

SMALL GROUP DISCUSSION GUIDE

For the week of February 7-13, 2021

“KEEP YOUR HEART”

GETTING STARTED

To the facilitator: Use this section to introduce the topic. If possible, give a brief recap of the sermon.

Share a memorable point, a spiritual lesson, a personal application, a question, or something that challenged you from the sermon last Sunday.

When it comes to the “heart,” why is “falling in love” usually the first thing that comes to our minds? What’s the second thing that you think about?

GROUP DISCUSSION

1. Read Proverbs 4:23. What pictures come to mind when you see the words “vigilance” and “diligence.” One practical implication is that it may mean we have to give up other “good things.” What examples can you think of “good things” that might stand in the way of keeping a person’s heart with all vigilance?
2. Why is it important to guard your heart? Make a list (and number them in priority) of your own personal reasons in answer to this question.
3. Read Luke 6:45, Mark 7:21. Why do people do evil things? Many of you have leadership roles (in the church, in the home, at work, etc.) In what way can the condition of your heart affect you as a leader? Identify a person you regard as setting a good example in guarding his/her heart. What evidences lead you to this conclusion about this person?
4. Read 1 Thessalonians 2:4; 2 Chronicles 16:9. God lets different heart tests come into our lives from time to time. Can you think of a time when God tested your heart? What happened? How did you respond? How big a role do you think will the “disciplines of the Christian life” (i.e. personal prayer, bible study, fellowship, worship, etc.) help you guard your heart?
5. Pastor Nic talked about a “contrite heart” and an “undivided heart.” If you were to apply them to your life, what would these entail this coming week?

6. The idea of guarding your heart might be new to some. Or perhaps you have not really seen its importance before. What one area in your life are you susceptible to “letting down your guard,” an area where you might tend to feel overconfident? Another implication of this verse is the effort and discipline it will take. What concrete ways do you need to take in order for this to be applied in your life?

7. [NEXT STEPS]

The heart matters most and defines who we are!

- I will be diligent in guarding my heart in the area of _____.
- I will be careful in what flows out of my mouth.
- I will be careful in my responses.
- I will be sensitive to what the Holy Spirit speaks to me.
- I will cultivate an undivided heart.

Don't forget to:

- Go through the devotionals everyday this week.
- Have a regular daily time of prayer and reading of God’s Word.
- Commit 30 minutes a day for God’s intervention in this fight against the COVID virus.

CLOSING THE SESSION.

Close the session by taking the time to pray for one another. Consider the following as you pray:

- Ask God to help you this week, through the guidance and power of the Holy Spirit, to deal with your heart.
- Take the time to pray for our nation, for peace and for the gospel to prosper during this time of the pandemic.
- Pray for those who are hurting, going through fear, worry and anxiety in the group.
- Pray for your unsaved family, friends and loved ones.