

Check Your Heart

Part 1: "Storage Space"

Introduction

There are all sorts of tests available to assess our physical health of our hearts. It is just as important to pay attention to the spiritual health of our hearts. And there are tests for our spiritual hearts as well.

Discussion Questions

1. How much thought do you give to the health of your physical heart? What might be some indicators that your heart is/isn't healthy?
2. Proverbs 4:23 reads, *"Above all else, guard your heart, for everything you do flows from it."* Based upon this verse, how should we view the spiritual condition of our hearts and what kind of attention should we be giving them?
3. One way we can test the spiritual health of our hearts is through our words. How have you experienced the healthy/unhealthy effects of someone's words?
4. If someone were to listen to the things you say all throughout your day, what would they conclude about the spiritual condition of your heart? Would they be encouraged or concerned?
5. Read Matthew 15:10-20. The Pharisees believed spiritual defilement came from not washing their hands before eating, so they created a bunch of rules to ensure proper hand washing. Jesus taught that this wasn't the case. What is an example of something we may have created rules around in an effort to keep us from spiritual defilement?
6. Below is a diagnostic list of the kinds of words we use and what their source might be:

Harsh Words - may indicate Anger

Critical Words - may indicate Envy

Belittling Words - may indicate Insecurity

Dishonest Words - may indicate Shame/Guilt

Defensive Words - may indicate Pride/Arrogance

Hurtful Words - may indicate Unforgiveness

As you read over the words, what stands out as something you may need to attend to?
How might these be affecting your relationships?

7. What is one way you could improve the health of your spiritual heart through the words you use? What can our group do to help you?