

Bible Study Guide: A Divided Heart – From Worldly Fixes to Lasting Faith

 Source Transcript:

Big Idea

Spiritual transformation happens when we stop chasing temporary “fixes” from the world and fully surrender our hearts to Jesus, allowing Him to reshape our desires, priorities, and purpose.

Theme

Lent is a season of breaking away from worldly dependence and returning to a deep, authentic relationship with Christ—where the heart is fully surrendered and transformed.

Core Scripture

Joel 2:12–13

“Return to me with all your heart... rend your heart and not your garments.”

Psalm 51:10

“Create in me a clean heart, O God, and renew a right spirit within me.”

Introduction: Fixes vs. Faith

We all face moments where we choose:

- Instant gratification (“fixes”)
- Or lasting transformation (faith)

Key Insight:

“The world offers quick fixes—but Jesus offers lasting change.”

The Core Question

- What have you replaced the presence of God with?
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Main Point 1: The World Offers Temporary Fixes

Explanation

We often turn to:

- Comfort
- Distractions
- Instant gratification

Spiritual Truth

These “fixes”:

- Feel good temporarily
- Leave us empty

“The world gives instant results, but not lasting ones.”

Application

- What do I run to when I’m stressed or empty?
- Is it God—or something else?

Sticky Quote:

“Fixes fade—faith fulfills.”

Main Point 2: Lent Calls Us to Return to God

Explanation

Lent is about:

- Stepping away from the world
- Returning to relationship

Spiritual Truth

Spiritual growth requires:

- Separation from distractions

“Lent is the process of returning to God.”

Application

- What do I need to step away from?
- How can I draw closer to God?

Sticky Quote:

“Return to God—leave the distractions.”

Main Point 3: Your Heart Is Shaped Daily

Explanation

Your heart is formed by:

- Choices
- Habits
- Influences

Spiritual Truth

What you feed your heart:

- Determines who you become

“Your heart is shaped by daily decisions.”

Application

- What is shaping my heart right now?

- Are my habits helping or hurting?

Sticky Quote:

“Your daily choices shape your destiny.”

Main Point 4: A Divided Heart Cannot Thrive

Explanation

We often try to:

- Love God
- Love the world

Spiritual Truth

You cannot:

- Fully live in both

“You can’t put one foot in the world and one in God’s kingdom.”

Application

- Where is my heart divided?
- What do I need to choose?

Sticky Quote:

“A divided heart leads to a divided life.”

Main Point 5: God Desires Heart Transformation, Not Performance

Explanation

God is not looking for:

- Rituals
- Checklists

He wants:

- A changed heart

Spiritual Truth

Faith is:

- Internal
- Transformational

“God wants your heart—not your performance.”

Application

- Am I going through the motions?
- Is my heart truly engaged?

Sticky Quote:

“Transformation beats performance.”

Main Point 6: You Can't Give What You Don't Have

Explanation

Without Christ:

- We lack true love and patience

Spiritual Truth

You must:

- Receive from God
- Before giving to others

“You can't give what you don't have.”

Application

- Am I filled spiritually?
- How is that affecting my relationships?

Sticky Quote:

“Receive first—then give.”

Main Point 7: Change Requires Intentional Action

Explanation

Transformation is not:

- Accidental

It requires:

- Purposeful steps

Spiritual Truth

Breaking habits means:

- Stopping old patterns
- Replacing them with spiritual practices

“You must stop and replace.”

Application

- What habits need to stop?
- What spiritual practices can I start?

Sticky Quote:

“Stop the old—start the new.”

Main Point 8: Spiritual Disciplines Rebuild the Heart

Explanation

Key practices:

- Prayer
- Scripture

- Quiet time
- Service

Spiritual Truth

These disciplines:

- Fill the vacuum left by worldly habits

“Don’t leave a vacuum—fill it with Christ.”

Application

- How consistent am I in spiritual habits?
- Where can I grow?

Sticky Quote:

“Disciplines shape devotion.”

Main Point 9: The Heart Must Be Surrendered Daily

Explanation

Surrender is:

- Ongoing
- Daily

Spiritual Truth

Transformation happens:

- Through consistency

“Surrender your heart every day.”

Application

- What does daily surrender look like for me?
- How can I practice it?

Sticky Quote:

“Daily surrender builds lasting faith.”

Main Point 10: A Changed Heart Leads to a Changed Life

Explanation

When the heart changes:

- Actions follow
- Relationships improve
- Purpose becomes clear

Spiritual Truth

Transformation leads to:

- Love
- Service
- Impact

“Life becomes about what you give, not what you get.”

Application

- How has God changed my heart?
- How can I live that out?

Sticky Quote:

“A changed heart changes everything.”

Discussion Questions

1. What “fixes” do you rely on instead of God?
 2. Where is your heart divided?
 3. What habits are shaping your spiritual life?
 4. What needs to stop—and what needs to start?
 5. How can you fully surrender your heart to Christ?
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Practical Application Steps

1. Identify Your “Fixes”

- Recognize distractions and dependencies

2. Make a Clear Decision

- Choose God over the world

3. Replace Old Habits

- Build spiritual disciplines

4. Surrender Daily

- Commit your heart to God

5. Live Out the Change

- Reflect Christ in your actions
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Closing Prayer

Father,
We surrender our hearts to You.

Remove what divides us,
replace our desires with Yours,
and transform us from the inside out.

Help us to walk in faith,
not in temporary fixes,
and to live lives that reflect Your love.

In Jesus' name, Amen.

Final Takeaway

When you stop chasing temporary fixes and fully surrender your heart to Jesus, He transforms your life into something lasting, powerful, and purpose-filled.