



Healing our Hearts with Faith, Hope & Love

Lifegroups Notes #1 Healing with Faith

Rev. Jon Strand
February 2020

Our first study will deal with how we can heal our hearts with *faith*.

1. **Read 1 Corinthians 13** together with emphasis on verse 13.
2. Our hearts can be broken by hurtful life circumstances.
 - a. Share some of the difficulties you have experienced.
 - b. Pray for each other.
3. How do you build up your heart?
4. Thought: The heart spiritually is the core of our being, our thoughts, our emotions, our history, hopes and dreams, the unique person that God has created us to be.

We can heal our hearts with faith in three ways.

Read Ephesians 6:16. Discuss.

Read Proverbs 4:23. Discuss.

1. Our hearts need an anchor.
 - a. Read **Hebrews 6:19**. How do we anchor our soul in Jesus?
 - b. Read **John 14:1**. How does this anchor us?
 - c. Read **Matthew 22:37**. Discuss.
 - d. Suggestion: We need to believe in Him with our whole heart. This requires a decision to put Jesus first.
2. In order to heal our hearts with faith we need to feed our hearts.
 - a. Read **Philippians 4:8**.
 - b. Our hearts need heart healthy food. What are the ingredients of a healthy heart?
 - c. What kind of spiritual food are you filling your heart with?
 - d. My thought: We need to be intentional about our heart life. The kind of food we take in will either harm us or heal us.

3. In order to heal our hearts with faith we need to follow our hearts.
 - a. **Read 2 Corinthians 5:7** and **John 7:38**.
 - b. Thought: If we believe with all of our heart, if we feed our hearts with God's love, then out of our hearts will flow living water. Psalm 23:5 states that "my cup overflows".

Reflections

Which phrase do you like more: *Use your head* OR *follow your heart*
We live in an information age. We need to use our heads but perhaps we have neglected our heart. (You may want to discuss this.)

I believe our hearts can be healed by:

- a full commitment to Jesus and a change in diet.
- a desire to follow our heart.

Read Ephesians 1:18-19.

Pray for each other!