

Week #2

Matthew 15:1-20

Icebreakers:

What's your favorite aspect of daylight savings time? What's the worst part?

If you could change any part of your daily routine, what would it be?



Discussion Questions:

1. Do you consider your heart to be a problem? Why or why not?
2. Have you ever heard the phrase "follow your heart"? After today's message, what do you see are the potential problems with that phrase?
3. Deceitful. Does a person or thing or event come to mind when you think of that adjective? Don't name any names, but describe why you associate the two.
4. Spend some time asking everyone in the group (if comfortable) to answer the following question: How's your heart?

Next Steps:

1. Consider ways this group can help you in your pursuit to asking for help more often.
2. Prayer Requests.

"Above all else, guard your heart, for everything you do flows from it." — Proverbs 4:23