

# Living From Your Heart



## Softening a Hard Heart

Mark 8:10-26

### Warm up

1. Opening Prayer Read Psalm 95. Spend a few minutes praying as a group using this Psalm as a guide.
2. Go around the group and share where each of you “met God” during the day.

### Study

1. Read Jeremiah 5:23 and 7:24 and Hebrews 3:12-13.  
What do these verses have to say about having a hard or stubborn heart?
2. Read Mark 7:21-23 What warning would Jesus give to the contemporary idea that “You have to follow your heart.”?
3. Read Mark 8:11-13 How did Jesus respond to the Pharisees’ request for a “sign from heaven?” Why do you think he responded this way?  
What does this passage imply about their heart condition?
4. Read vs17-21. How does Jesus confront their spiritual hardness?  
Do you think Jesus was being too harsh? Why or why not?
5. In v12 - the Greek word used for Jesus “sighed deeply” meant to experience deep grief and sadness. What does that suggest about how Jesus responded to hardness of heart.  
Do we respond the say way? Should we?
6. V22-25 If Jesus’ process of healing the blind man is a “dramatic parable of how Jesus touches and changes our hearts” what does it teach us about heart change?

### Application

7. What are the spiritual disciplines or experiences that keep your heart soft and pliable?
8. What would you ask God to change in you so that Jesus can soften your heart?

### Exercise: (optional)

Give everyone in the group a small lump of clay or play-doh. Ask each person to take the ,ump and shape it into a symbol or shape that represents God’s work in their heart. (e.g. a heart could represent God’s teaching you to love, hammer to symbolize God smashing spiritual hardness, etc) IF no play-doh on hand, perhaps they could name an object of symbol.