



# Small Group Discussion

The Week of: Feb. 4, 2026

What's your life like:

If you could only keep one app, game, or activity for a week, what would it be and why?

What are we talking about this week:

## Main Point of Message

- We are starting a new series called "Matters of the Heart" and we are kicking it off with a message title "Your Heart Matters."

## Bible Verses

- Proverbs 4:23, Luke 6:43-45, Matthew 6:21, Proverbs 3:5-6, Matthew 22:37-38, Psalm 32:8

## Discussion Questions

1. What is something you think about the most during a normal day? What might that show about your heart?
2. Which example connected with you most: phone, games, friends, popularity, sports, or something else? Why?
3. Have you ever noticed something start to "control" your mood, time, or attitude? What happened?
4. Why do you think it's hard to put Jesus first when other things feel more exciting right now?
5. What would change in your life if Jesus really had first place in your heart?

Now what:

This week, pay attention to what gets most of your time and energy. And choose to put Jesus first in at least one intentional way.