



DISCUSSION GUIDE

Ice Breaker: What do you like best about your job or career field? If you could do anything else, what would you choose and why?

- Do you agree that intentional deceit is running rampant all around us? How have you experienced this in your own life or family? How do you judge between intentional and unintentional?
- God, who is brutally honest with us, lays out our cardiac problem (read Jeremiah 17:9 & Matthew 15:16-20) with total clarity. What are your thoughts about these verses, what they say about you and how your life demonstrates them daily?
- Pastor Tom said that “The power of most temptations is at its greatest when no one but us is aware of the temptation.” How can light shining from a friend, family member or spouse weaken the power of temptation? How could Romans 2:16 shape your attitude about sharing your temptation with someone you trust?
- Read Romans 1:30. How have you caught yourself either justifying your sin or blaming someone else for your sinful decisions? Were you aware of what you were doing, or did you honestly not see what you were doing?
- We were shown what ignoring our cardiac problem would lead to...so what's the flip side? What can our lives look like if we deal with our heart issues? (See message notes for negative list-read to group to spark creative thinking!)
- Not sure where you're needing some perspective? Read Hebrews 4:12-13. Take a minute or two to ask God, who knows your innermost thoughts, to show you where your heart needs help. Share as you're willing with your group, and then ask for help in making or following through with next steps that He shows you.

PERSONAL GUIDE

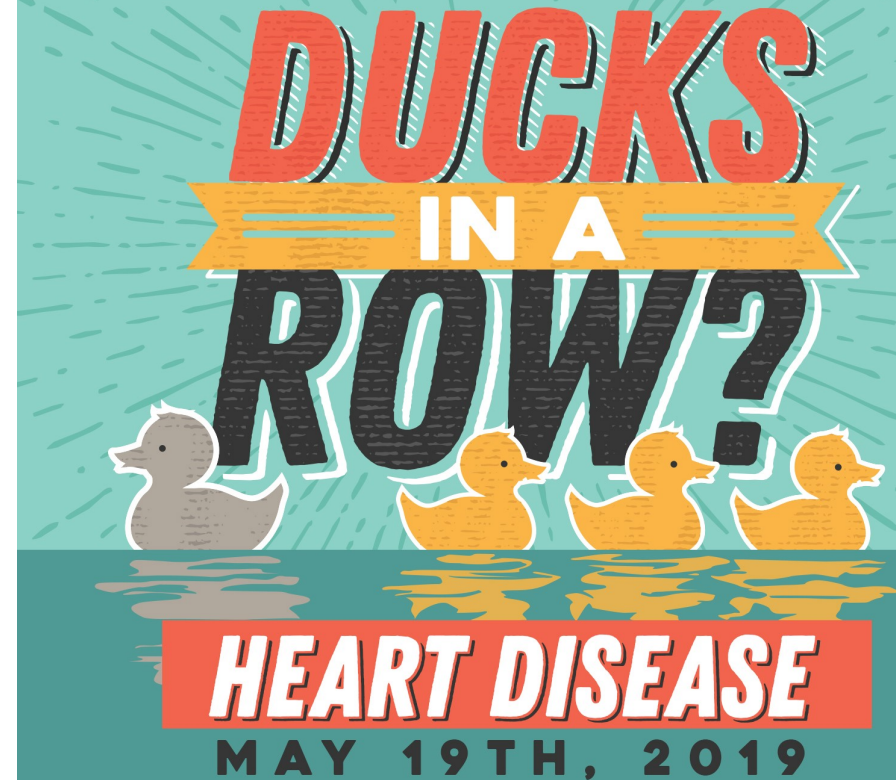
Day 1: Read Psalm 76

Day 2: Read Psalm 77

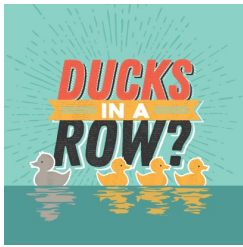
Day 3: Read Psalm 78

Day 4: Read Psalm 79

Day 5: Read Psalm 80



**MESSAGE NOTES & SMALL GROUP
DISCUSSION || PERSONAL GUIDES**



“Heart Disease” **[Tom Lundeen, Senior Pastor]**

MESSAGE NOTES

Whether public figures or common/unknown people, intentional _____...run rampant in our homes, schools...relationships.

