

BRAVE NEW YOU

05/05/2024 "Free to be Me"

1. What stood out to you most from Sunday's message? Why?
2. What makes for a healthy leader? What makes for an unhealthy leader?
3. As you consider your influence—personal or in the workplace—what are some qualities that strengthen it? What are some that maybe get in the way of positive influence?
4. Read Matthew 6:1-4. What is it that distorts the godly practices of prayer and giving to those in need?

The response of Jesus to the religious elite in Matthew 15:1-20 highlights the difference between what we do (the do) and what's at the heart of who we are (the who). Jesus does not say that the "doing" is wrong, it just can't be first. To walk in the light of Jesus, we have to address the health of our heart.

5. As you read Matthew 15:1-20, what do you find helpful in better understanding the difference between what you do and who you are—the health of your heart?
6. Matthew 15:18-20 relates so well with the statements of Jesus in the Sermon on the Mount (Matthew 5:21-48). Why do you think Jesus has to keep hitting this theme?
7. Matthew 15:8 warns about our attempts to do things for God when our heart is far from Him. What do you think it means for our heart to be far from God?
8. Take some time to reflect on this question: Where you do feel your heart might be out of step with God?
9. In what areas are you more focused on doing things for God than having your heart changed by God?
10. Proverbs 4:23 says, "Above all else, guard your heart, for everything you do flows from it." What would it look like for you to better guard your heart? There may be things that you need to stop doing and some that you need to start doing.
11. Pastor John challenged us to meditate on a word from Galatians 5:22-23, these included: Unconditional, Love, Joy, Peace, Patience, Kindheartedness, Goodness, Faithfulness, Gentleness, Self-control. What word did you pick and why?
12. How has the practice of spending a few minutes each day meditating on this word gone? If you have tried this practice, what has been helpful to you?