



GUIDED BIBLE STUDY

It Starts in the Heart

Speaker: Shane Condon

Highlighted Scripture

(Only scriptures directly referenced in the transcript — non-copyright wording)

Psalms 51:10

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

Titus 2:7

“In all things show yourself an example of good works.”

Matthew 5:44

“But I tell you, love your enemies, and pray for those who persecute you.”

1 Corinthians 3:6

“I planted. Apollos watered. But God gave the increase.”

Discussion Questions

- 1. Shane says everything starts in the heart. Why is heart transformation foundational to real spiritual growth?**
- 2. Psalm 51:10 is a prayer of repentance. Why is ongoing repentance necessary in the Christian life?**

- 3. How do good works naturally flow from a changed heart rather than from pressure or performance?**
- 4. Loving enemies requires growth. What does that reveal about the difference between natural reactions and Spirit-led responses?**
- 5. Paul reminds us that God gives the growth. How does this truth remove pressure from trying to “fix” ourselves?**

Reflection Challenge

As you prepare your heart this February, reflect on the pattern Shane described:

Is my heart soft and open before God?

Is my faith visible in how I treat others?

Am I trying to force growth, or trusting God to bring it?

Remember:

 **It starts in the heart**

 **It shows up in how we live**

 **It stretches us in how we love**

 **God is the one who makes it grow**

Prayer

Father God,

Create in me a clean heart and renew a right spirit within me.

Help me live in a way that reflects You.

Teach me to love when it is difficult.

Remind me that You are the one who brings growth.

Keep shaping me — I am willing.

In Jesus' name,

Amen.

