



Healthy Heart

A HEART LED BIBLICALLY *is a* LIFE LIVED FRUITFULLY

PROVERBS 4:23

Small Group Curriculum

SERMON

Healthy Heart = Your Will Be Done!

DATE

February 4/5, 2012

1. Pastor Robbie said, "The single greatest medicine for an unhealthy heart is the gospel". What did he mean by that? How would you define the gospel in your own words? Read Eph.2:1-10, Rom.5:6-11, Col.1:19-22, Col.2:13-14, 2 Cor.5:21. How do these passages describe to us the good news of Jesus Christ? What aspect of the gospel most stands out to you or is most meaningful to you as you reflect on what Christ has done? What does that do to your heart?
2. *My best will is God's will.* Read Matt.26:26-39. How is the humanity of Christ portrayed in this passage? Reflect specifically together on v.39. Why do we so often, when confronted with suffering or trial, pray to God to remove it from us? In light of the immense suffering awaiting Him, how was Jesus able to say, "Not as I will, but as you will" and be obedient to the Father? What can you learn from His example as you seek to do God's will?
3. Read Matt.26:40-46. In contrast to Christ, why did the disciples fail to do what was best and necessary in this situation? What did they fail to understand? How did that ultimately affect their behaviour? Read Rom.7:15-20. How do these verses help us understand what Jesus means when He says to them, "the spirit is indeed willing but the flesh is weak"? To what extent do you identify with this in your own life?
4. One of the things that is necessary for us to do God's will is that we wake up from our spiritual drowsiness. What are the indicators of spiritual drowsiness in your own life? (i.e. "I know I'm "falling asleep" in the battle for a healthy heart when...") What does it mean to be watchful? Why is it so important and necessary? Practically, what do you find most helpful as you seek to remain alert and vigilant?
5. Read Heb.4:14-16. What is the connection between what Christ has done and our ability to do God's will? What promise does God make to us as we battle for a healthy heart? What do you find to be most effective in helping you draw near to the Lord?
6. Read the account of Mary and Martha in Luke 10:38-41. How does this story help us further to understand how we can discern, desire and do what God says is best for us? What can we learn from Martha's example about leading our will? What can we learn from Mary?

Renewing Your Mind

