

Living From Your Heart



Your Heart Matters to God

Mark 7:1-8,14-23

Warm up

See how many phrases your group can think of that use the word heart. (Heart land, heart of the matter).

Study

1. Read Proverbs 27:19 - How does the heart reflect the person? How does one “see” or “look into” the heart?
2. Read Proverbs 4:23 *“Above all else, Guard your heart, because it is a wellspring of life.”* What does it mean that the heart is a wellspring of life? How would you “Guard your heart”?
3. Now begin reading from Proverbs 4:20 and continue through v23. How do these additional verses clarify or amplify what the author is saying about the heart?
4. Matt spoke about the way we categorize people into two groups: “Head” people and “Heart” people. Do you have a tendency to one or the other of these? Which?
5. Read Mark 7:1-8, 14-23 The Bible uses heart to describe our “center” that place in our inner most being - the heart is the “real me”. all my expressions come from there.
6. Review the example of the clean and dirty water and “Getting Bumped” Ask the group to give personal examples of “getting bumped” both clean water stories and dirty water stories. (as appropriate). Do they agree that it is what is in us that comes out instead of blaming the circumstances?
7. Discuss what tends to keep us from keeping our hearts open, (or living in the light 1John 1)
8. What’s in our hearts? Read the list from Matt’s sermon script on page 4. Mention the fact that we are all going through a process of improvement as the Holy Spirit works in us to make us more and more like Christ. While asking them where they’d like to see God change their heart, encourage them to identify those areas where their heart has grown more like Jesus. If any want to share the positives allow for that.
9. Read Romans 8:1-4. “There is now no condemnation ...” How does this affect a) our willingness to live in the light? b) our willingness to change, to leave our heart open ?

For your consideration...

- Do you know that there is no condemnation for you if you are in Christ? Dwell on that this week.
- This week ask your Heavenly Father to search your heart and show you your heart.
- Pray for a brother or sister in Christ this week. Ask the Father how you might be able to encourage someone else in their journey to have a heart like Christ’s.