



**“Nitty Gritty” ” – September 21st
“Heart Condition”**

Big Idea: Above All Else, Guard Your Heart!

**Open it: This is the start of a new T.V. season. What show are sure to watch?
What show do you want to warn your group not to watch?**

In our series, “Nitty Gritty,” we are working to provide a direct, practical and probing of the heart. Today’s lesson is all about the heart. This “Heart” is very hard to define but its importance and impact is unmistakable. Jesus challenges the Pharisees in Matthew 15 not make judgments based on appearance and protocol but to relentlessly examine our Hearts. To examine our Hearts takes some difficult work. God desires to clean and work in our Heart but it requires a dependence on Him and Humility. I hope your group will grow in the process of developing a Transformed Heart.

Dig It: Read Matthew 15:1-20

1. Briefly what are the Pharisees accusing the disciples of doing? How does Jesus answer that accusation?
2. Verse 8-9. Can you give examples of teachings that “are rules taught by men?”
3. Jesus talks to His disciples later about the Heart in verses 17-19.
 - How is the mouth the “stethoscope” of the Heart?
 - Is the source of our evil thoughts the mind or the Heart?
 - How do all the evil things mentioned originate in the Heart.
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Reflect on it:

1. Answer the following questions concerning the condition of the Heart.
 - How do you know if your Heart is not healthy in regard to your anger, your resentments, bitterness, relationships and habits?
 - How can you tell if your Heart is healing in regard to your anger, resentments, bitterness, relationships and habits?
2. What are some ways in which you can monitor the condition of your Heart?

Do It:

1. Spend time in prayer for acknowledgement and healing of our Hearts.

