



Sermon Discussion Guide: What's In Your Heart?

Series: *Mind the Gap: Building Peace Across Divides*

Date: 07/13/2025

Scripture: James 3:13–18 (MSG); Luke 6:45 (MSG)

Opening Prayer

God of wisdom and peace,
You see what we carry—our fears and pride, our hopes and hurts.
As we reflect today, open our hearts to Your healing presence.
Help us become people who not only long for peace but live it—
through gentleness, humility, and mercy.
Search us. Shape us. Shine through us.
In Jesus' name, Amen.

Introduction & Context

As we continue our *Mind the Gap* series, we shift focus inward.
Rather than starting with external conflict, this message invites us to examine what's
happening in our own hearts.

James 3 tells us that true wisdom shows up not in words but in the way we live. It's not
boastful or self-serving but peaceable, humble, and full of mercy.
And in Luke 6:45, Jesus reminds us that our words and actions are overflow—they come
from the heart. So, if we want to be peacemakers, we must first become people of peace.

This week, we're challenged to "check the soil" of our hearts and begin the work of
cultivating peace from the inside out.





Discussion Questions

1. Overflow of the Heart

Jesus said, “Your true being brims over into true words and deeds.”

- Have you experienced a moment when your words or actions “brimmed over” from what you were feeling inside?
- What did it reveal about what was growing in your heart?

2. Wisdom That Builds Peace

James calls out a kind of false wisdom that masks selfish ambition.

- Where in your life are you tempted to appear wise or good rather than actually living wisely?
- What would it look like to embody wisdom that is “gentle and reasonable, overflowing with mercy”?

3. Toothpaste and Truth

The message used the image of toothpaste: once it’s out, it can’t go back in.

- Have you ever said something you immediately wished you could take back?
- What helps you slow down your responses and speak from a place of peace?

4. Preparing the Soil

We don’t grow peace by accident—it takes intention.

- What are you currently “carrying” in your heart (anger, fear, fatigue, hope, gratitude)?
- What small rhythms or spiritual practices help prepare your heart for peace?



Application & Challenge

- **Check Your Heart**

Spend a few quiet moments today or tomorrow asking:

“What’s in my heart right now?”

Don’t filter—just be honest. Use a journal, a silent walk, or time in prayer to reflect.

- **Practice Peace in the Moment**

This week, notice one interaction that usually triggers a reaction in you.

Pause before you respond. Ask God to help you choose peace.

- **Try a Breath Prayer**

Begin each day with this breath prayer:

Inhale: *Jesus, bring peace.*

Exhale: *To my heart.*

Let this simple rhythm guide your tone and posture throughout the day.

Closing Prayer

Loving God,

We confess we often speak before we think, react before we reflect.

But You see beneath our words to the truth of our hearts.

Investigate us. Transform us. Fill us with the kind of wisdom
that builds peace, honors others, and reflects Your grace.

Make us people of peace—

not just in our world, but in our homes, our relationships, and within ourselves.

In Jesus’ name, Amen.

Key Takeaway

Peacemaking begins within. Before we build bridges across divides, we must allow God to do the deeper work in our hearts—shaping us into people who live peace from the inside out.

This guide was developed from original content with the assistance of ChatGPT.

