



## COVENANT CHURCH

From The Heart - Part 3

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Below is a devotional study guide for you to refer to and reflect during the week. You can watch the service online again, anytime, at [www.covenantchurch.org/media](http://www.covenantchurch.org/media) or on the CovLive app.

If you do not have a physical Bible, we encourage you to download one to your device. YouVersion is available in the Apple Store or on Google Play for free. It contains hundreds of versions, is translated into several languages, and includes thousands of devotional studies available right at your fingertips.

If you are a part of a Small Group, be creative in ways to meet-up. This guide can be a useful tool to lead discussions, whether it be through email, a Facebook group, a Zoom call, etc. If you have not yet joined a Small Group, there's no better time! Go to [www.covenantchurch.org/groups](http://www.covenantchurch.org/groups) or Small Groups on the CovLive app to search for a group that interests you!

## Main Idea

The remedy for a heavy heart is found in our ability to get past adversity, building our faith in Jesus as our source, and in our expression of gratefulness, no matter our circumstance.

## Introduction

### *Getting Past Adversity*

- Read: Matthew 17:14-20
  - The story of the man who comes to Jesus to help his son who is suffering.
- Faith is complete trust in some **THING** or some **ONE**.
- Do you put faith in: politics, degree, career path, portfolio, relationships, talent, a following?
  - These things can't sustain our life.
  - They lack the ability to move mountains.
- We all have an obsession with winning and being right.
  - So much that we've lost relationship over it.
- What would Jesus do, say, protest, endorse, post?
  - We have to be careful of pulling Jesus so far into **OUR** context that we forget we are supposed to follow Him.
  - Following Jesus usually leads to stepping outside of our comfort zone.

# Discussion One

## ***Jesus Must Be Our Source***

- Read: Matt 17:16
  - We aren't here to help you become fully devoted followers of pastors, or of a church.
  - We are here to make you followers of Jesus.
- Humans are full of flaws.
- We should never let an issue between us and other followers of Jesus turn into an issue between us and Jesus.
- Follow Jesus regardless of what the people in power or on a stage do.
- Go to the SOURCE - Jesus is the source.
- Read: Matthew 17:20
  - Jesus points out the little faith of the disciples and compares to a mustard seed.
  - Little faith vs. mustard seed faith.
  - Both small, but the mustard seed is growing.
  - Little faith stops when it faces adversity.
  - Mustard seed faith keeps going when victory is uncertain.
- Our faith WILL be tested - it is built in the testing.
- We must keep going even when victory is uncertain.

# Discussion Two

## ***The Remover of Mountains***

- "Remover of Mountains":
  - This is a nickname given in the Old Testament to rabbis who were able to take weighty subjects and make them small and understandable.
  - Getting past your problems and making them small.
  - We can call on friends and others who have more experience than we do - gives us perspective.
  - Jesus IS the greatest Remover of mountains.
- Ask: How does God see your greatest problem?
  - When you have a heavy heart, go to Jesus and ask Him how He sees it.
  - Things can be going rough and it can still be well with your soul.
- Read: John 16:33
  - Be of good cheer, even in tribulation.
  - Victory is always in front of you.

# Discussion Three

## *The Remedy for Heaviness is Gratefulness*

- Read: James 1:2-4
- Count it all joy when faith is tested.
  - The testing of your faith produces steadfastness, lacking in nothing.
  - To COUNT it all joy, means we must COUNT.
    - See our blessings, list them and be grateful.
- We have to express the goodness of God, even when being positive isn't popular.
  - It's hard to break a grateful heart.
  - Wake up and list the wonderful things.
  - Write down what you are grateful for.
  - Write down who you are grateful for. Even those who are difficult to be with.
    - Don't wait until someone is gone (passed) to be grateful for them. Forgive and embrace them.
- God has prepared you.
  - You've been battle tested.
  - Even when you thought it was over, God was preparing you.
- God is giving a new perspective and you will be a remover of mountains in your own life and for those in your circle of influence.

# Reflective Questions

For *From The Heart*

1. Besides the Lord, where have you looked to as your source (for peace, confidence, faith)?
2. Has our current climate in the pandemic and shut downs, sickness caused you to become more quiet about the good things happening in your life? Has it been difficult to see and acknowledge blessing when there is also so much chaos going on?
3. What are the things and who are the people in your life that you need to express gratitude for? Be encouraged to write those things down. Make contact and express your love and gratitude.
4. In what ways can you see how God has prepared you and how you have been proven in battles/ struggles?
5. If you are struggling, ask God for His perspective and surround yourself with healthy, godly friendships.