

WEEK TWO: OPEN HEART

CONVERSATION STARTER:

What is something you hope to do before the end of the year?

▶ PLAY VIDEO

READ & DISCUSS: [Proverbs 4:23](#)

What is the difference between guarding your heart and building walls around it?

ASK GROUP MEMBERS TO READ:

Everything you do flows from it. There's no getting around that statement. Last week, we examined our thoughts, and now it's time to examine our motivations.

At one time or another, we've all been caught off guard by our own words, actions, and behaviors. We wonder how things could've gone so far or where all the worry, bitterness, passivity—you name it—even came from.

It's not always easy to look underneath the things we do. But that's exactly what God is inviting us to pay attention to. He knows that the internal condition will undoubtedly make itself known externally. The question to meditate on then is, what's flowing out of you?

The insecure heart might externally look like a judgmental person.

The fearful heart might look like a people-pleaser.

The depressed heart might look like a cynic.

The prideful heart, a bully.

The first step we all need to take when we notice a behavior, word, or thought that differs from Christ is to stop and examine our hearts. Ask yourself, what am I believing about the Lord that's led me to this place?

If I believe God is weak, then I'll need to be the one in control.

If I believe God is harsh, then I'll be wracked by fear and guilt.

If I believe God is withholding, then I'll need to take for myself.

Open

Unbelief becomes the source of every unwanted behavior or pattern in our lives. So, examine your heart; guard your heart. From it flows who you truly are.

DISCUSSION QUESTIONS:

- 1) Consider what it looks like to guard the things that are important to you. What does it mean to guard your heart?
- 2) Share about a time when your actions reflected patience, kindness, gentleness, or self-control.
- 3) Examine your life; What do your actions tell you about what you're internally motivated by?
- 4) Identify a behavior or pattern in your life that you wish were different. What possible unbelief could it be tied to?
- 5) What is the truth of God that comes against that unbelief?

INSIDE THE BOX

- 1) Ask the Holy Spirit to reveal one thing He wants to change about your loves.
- 2) Read each passage and highlight what sticks out to you.
- 3) Pray the Holy Spirit would begin to transform your heart motivations.

- **PROVERBS 23:26**
- **PROVERBS 27:19**
- **1 JOHN 3:19-20**
- **PSALM 24:3-4**
- **MATTHEW 6:21**
- **EZEKIEL 36:25-27**