

Lifegroup Discussion Guide

Sermon Title: **Heart Health.**

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Focus of today:

How we relate to God's Word determines how we bear fruit. The Word of God is seed sown into our hearts. Your behaviour is directly determined by what happens in your heart. The right heart condition makes it possible to absorb all that God's shalom peace encompasses.

WELCOME: Ice breaker: Have you ever tried planting a seed? Tell us more...

WORSHIP: Do a praise and/or worship song as people shift their focus from each other to the Lord.

WORD:

Ask some of the members to read:

Matthew 13:18-23

- Jesus is talking about our relationship with His Word.
- How we relate to God's Word will determine whether we bear fruit in our lives or not.
- It is the difference between receiving 30, 60 or 100-fold!
- In other words, if you want to live successful - look at how you receive God's Word.
- Jesus talks about 4 places that the seed of God's Word fall into.
- The four places represent the four different heart types.
 1. The Wayside
 2. Stony places
 3. Among the thorns
 4. Good ground.
- That is why Proverbs says:

Proverbs 4:23 (NIV)

²³ Above all else, guard your heart,
for everything you do flows from it.

- Because three out of four times we hear the word - IT GETS STOLEN FROM US.
- IT GETS DILUTED BY OUR SURROUNDINGS!

#1 The Heart of No Understanding

¹⁹ When anyone hears the word of the kingdom, and does not understand it, then the wicked one comes and snatches away what was sown in his heart. This is he who received seed by the wayside.

1. Why do you think it's so dangerous when the enemy steals our understanding of God's Word?
2. How can we guard our hearts from a lack of understanding?

#2 A Rootless Heart

²⁰ But he who received the seed on stony places, this is he who hears the word and immediately receives it with joy; ²¹ yet he has no root in himself, but endures only for a while. For when tribulation or persecution arises because of the word, immediately he stumbles.

1. According to what Jesus said, why does tribulation and persecution arise?
2. The enemy wants you to believe that somehow God is trying to “hold out” on you. What is the best defence against this tactic?

#3 The Troubled Heart

²² Now he who received seed among the thorns is he who hears the word, and the cares of this world and the deceitfulness of riches choke the word, and he becomes unfruitful.

- Did you notice that cares and THE LOVE OF MONEY are thrown together?
- And they have one purpose: TO CHOKE THE WORD!
- Look at the VIOLENCE of it!
- Riches are deceitful Jesus said.
- YOU CANNOT BE DECEIVED BY SOMEONE IF YOU HAVE NOT PUT YOUR TRUST IN THEM!
- The same way Jesus is saying that if we put our trust in riches - we are being deceived.

1.) It is so easy to put our trust in money, what is God’s answer to let peace rule your heart instead of money?

PEACE KEEPS WHAT GRACE GIVES.

- That is why **17 of the 27 Books of the New Testament** starts with “Grace and peace be unto you...”
- They were never meant to be separated.
- Grace is what Jesus has freely given to us by His work on the cross.
- Peace is what keeps those blessings flowing in our lives.

- When Jesus said that He gave us His peace we need to understand that being a Jew He most probably used the Hebrew word SHALOM for peace.
- **The Strong’s Hebrew Lexicon describes “shalom” as completeness, safety, soundness, welfare, health, prosperity, peace, quiet, tranquillity, contentment. Peace with God.**

2. WHAT IS CHOKING AT YOUR PEACE TODAY?

READ: ROMANS 16:20 - NOW PRAY FOR EACH OTHER THAT PEACE WILL SETTLE IN EVERY HEART.

TAKE HOME:

- PLEASE PRAY FOR OUR UPCOMING SONS OF PROMISE MEN’S CONFERENCE.
- **We need to pray for the building project as time is running out before our Sons of Promise Conference. Please cover our team in prayer as we trust God for protection and the provision.**
- Pray for Sunday’s services.

