

Community Group Discussion Guide

Step 01: Recap what our current series is all about.

Note: Remind the group what series we're currently on (since not everyone will have been at church recently) and read through the series description provided below to refresh everyone on what it's all about.

Series Title: Habits of a Healthy Heart

Description: In new seasons, we often focus on what we should do more of. But sometimes, just need to simplify. In our series, *Habits of a Healthy Heart*, we'll take a deep breath, make space for God, and allow Him to work in our lives.

Step 02: Recap of this week's message.

Note: Read through the message outline with everyone briefly. You can stop and make comments as you see fit or read straight through it. Make sure you take time to read through the main text.

Message Title: Self-Examination

Main Text: Jer. 17:9

Supporting Texts: Ps. 139:23-24, 2 Sam. 11:1; 12:7

Message Outline:

Theme: If you want to change your life, change your habits. If you want to change your habits, let God change your heart.

Point 1: The human heart is the most deceptive of all things.

Point 2: We are master of self-deception (David's story)

How do we know if we are deceiving ourselves?

1. Watch for what others have tried to tell you.
2. Watch for what you rationalize.
3. Watch for where you're most defensive.

Step 03: Lead group discussion.

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Note: Do your best to keep the discussion going. Make sure you have read through the questions beforehand and are primed with thoughts of your own. Make everyone get specific with *how* they will apply this message in their own lives and in community—*no vague ideas allowed!*

Specific to this week's message:

1. Why is it so vital to have people in our lives who can tell us things about ourselves we don't want to hear?
2. What practical steps can you take toward developing the habit of self-examination?

General questions:

3. How did this message encourage you? How did it convict you?
4. What is your plan for applying this message to your personal/daily life?
5. What might it look like for us to live this out in community?
6. Was there anything about this message that stood out to you?