

## Upcoming Events:

### **Women's Prayer**

Every Tuesday  
10 am @ Pat Porter's House  
Contact: Eilene Anderson – 360-273-7932  
or Pat Porter – 360-273-2364

### **Men's Bible Study**

Every Tuesday  
7 pm @ the Blue Building  
Contact: Jeff Robertson – 417-773-3249

### **Revolution**

Every Wednesday  
7 – 8 pm @ the Blue Building  
Contact: Darryl Vaughan – PastorDarryl@RochesterLife.org

### **Sew Friendly Quilters**

2<sup>nd</sup> Saturday of every month  
10 am @ the Blue Building  
Contact: Pat Porter – 360-273-2364

### **Prayer Meeting**

3<sup>rd</sup> Friday of every month  
7 pm @ the Blue Building  
Contact: Eilene Anderson – 360-273-7932

### **February 24<sup>th</sup> – Women's Ministry Movie Night**

Miracles from Heaven  
7 pm @ the Blue Building  
Contact: Jennifer Kennedy – 360-951-6639

### **March 24<sup>th</sup> – 26<sup>th</sup> – Women's Ministry Retreat**

Your Story: His Glory  
Contact: Darlonna Vaughan – 360-888-0580  
Or Jennifer Kennedy – 360-951-6639



Please visit our website @  
[www.rochesterlife.org](http://www.rochesterlife.org)

**January 15, 2017 – Pastor Leif Holmes**

**Title: Guard Your Heart**

**Text: Proverbs 4:23**



**Questions to Consider:**

- Above All Else
  - What is the difference between what our culture values and what Christ values?
    - Why is it difficult to resist becoming influenced by our culture's values?
    - How can we guard against becoming compromised?
  - Why does the Bible put such a premium on the state of our heart?
    - Compare the reign of King Saul versus the reign of King David
      - What were their similarities?
      - What were their differences?
    - Why were their destinies so divergent?
- Guard Your Heart
  - Why are we supposed to guard our heart?
    - Can this feel constrictive/unnecessary at times? Why?
    - What is the risk we take if we let down our guard?
  - From what three directions are we attacked?
- It Determines the Course of Your Life
  - Why does the state of your heart determine the course of your life?

- What are some warning signs that signal our hearts have been compromised?
  - What can be done about it?
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- Have you “forgotten how to blush?” (see Jeremiah 13:14-15)
    - What was Jeremiah saying in these verses? How does it apply to us today?
    - What is the difference between “losing face” and losing salvation!



*“And remember, it is a message to obey, not just to listen to. So don't fool yourselves.”  
James 1:22 (The Living Bible)*

Podcasts of today's message as well as past messages can be found @  
[www.rochesterlife.org](http://www.rochesterlife.org)

## Monthly Giving:

