

# Lost in Translation: #NoFilter

## Small Group Discussion Guide—7/22/2018

This week we studied the term “Heart.” How would you describe “the heart” in your own words?

The religious teachers in Jesus’ day were focused primarily on outward behaviors, such as the cleansing of hands. Jesus taught that it was the inner condition of the heart that matters most (See Matthew 15:1-20).

- In the home you grew up in, were you taught to focus on outward behaviors or inward attitudes?
- Why do you think Jesus cares most about inward attitudes of the heart?
- When we focus on modifying outward behaviors only, what are the potential dangers involved in allowing unresolved issues or conflicts to smolder in our hearts?

**Read Ezekiel 36:26.** What, if anything, do you find especially encouraging in that promise, and why?

We studied four “**Enemies of the Heart**” that need to be addressed in all of us to some extent, then looked at the heart “exercise” for each one—see below for a summary:

### Emotion

Anger

Guilt

Greed

Jealousy

### Belief

“You owe me.”

“I owe you.”

“I owe me.”

“God owes me.”

### Exercise

Forgiveness

Confession

Generosity

Celebration

- In your own life, what can you do to more regularly extend forgiveness to others and be freed from anger?
  - Can you think of specific people that need forgiveness? (Share as you’re comfortable.)
- In your own life, what can you do to more regularly experience forgiveness from God and people and be freed from guilt? Why does confession to God alone often fail to free us from the burden of guilt?
  - Can you think of specific people that you need to confess to? (Share as you’re comfortable.)
- In your own lifestyle, what changes can you make to more regularly demonstrate generosity and be freed from greed?
- In your own life, in what ways can you more fully celebrate the victories of others be freed from jealousy?
  - Can you think of specific people whose victories you need to celebrate in order to fight jealousy? (Share as you’re comfortable.)

Pray to close your time together and take a few minutes to reflect on the condition of your heart.

## How is your heart?

Suggestions for Further Reading: *Enemies of the Heart*, by Andy Stanley