



Life Group Discussion Guide
Heart Matters: My Heart
Jeremiah 17:9-10; Matthew 15:17-20 (CSB)

Main Thought: ***Recovering relationships begins with my heart.***

Sunday Outline:

- Our hearts are deceitful.
- Our hearts need renewal.
- Our hearts direct our lives.
- Our hearts need guarding.

Welcome & Fellowship Time (*Suggested Time 10 Minutes*)

Open in Prayer

Week in Review: (*Suggested Sharing Time 10 minutes*)

- Over the past six weeks where have you seen the greatest growth in your journey of faith?

Discussion Starter: (*Suggested Time 5 minutes*)

- Discuss what have been some of the common factors that have led to conflict in the relationships your group has kept. (i.e. communication, trust, feelings, etc.)

Sermon Review: (*Suggested Time 10 minutes*)

Review Jeremiah 17:9-10; and Matthew 15:10-19

- What was the concern of the disciples when they heard the response Jesus gives in verse 10? How might our hearts lean toward the concerns of others rather than the concerns of Christ?
- Jesus exposes what we can find inside the heart of every person in verse 19. How do we convince ourselves our hearts do not contain the things Jesus describes in this verse? How do we combat the evil that wants to invade our hearts?
- Besides spending time in God's Word, discuss with the group how you have been able to provide guards for your heart. What have you done to prevent the things of this world to penetrate your heart? What has kept you from guarding your heart at times?



Digging Deeper: *(Suggested Time 25 minutes)*

Read Genesis 4:1-10 and discuss the following questions.

- There are heart issues involved in this encounter between Cain and Abel. What are some of the heart issues presented by the brothers?
- Why does Cain take issue with the way God sees his offering? How does it relate to the heart issues Jesus describes in Matthew 15:19?
- Cain takes the extreme (murder, which is never wise) in dealing with his broken relationship with Abel? What can we learn from these two brothers when it comes to matters of the heart?
- Discuss verses 6-7. How does God challenge Cain's heart matters with his question? Do you ever respond toward God in the same way? How much does family dynamic play into the challenges we have with relationships? (Consider Adam and Eve also had some heart issues that needed resolving, just like Cain)

Application: *(Suggested Time 10 minutes)*

- Are there areas where you are allowing deceit to cloud the right choices you need to make in relationships? Confess and surrender those areas.
- How will you begin to guard your heart this week? What are some practical steps you can take and ask the group to hold you accountable to those choices?
- Consider a relationship you keep that needs recovering? Over the next several weeks consider with your group how you will begin to mend those relationships with the leading of God's Spirit.

Group Prayer Requests: *(Suggested Time 10 minutes)*

Spend time praying for each other & praying for application of the study in the lives of the group members. *(Suggested time 10 minutes)*