

3. Understand the heart

While waiting to be discussed please discuss...

Think about this question: **“How are you?”**

- What are some of the different ways of answering that question?
- Why are there so many different answers?

Recap & introduction...

Growing meaningful relationships in the body of Christ (e.g. John 13:34)

Wk1 = With all humility

Wk2 = Move towards other people

Wk3 = Understand the heart

Matters of the heart

**What are you?! Your body... plus your heart / mind / soul / inner being
/ guts / affections**

Heart: Our wants and desires:

Heart: The direction of our lives

Luke 6:45, “The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of his heart the mouth speaks.”

Heart: Our relationship with the Lord

To what or to whom is my heart inclined?

- Loving Jesus? (e.g. Mark 12:30)
- Other gods and kingdoms? (e.g. Romans 7:22-23)

Encouragement: Psalm 62:8, "Trust in him at all times, O people; pour out your heart before him; God is a refuge for us."

Sharing the heart – as saints, sufferers and sinners

Proverbs 20:5, "The purpose in a man's heart is like deep water, but a man of understanding will draw it out."

1. Ask: "How are you?"
2. Enjoy the good / fruits of the spirit (Gal 5:22-23).
3. Don't be surprised by trouble (John 16:33)
4. Expect a mix of trust in Jesus... and idolatry / wrong loves (Romans 7)

Discussion questions

1. What questions help you make your way into your own heart?
Read through the list below. Try to share anything that strikes you.
 - What do you love? This asks about the objects of your desire.
 - What makes you happy? This listens for desires satisfied.
 - What makes you sad? This asks about desires postponed or denied.
 - What makes you angry? This too asks about desires denied.
 - What do you fear? This asks about desires at risk.

(As we grow in understanding our own hearts we'll be better able to help others).

2. Practice seeing the good!
 - In the last few days, what good things have you seen in others?
 - Why is seeing the good important?