
Guard your heart

Proverbs 4:23

Your heart is vulnerable to attack from Cynicism and Bitterness.

Job 10:1 | Hebrews 3:7-8 | Hebrews 12:15 | Mark 8:17-18

- **Cynicism says the future is worse than the past.**
- **Bitterness is stuck in the wounds of the past.**

How to guard your heart:

Ezekiel 11:19 | Psalm 51:10 | Psalm 98:1 | Ephesians 4:24 | Galatians 2:20
| Romans 6:5 | Proverbs 26:11

- Explore
- Be open
- Look forward with breathless expectation not a sigh of sadness.
- Forgive
- Release
- Don't eat the vomit.

Today

- Examine
- Reject
- Confess
- Forgive

Many of our Life Groups use this insert as a discussion guide throughout the week. We encourage you to take that next step in your journey with Jesus & His church by joining a Life Group today!
www.seekreallife.com/groups

Share your story

What insight, question, or resolution did you discover from our time of worship together on Sunday?

Why do you think it may be easier to hope when you're younger?

Have you ever wrestled with the temptation to stop hoping, trusting, or believing? What tends to lead you into the temptation to become cynical?

Connect to God's story

Read Romans 1:1-4.

What does Paul say the Good News is?

What did the resurrection of Jesus show? How is Jesus' resurrection Good News for those who follow Him – even today?

Why do you think it might be difficult to believe God can take what is dead and bring it to life? How much hope could it bring to your life if you knew death was off the table?

Read Romans 6:1-4.

Do you ever forget you have died to sin? Why do you think it's important to remember who we are as we daily follow the Savior?

Do you ever struggle in your relationships with what Paul refers to in this passage?

Read Romans 6:5-11.

When you read what Paul says about what following Jesus looks like, what excites you about taking on this identity? What concerns you about it?

In this passage, what does Paul say being crucified with Christ does to the power of sin in our lives? How can believing in the resurrection power of Jesus in your life help hope blossom in you?

Jesus was born into a world that threw hatred, abuse, ridicule, rejection, and ultimately death at him...and God turned it to life bringing us all hope. Spend some time today thanking Jesus for His resurrection power that we have access to as we follow Him!

Show me the right path, O LORD. Point out the road for me to follow. Lead me by your truth and teach me, for you are the God who saves me. All day long I put my hope in you.

- Psalm 25:4-5 (NLT)

My Prayer for 2019

My Lord and Savior Jesus, thank you for your gift of grace to me. My soul hungers for you. I want to know you – not just intellectually, but relationally. I give you permission to tear down every false thought, every lie, and every stronghold the Enemy has established within me.

I will pursue my relationship with you with my whole heart. I will hold nothing back from you. I am open and willing to receive the good things you have planned for me.

I ask:

Work your good in me so that I might reflect you more.

Work your good for me so that I might receive all that you intend for me.

Work your good through me so that all around me, people will experience your love and goodness and be drawn to you.

I am open and ready for all you will do in, for, and through me.

I love you, Jesus.

Amen

Together in prayer.

As a church, let us come together in prayer:

- Pray for kitchen remodel to go smoothly.
- Pray for continued work— to complete remaining projects on the building.
- Pray for the one. May God draw each person into a living relationship with Himself.
- Pray for a heart that is responsive to need around you.
- Pray for the ongoing funding of the building project.
- Pray for our city! For God to reveal Himself in transforming ways.
- Pray for boldness to reach our community with the love of Jesus.