

True or False Part 2: (Don't) Follow Your Heart

Objective: To challenge us to allow the Holy Spirit to search our hearts and help us become more like Jesus.

Read together:

The heart is deceitful above all things and beyond cure. Who can understand it?

Jeremiah 17:9

"I the Lord search the heart and examine the mind, to reward each person according to their conduct, according to what their deeds deserve."

Jeremiah 17:10

Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

Psalms 139:23-24

*Create in me a pure heart, O God and renew a steadfast spirit within me. **11** Do not cast me from your presence or take your Holy Spirit from me. **12** Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.*

Psalms 51:10-12

- Do you tend to make your decisions based more on how you feel or on what you think? (Are you a feeler or a thinker?)
- When you hear the phrase, "Just Follow Your Heart" what comes to mind.
 - What is the potential upside of following your heart?
 - What is the downside of following your heart?
- Why do you think "Just Follow Your Heart" is such a popular philosophy today.
- The pastor said that following your heart is a recipe for disaster. Have you seen that reality play out? If you are comfortable, share the story.
- Jeremiah 17:9 tells us "***The heart is deceitful above all things and beyond cure.***" What do you think he means by that? How have you seen or experienced that reality.
- According to the Bible, we can't trust our hearts, but we can trust Jesus to make our hearts new. For that to happen we need to allow him to search our hearts and reveal to the truth to us. Why do you think it is so difficult for most people to invite Jesus to search their hearts? Think about your own heart, what would Jesus find if you invited him to search it?
- King David asked God to give him a clean heart. What does it mean to have a clean or a new heart? What would have to change in your life if Jesus were to give you a clean heart?

Final Thought: Following your heart sounds great until you understand that it often leads you away from God's best for your life. Rather than trust your heart, trust Jesus to change your heart.

This Week: Invite God to search your heart and ask him to give you a new, clean heart. But be prepared for what he may show you and be ready to let go of some things you have held on to for a long time. It will be difficult, but the payoff is always worth it.

