



Sermon Discussion Guide

March 1, 2026

Use this discussion guide with your small group or by yourself, to dig into the text and theme of Sunday's message.

Key Point: Recover and refocus your heart

Life Sharing: (answer one)

1. Share one good thing that happened last week.
2. What do you do to prepare for a busy and/or stressful week?

Transition / Open in prayer

3. Describe a time you sacrificed something important for someone else, or when someone did that for you.

Life Examination:

READ John 18:1-14

4. What do you think was happening in Judas' heart as he guided the crowd toward Jesus?
5. How did what happened in verses 4-8 fulfill the words in verse 9?
6. What does Peter's action tell us about Peter?
7. What happened next to Peter?

READ Hebrews 12:1-7

8. Why is the idea of a race a good illustration for the Christian life?
9. What are the things the author suggests will help us run well?
10. What are the things that can cause us to lose heart?
11. What is the main point the author is making about discipline in verse 5-7?

Life Application:

12. Imagine being in the garden with Jesus when he was arrested. How would you have reacted? What would you have done?
13. How would you describe the contrast between Judas' heart and Peter's heart?
14. What are some ways you recover your "heart" (hope, focus, passion, etc.) when you lose it?
15. How does God's discipline and our personal disciplines mingle together to help us activate our faith?
16. What breaks your heart?

Life Prayers: Pray for one another and ask God to give you heart for the week ahead.