

TENSIONS AND TRANSFORMATIONS

GROUP LEADER GUIDE: WEEK TWO

THE SHAPE OF YOUR HEART

Recap: Who or What do you love? Did your group discover where their identity is and why? Encourage them to place their identity in Jesus.

GROUP QUESTION: On a scale of 1 to 10, 1 being I don't know my heart and 10 being I know it well, how would you rate your self-awareness of your heart?

KNOWING YOUR HEART AND UNDERSTANDING GOD'S HEART

A definition of the HEART:

Your heart is the seat of your desires and longings. It is the most vital part of who you are. It motivates your emotions, intellect, and compassion.

GROUP QUESTIONS:

How well do you guard your heart?

Do your feelings, attitudes, and behaviors in general reflect Christ's?

Name one desire of your heart that needs to change.

Have group members read the following verses out loud and answer the questions that follow:

- Romans 10:10
- 1 Corinthians 13
- Romans 5:8
- Romans 5:59
- Galatians 5:22-25

Based on these verses how does a healthy heart work? Which fruit of the Spirit would you like to personally work on?

Encourage each person to take this challenge and the prayer challenge during the week. Then ask them how they could praise God in prayer based on what they have learned. Then pray it.

CHALLENGE: Read 1 John chapters 3&4 and write down your observations about love.

VERSES

God is Love.

1 John 4:16

Key Verse

Above all else, guard your heart, for everything you do flows from it.

Proverbs 4:23

CLOSING PRAYER

Read this prayer out loud together:

Father I pray that out of your glorious richness and resources I will know your strength and power today through Your Spirit in my inner being, that Christ Jesus, you will actually live in my heart as I put my trust in you. I ask to be rooted in and established in your love, able to grasp alongside all my brothers and sisters in Christ, how wide and deep and long and high is your love Christ, and to know for myself that love that is beyond comprehension. Fill me with the fullness of you God. Father, with your power in me, I am able to do far more than I could dare ask or imagine, and whatever I do may it bring you glory in the Church through Jesus Christ forever and ever, amen!

(adapted from Eph. 3:16-21)

BONUS (IF TIME ALLOWS)

Read the original prayer from Paul written to all of us in Ephesians 3: 16-21.

DOUBLE THE REWARDS BONUS:

Learn about the conscience.

This is how we know that we belong to the truth and how we set our hearts at rest in his presence: If our hearts condemn us, we know that God is greater than our hearts, and he knows everything. Dear friends, if our hearts do not condemn us, we have confidence before God and receive from him anything we ask, because we keep his commands and do what pleases him. And this is his command: to believe in the name of his Son, Jesus Christ, and to love one another as he commanded us. The one who keeps God's commands lives in him, and he in them. And this is how we know that he lives in us: We know it by the Spirit he gave us.

1 John 3: 19-24