Note Proverbs 6:16-18a

The reality is:

1. We All Have Spiritual _____ Problems

The heart = the center of our being, who we really are, what makes us t_____, what's really inside us, our g_____ personality.

Note Jeremiah 17:9; Matthew 15:17-20a; Romans 3:10-12, 23

...all of us have the potential to have a heart that p_____ evil...

2. We All Have the Capacity to Be _____ (note Proverbs 16:18a)

Devises = something that is done in secrecy and s_____...a plot.

“He who has a secret should not only hide it, but _____ that he has it to _____.” (Thomas Carlyle)

The _____ of most temptations is at its greatest when no one but us is aware of the temptation...

We can be easily convinced that _____ our intentions and plans will actually work (*note Psalm 36:1-4*).

We fool ourselves in our capacity for “spiritual _____”...(*note Psalm 44:20-21; 90:8*)

Note Romans 2:16

3. We Can All Be C_____ When it Comes to Evil (note Romans 1:30)

Note Psalm 36:1a, 4

Two of our most common i_____ when it comes to evil is to either:

- Try to _____ our sinful actions/attitudes/choices, or
- Play the “b_____ g_____”.

So are my ducks in a row?:

- God...knows if this remains undealt with, our spiritual cardiac condition will lead us into a life of heartaches, broken relationships (with people and God), negative attitudes and choices, and a _____ victimization mentality.
- Note Ezekiel 36:26-27; Hebrews 10:16; 4:12-13
- God promises to give us a new heart, and He gives us His Word and Spirit to keep our new heart in good spiritual condition.
- _____ is the antidote for spiritual heart problems.

Tell someone about the next step you took today in your spiritual journey. You can also use the Connect Card to let us know about your commitment, too!



"Heart Disease"
[Tom Lundeen, Senior Pastor]

MESSAGE NOTES

Whether public figures or common/unknown people, intentional deceit...run rampant in our homes, schools...relationships.

Note Proverbs 6:16-18a

The reality is:

1. We All Have Spiritual Cardiac Problems

The heart = the center of our being, who we really are, what makes us tick, what's really inside us, our genuine personality.

Note Jeremiah 17:9; Matthew 15:17-20a; Romans 3:10-12, 23

...all of us have the potential to have a heart that plots evil...

2. We All Have the Capacity to Be Sneaky (note Proverbs 16:18a)

Devises = something that is done in secrecy and subtlety...a plot.

He who has a secret should not only hide it, but hide that he has it to hide. (Thomas Carlyle)

The power of most temptations is at its greatest when no one but us is aware of the temptation...

We can be easily convinced that concealing our intentions and plans will actually work (note Psalm 36:1-4).

We fool ourselves in our capacity for "spiritual stealth"... (note Psalm 44:20-21; 90:8)

Note Romans 2:16

3. We Can All Be Creative When it Comes to Evil (note Romans 1:30)

Note Psalm 36:1a, 4

Two of our most common inventions when it comes to evil is to either:

- Try to justify our sinful actions/attitudes/choices, or
- Play the "blame game".

So are my ducks in a row?:

- God...knows if this remains undealt with, our spiritual cardiac condition will lead us into a life of heartaches, broken relationships (with people and God), negative attitudes and choices, and a paralyzing victimization mentality.
- Note Ezekiel 36:26-27; Hebrews 10:16; 4:12-13
- God promises to give us new heart, and He gives us His Word and Spirit to keep our new heart in good spiritual condition.
- Truth is the antidote for spiritual heart problems.

Tell someone about the next step you took today in your spiritual journey. You can also use the Connect Card to let us know about your commitment, too!