

The Heart of the Matter

Small Group Discussion Questions

- 1 When you hear “guard your heart,” what does that practically look like in your daily life right now? What strengthens your heart, and what weakens it?
- 2 Out of the three areas Jesus names—heart, soul, and mind—which one do you feel most connected to God in? Which one tends to get neglected?
- 3 “Out of the abundance of the heart the mouth speaks.” What do your words lately reveal about what’s been filling your heart?
- 4 Romans 5:8 says God loved us while we were still sinners. How does remembering how God loves us shape the way we love difficult people?
- 5 The Bible says God gives us a new heart. In what ways have you seen evidence of God softening, healing, or reshaping your heart over time?
- 6 Jesus emphasizes loving God with ALL—this isn’t about perfection, but direction. How can we tell the difference between stumbling and drifting?
- 7 Heart check: What do you desire most when no one is watching? How does that desire influence your decisions and priorities?
- 8 Soul check: When life gets shaken by stress, conflict, or disappointment, what does your response say about who you belong to?
- 9 Mind check: What currently shapes the way you think the most—Scripture, culture, past experiences, or emotions? How can you intentionally let God reshape your thinking?
- 10 Jesus connects loving God with loving others. What would it look like this week to love a specific person the way God has loved you?