

The Life Challenge

"I came that they may have life and have it abundantly." John 10:10

Title: Guard Your Heart
Speaker: Steve Berg
Date: February 6, 2022



WARM-UP

Begin your gathering by engaging in prayer. Many people are crying out to God in this season of South Abbotsford. Some are feeling hurt and grief. Some are feeling the pressure of leading well through the turbulence. All of us are concerned for Pastor Matt & family, Church Council, and the people and witness of South Abbotsford. Pray for each other and the effect that this has had on members of your group.

DISCUSSION

1. What is the wisdom that you find in Proverbs 18:19? Disagreements and misunderstandings that leave us feeling offended or hurt are a natural part of living in relationships. How does offense become a problem and grow into a spirit of offense?
2. In your experience, what has caused you to be offended? What have been the places that offense and bitterness are mostly likely to settle into your life?
3. What have you learned about overcoming offenses in your life? How can you guard your heart from offenses that will take root?
4. In what ways have words had power in your life - both positive and negative? Who were the people who spoke those words and how did they have a lasting impact?
5. Read James 3:1-12 together. Think about the rich pictures that James uses. What is the power of bits/ bridles and rudders? How is the tongue like a fire or wild animal? What is the problem with both blessing and cursing coming out of the same mouth?
6. Do a 24 hour tongue analysis. Listen to yourself - what are you speaking? Pay attention to negative, critical, bruising, inflammatory, and cursing words. How are the power of your words making a tangible blessing in the people/environments around you?
7. I want to encourage you to memorize and pray this short prayer every day. Psalm 141:3 "Set a guard, O Lord, over my mouth; keep watch over the door of my lips!"