

Christian • ish

[krisCHən - iSH] *Adjective*

When we trade growing
in faith for playing it safe.



Week Two | Follow Your Heart | 02.08-09.2020

Grow Deep Conversation Questions: Use these questions to help you process the message in your personal time of study or with your group. Time suggestions are based on a 90 minute group gathering.

Message Recap: Our culture today tells us that we should “follow our heart.” But what if our hearts are actually deceitful and cannot be trusted? Our hearts pull us in one direction, but God is urging us to follow Him, and we must choose who we will trust and follow.

» Opening (2-3 minutes)

- Introductions - this is especially important if this is your first meeting and if there are new members
- Housekeeping - clarify expectations
 - **Announcements:** These are in your Community News email. **Please read and communicate! Encourage participation!**
 - Remind your group that this is a confidential meeting
 - **Remember there may be many thoughts and views. Please remain kind and respectful during conversations.**
- Pray - open your time together in prayer

» Introduction (12 minutes)

- Ice-Breaker: What does it mean to “Follow Your Heart?”
- Digging Deeper: Describe a time when someone encouraged you to “Follow Your Heart.” What was the outcome?

» Observation | Read 2 Timothy 2:1-13 (12 minutes)

- What are your initial reactions to this passage? What do you find challenging? Are you encouraged by any of these verses? Why?

» Key Principle | What if going further means slowing down? (12 minutes)

- How many hours each week do you have to rest (minus sleep time)? How do you spend your rest time? Are you refreshed afterwards?

» Slow Down to Invest | Reference 2 Timothy 2:1-2 (12 minutes)

- What role does passing on your faith to others play in your life?
- How can you make time and space to allow someone to invest in you? Who are you slowing down to invest in?

» Slow Down to Compete | Reference 2 Timothy 2:3-7 (12 minutes)

- Who were the three examples Paul gives in this section? Why would he use these metaphors while writing? How can these principles affect our lives today?
- How can you avoid getting ‘entangled’ in distractions this week?

» Slow Does to Remember | Reference 2 Timothy 2:8-13 (12 minutes)

- How can slowing down to remember be a form of worship? Outside of the weekly worship service, describe what worship looks like in other areas of your life?
- What is something that is taking the place of worship and rest in your life that you could change? Challenge yourself to try it for a week.

» Next Steps and Prayer | (15minutes)

- If you let God’s Word and instruction enter every area of your life, what would change?
- Close by praying for each other to intentionally spend time practicing the rhythm of worship in order to remember who Jesus is.