

**FAMILY LESSONS ON  
THE WELLSPRING OF LIFE**

**Based on Proverbs 4:23**

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**LESSON #4  
WHAT DO YOU SEE?**

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

*Proverbs 4:23 (NIV84)*

What do you see when you look in a mirror? Some people say, “I see myself.” But is that really what you see? Certainly you see a reflection of your face, your hair, and your clothes, but is that really you? The Bible teaches us that what we see in a mirror is only our earthly “dwelling,” the physical body God has given us so that we can live on planet earth, survive here for a short time and serve Him.

The Bible says that your body is really like a tent, a temporary house for your heart (2 Cor. 5:1). The real you is not your face, your hair or your clothes. The real you is your heart. But your body, like a tent, is not a permanent dwelling. It is not made to last forever. This doesn’t mean that your body is not important. It is a gift from God that you should always take care of (1 Cor. 6:19-20). But we live in a world that worships the body as though it is more important than the heart. Billions of dollars are spent each year by people trying to keep their bodies from growing old. But many of those same people never take care of their heart.

God expects your body to grow old, to wear out like an old garment and return to the earth as dust (Eccles. 12:7). But your heart is different. It is the part of you that was built for eternity (Psalm 22:26 & John 6:58). And it is the part that reveals who you really are (Luke 16:15). Whatever happens to your heart happens to your entire life. This is why God teaches us how to care for our heart. It is the most important thing in the world to protect. “Above all else, guard your heart...” (Prov. 4:23).

*Why did Paul and Peter say your body is like a tent (2 Corinthians 5:4 and 2 Peter 1:13)?*

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](http://www.icsva.org/student-life/bonus-verse) on the Immanuel Christian School website.