



## Follow Your Heart? 2 Sam 19:1-8

**This guide is intended to help you be better prepared to make disciples in your small group. It is based on the Sunday sermon listed in the top right corner. If you missed Sunday, make sure you listen to the sermon before your small group meeting. The messages are also on our website.**

**Prayerfully considering these questions will help equip you to practice mutual ministry with your family at Vertical. While it's not likely that all of these questions will be asked during your small group meeting, we believe that your personal walk with Christ will be strengthened as you meditate upon the truths that God is teaching you through His Word.**

### **Measure feelings by scripture**

1. Read Jeremiah 17:9. What is so dangerous about “following your heart” and letting that guide your decisions?
2. Discuss Christ’s submission in the garden. How can this encourage you in your own efforts to control your emotions?
3. The Spirit of God never contradicts the Word of God. Why is this principle so important when evaluating our feelings?

### **Move beyond yourself**

4. David had Joab call him out for his destructive emotional behavior. Do you have anyone in your life who will call you out when you’re being blindly led by your emotions rather than by the unshakable foundation of God’s Word?
5. Think of a time when your emotions were in the driver’s seat of your life for days, or even months. How was your relationship with the Lord in that time? What did that do to your relationships with others?
6. In what ways does being led by your emotions affect others? How does that compare to the “one another’s” in scripture?
7. In what ways does controlling your emotions require humility?
8. Pastor Joe shared three steps when emotions are overwhelming: Reach upward to God, Reach outward to others, and Serve someone. Which of these is hardest for you? Why

### **Maintain faithful action**

9. Godliness is not driven by how we feel. It's driven by faith-filled obedience. How do you obey right away, when you don’t “feel” like doing it?
10. David got up and sat in the gate, despite how he felt. What is one area you know God wants you to maintain faithful action in this season of your life, in spite of how you’re feeling?