



PART 2: MONITOR YOUR HEART

We've all learned how to modify our behavior in order to avoid certain unpleasant effects. It turns out that this is not enough to avoid duplicity in our inner life—our soul.

CONNECT

What has been the impact of praying and surrendering your will to God this past week? Were you able to do that each morning? If not, what kept you from it?

LEARN

You will watch a shortened version of a message from this series to set up your group discussion. Watch the full message sometime this week as a reminder of what you talked about today.

APPLY

After sharing what stood out from the video, discuss the following questions as a group:

1. Are you intentional about monitoring your heart? If you are, share how you go about doing that.
2. Read **Luke 6:45**. What is overflowing from your heart into your words? Have you experienced a time recently when you were surprised by your reaction?
3. In the full message, Andy gives examples of four areas where we frequently need to monitor our heart: Guilt (“I owe you!”), Anger (“You owe me!”), Greed (“I owe me!”), and Jealousy (“God owes me!”). Which of these four are you most prone to live with rather than eliminate? Why?
4. The freeing responses to guilt, anger, greed, and jealousy are to confess, forgive, give, and celebrate. Which of these would be the hardest for you and why?

Problem	Belief	Action	Next Step
Guilt	“I owe you!”	Confess	Do you owe anybody an apology?
Anger	“You owe me!”	Forgive	Are you angry at someone?
Greed	“I owe me!”	Give	Is it time to prove your stuff doesn't own you?
Jealousy	“God owes me!”	Celebrate	Do you need to celebrate someone else's success?





BEFORE NEXT TIME

This week, continue to surrender your will to God in prayer every morning, and, when you're going to sleep at night, ask the Holy Spirit to show you if there's anything that needs to be addressed. Spend a little time in silence with him each night, taking time to monitor your heart.

PRAY

Pray together as a group, asking God to tune your hearts to hear his voice more clearly and to be more receptive and sensitive to his spirit. Thank God for the freedom that he invites us into—freedom from managing, living in fear, and hiding.

