

Life Group STUDY GUIDE

What you will need to supplement this guide:

1. A copy of the outline provided for notes on this message (copy from message or downloaded from the COASTAL APP.
2. A Bible or Bible APP to refer to verses.

PURSUING LIFE TOGETHER SUNDAY MESSAGE REVIEW

NOTE to the Life Group Leader: This guide is provided as a tool to assist you in facilitating a structured discussion with your group. When used in conjunction with the outline notes and a Bible this tool will ensure that your group will *Engage Authentically*. The questions are merely recommended “talk starters”. It is important for you to let God help you navigate through the conversation as you *pursue life together* as a group.

OPEN IN PRAYER

STARTER QUESTIONS:

Where have you seen God at work in your life since we last met?

What stood out to you from the message this week?

MAIN IDEA:

- REVIEW THE MAIN TOPIC OF THE MESSAGE. Allow time for discussion
- READ THE MAIN SCRIPTURE FROM THE MESSAGE OUTLINE.

How did this verse speak to you in your life?

- REVIEW THE SUB-TOPICS of the MESSAGE.

Have someone read each of the verses that were highlighted in the message, and briefly discuss.

Is there an area that you feel God is speaking to you through this message?

FINAL THOUGHTS:

- SUMMARIZE the main idea of this message.

Would anyone like to share your thoughts about what we discussed today?

How can we pray for you as a group?

CLOSE IN PRAYER

DROP THE MIC
“Guard your Heart”

“Guard your heart above all else, for it determines the course of your life.” Proverbs 4:23 (NLT)

How do you Guard your Heart?

- **Get right** with God.

“We are made right with God by placing our faith in Jesus Christ. And this is true for everyone who believes, no matter who we are.” Romans 3:22 (NLT)

- **Untangle yourself** from all the things that hold you hostage.

“Let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us... In your struggle against sin, you have not yet resisted to the point of shedding your blood.” Hebrews 12:1-4 (NIV)

- **Arrange your life** so that you are regularly exposed to God’s goodness.

“Every good and perfect gift is from above, coming down from the Father.” James 1:17 (NIV)

“Praise the Lord, my soul, and forget not all his benefits... who satisfies your desires with good things.” Psalm 103:2-5 (NIV)

- **Replace stinking thinking** with prayer and focus.

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.” Philippians 4:6-8 (NLT)

- **Don't fill your mind** with garbage.

"A wise person is hungry for knowledge, while the fool feeds on trash" Proverbs 15:14 (NLT)

"I will set no sinful thing in front of my eyes. I hate the work of those who are not faithful. It will not get hold of me." Psalm 101:3 (NLT)