

# HEART

April 7<sup>th</sup>, 2024

## MESSAGE RECAP

This week we kick off a brand-new series called “Self-Sabotage.” We are going to be walking through the 4 aspects of Mark 12:30; “Love the Lord your God with all your heart, and with all your soul, and with all your mind and with all your strength.” In week one, we focus on the centrality of the heart in both your physical and especially in your spiritual life. We looked at three prevalent heart conditions described in scripture: the hard heart, the unrepentant heart, and the broken heart. When we get honest with the condition of our hearts, we can also let God go to work healing our hearts.

## GROUP DISCUSSION

1. How is your heart?
2. Read Jeremiah 17:9. Why do you think people often deceive themselves more than others? In what way do you find yourself lying to yourself?
3. Proverbs 4:23 advises us to “Above all else, guard your heart, for everything you do flows from it.” What does it mean to “guard your heart” in a spiritual sense? How does one do this?
4. Three conditions of the heart are outlined: In what ways can you identify with each? What are the dangers of continuing to live with each? Can you recognize any of these conditions in your life, or in the lives of others?
  - a. Hard Heart
  - b. Unrepentant Heart
  - c. Broken Heart
5. How do you think self-deception contributes to these heart conditions? Can you relate with any personal experiences?
6. Read through Ezekiel 36:26 and Psalm 26:2. How can we practically apply the insights from these scriptures to help us undergo Spiritual heart surgery?

## PRAY

*End your group time in prayer.*