Spreuke 4:23

Bewaak jou hart meer as alles
wat bewaar moet word, want
daaruit is die oorsprong van
die lewe.



What would you say are some good habits you have?
What are some bad habits?
Is it easy to change a habit? Why?
Do you think we can change habits? Why?

Guarding your heart by checking what you say, look at and where you go:

Which one is easy for you to guard?
Which one is more difficult for you to guard?

Think of some practical ways you can keep from saying stuff that will hurt your heart.

Is there something you need to stop watching because in your heart you know it is not good for your heart?

What advice would you give to a friend who struggles with peer pressure and going to places they know is wrong?

Read Proverbs 4: 23-27

- Underline all the verbs in the verses.
- These words remind us that we can choose to do it or not.
- Why do you think Wise King Solomon wanted to tell his son these things?
- (Hint: Have you ever made a mistake and then told someone else not to do it?)

Create your own heartbeat



Proverbs 4: 23

Above all else, guard your heart, for everything you do flows from it

- Note to Parents

Guarding our mouths, eyes and feet are practical ways we live out our Christianity. Jesus is Lord of our lives but he gave us free will and choice to live out His Lordship in our every day choices. Share what you do to honour God by what you choose to say and watch and where you choose to go or not go.