

The Divine Mentor – Chapter 1
Study Notes Wed. Oct. 8.2025

1. Introduction to Protection:
 - a. Proverbs 4:23 – What does it mean to guard your heart? Why is it the wellspring of life?
 - b. The Sequoia Tree
2. The Importance of Spiritual Roots:
 - a. How are we like the Sequoia?
 - b. Neglecting one's roots can lead to _____ and _____.
3. A Life-Saving Friendship:
 - a. An impactful friendship with Jeremiah
 - b. The importance of having sacred relationships that _____ and _____ us.
4. Foot Traffic in Daily Life:
 - a. Constant _____ and _____ can wear down our spiritual well-being.
 - b. _____ and _____ the “foot traffic” elements to maintain your spiritual health.
5. Choosing Sacred Spaces:
 - a. Develop routines that create a _____ for spiritual growth.
 - b. Jesus' interaction with Mary and Martha.
6. Guarding the Heart:
 - a. Invest in a daily _____ program through _____ and _____ to cultivate a strong spiritual root system.
 - b. Access to a divine source of strength and mentorship comes by making _____ _____ to foster spiritual health.
7. Final Reflection:
 - a. How will you “watch over your heart with all diligence” this week?
 - b. How can you make it a long term habit?