




Pastor Jeff 7-24-16

Message Based Questions to help your personal Study & LifeGroup Discussions

 **EXPLORING IT:** Review the sermon outline and explore the message by using the following Q's which will help you dig in a little deeper and make sure you get the message.

*The mission of the church is to transform the world through the life-changing message of Jesus for the glory of God.
By loving God, loving God's people and then loving the world.*

To Listen to Message (CTRL + Click the Link)

<http://www.northlakeonline.org/messages/index.html>

Read Proverbs 4:20-27; additional Passages—Jeremiah 31:33;32:40; Ezekiel 36:26; Romans 5:5; Romans 6:17-18; Hebrews 10:22

Proverbs 4:23 Keep your heart with all vigilance, for from it flow the springs of life.

Jeremiah 31:33 But this is the covenant that I will make with the house of Israel after those days, declares the LORD: I will put my law within them, and I will write it on their hearts. And I will be their God, and they shall be my people.

Jeremiah 32:40 I will make with them an everlasting covenant, that I will not turn away from doing good to them. And I will put the fear of me in their hearts, that they may not turn from me.

Ezekiel 36:26 And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh.

Romans 5:5 and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us.

Romans 6:17-18 But thanks be to God, that you who were once slaves of sin have become obedient from the heart to the standard of teaching to which you were committed, 18 and, having been set free from sin, have become slaves of righteousness.

Hebrews 10:22 let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water.

How do these passages prompt gratefulness and gratitude for what God has done to and in your heart?

Why do you think the Bible emphasizes the heart of the inner man so much?

What is your favorite Bible story or character example of a Cardio Maximus heart?

Who do you know right now that has a Big Heart? What is attractive about that person's heart?

Describe in your own words what it means to guard your heart.

Of all the "stuff" you're "pouring" into your heart—which area do you struggle with most? Or what would you consider to be the biggest threat to your heart right now?

Do you find any of the "stuff" you are letting into your heart pouring out onto others? In what ways? Or what would you consider to be two or three areas that influence your thinking on daily basis?

In what ways are you polluting your "reservoir"—your heart?

How would you describe to a friend the best way to stay out of trouble? How are you guarding your heart?

How would you describe the condition of your own heart today?


In what ways can we support one another in guarding our hearts?

Self-Evaluation:

What thoughts am I allowing to take residence in my mind and heart? What am I dwelling on or obsessing about? How can I guard my thoughts and my heart?

Am I really seeking to honor and glorify the Lord in my life? Or am I just going through the motions and giving my community and God lip service?

How can we pray for you?

 **PRAY IT:** *Now that you have connected, explored and applied it—it is now time to tap into the power of prayer individually throughout the week as well as corporately praying for one another. Perhaps by sharing the real life challenges and blessings with one another this will help people see what God can do in their lives and will lead them into a plan of action.*

More Food for thought



Our hearts pump at a rate of 70-75 beats per minute. Though weighing only 11 ounces on average, a healthy heart pumps 2,000 gallons of blood through 60,000 miles of blood vessels each day. Every day, the heart creates enough energy to drive a truck 20 miles. In a lifetime, that is equivalent to driving to the moon and back. A healthy heart can do amazing things. Conversely, if our heart malfunctions, our whole body shuts down.

It seems like everywhere and everyone is talking about being heart healthy. Our culture is very focused on the physical side of things talking about eating right and exercising. We all understand what happens if we don't and know that without proper exercise and diet we put our lives at great risk.

What about spiritually?

Let us pause and let it sink again... about what Pastor Jeff said about

“Heart Disease is also a spiritual disease and he believes it is one of the biggest killer of Americans.”

“If we lose the battle for our hearts we don't just lose our lives—we lose our souls.”

In the Bible the word Heart represents the center of our emotions, thinking, and reasoning— as Pastor Jeff describes it as a “Reservoir” and what we put in it naturally comes out of it.

So to encourage you here is Pastor Jeff's teaching on our responsibilities:

1. Surrender Our Hearts
2. Protect Our Hearts
 - a. With the Word of God
 - b. With Prayer
 - c. With Strong Standards
 - d. With Community

Keep Pressing On!

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