

**FAMILY LESSONS ON
THE WELLSPRING OF LIFE**

Based on Proverbs 4:23

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**LESSON #1
THE COFFEE MUG**

**“Above all else, guard your heart,
for it is the wellspring of life.”**

Proverbs 4:23 (NIV84)

Every day when I go to school I take a coffee mug full of coffee. If I turn it upside down, what will come out? That’s right, coffee. But what if I fill it with pure, clean, refreshing water? What will come out? Yes, pure, clean water. What if I fill it with muddy, polluted water? You get the point. Whatever I put into my coffee mug is what will come out. The same is true of your heart.

This is the simplest of principles, but one of the most important because your heart is the most influential part of who you are. It’s the source, the spring, from which the rest of your life flows (Prov. 4:23). Whatever goes into your heart will eventually come out. It is as certain as the rising of the sun. Sometimes people are surprised by the words, thoughts and actions they see in their life and wonder where those things came from. But they can always look back to something that entered their heart; an image, an idea, a thought, an attitude. Sometimes those things entered their heart recently, sometimes a long time ago. But they can always look back to something that entered their “inmost place” (Psalm 51:6) and changed them at the very center. Eventually that change finds its way out, like water from an underground spring that fills an entire well.

People fill their hearts with images and ideas every day and think there is no consequence because they are hidden from people’s sight. But they don’t remain hidden; eventually those images and ideas find their way out in the form of words, thoughts and actions. The good news is that God gives us a way to be changed from the inside out. We don’t have to let the well of our heart be polluted. When God changes us He allows us to become a “new creation,” offering us something new to shape our heart, making us into a wellspring of refreshment to those around us.

What did Jesus say to the Pharisees about their hearts and their words (Matthew 12:33-35)?

For additional study materials on the Bonus Verse and a copy of the “Ten Step Bible Memory Method for Life,” go to www.icsva.org/student-life/bonus-verse on the Immanuel Christian School website.