

THE HEART IS THE TARGET

INTRODUCTION

- Welcome and Prayer
- Review and Introduction

GETTING TO THE ROOT OF BEHAVIOR

- Luke 6:43-46 - The centrality of the heart as the root of behavior. See diagram.
- What are common problems and counseling issues “above the line”? What’s going on underneath?
- Mark 7:20-23 - what comes out of the heart is more important than what goes in.
- The world says, “Follow your heart.” The Bible says, “the heart is deceitful” (Jeremiah 17:9-10) and that you must “guard your heart with all vigilance.” (Prov. 4:23)
- Nature versus Nurture? Which causes behavior? Note: there is a difference between “root cause” and “shaping influences.”
- Ezekiel 14:1-5 – idols of the heart corrupt us and obstruct us from seeing things properly.
- Matthew 6:19-24 – whatever you treasure will rule your heart.
- First, we must allow the gospel of Jesus Christ to fundamentally change us (2 Cor. 5:17; Rom. 6:6-7). You can’t truly counsel an unbeliever. You want to evangelize them.
- The heart is deceitful. We may not always know or understand what’s going on, especially at first. Thankfully, God, his word, his Spirit, and wise counsel can rescue us! (Prov. 20:5)
- Story of Thai soccer team trapped in cave (see *The Rescue* documentary or *Thirteen Lives* drama)

DIAGNOSTIC QUESTIONS – DISCOVER WHAT’S GOING ON IN YOUR HEART?

- What kinds of words come out of your mouth? Including social media? (Matt. 12:34-37; Lk. 6:43-45)
- Where does your money go? (Matt. 6:20-21) “Give me five minutes with a person’s checkbook, and I will tell you where their heart is.” -Billy Graham
- Much of what we do can be out of a fear of man, but how do you behave when it is entirely “unfiltered”? (Gal. 1:10; 1 Thess. 2:4)
- How’s your private prayer life? (Matt. 6:6)
- Read God’s Word and ask God to expose your heart (Hebrews 4:12-13; Psalm 139:23-24)

WEEK TWO CONCEPTS AND OBJECTIVES

- Concept: The heart is active. It shapes and controls our behavior.
- Personalized: I must identify what effectively and functionally rules my heart.
- Related to Others: I must be committed to be an instrument of heart change in the lives of others.

WEEK 2 VIDEO: “THE HEART IS THE TARGET” BY TIMOTHY LANE

DISCUSSION

- A word about confidentiality and providing a safe space for discussion and edification.
- What stood out to you in the video – something thought provoking or insightful?
- Can you think of a time where heart-level change occurred in your life? That “aha” moment or season where God gave you victory over temptation, re-wired desires, gave you a new perspective, or helped you overcome a bad habit?
- Give examples (good or bad) of your heart overflowing in your words and deeds. What kind of fruit stapling have you tried? When have you seen real change? (Question #2 in the Study Guide, p. 21)

HOMEWORK

- Complete the remaining questions in the “Make It Real” Section (pp. 20-24)
- Read Lesson 3 of the Study Guide (pp. 25-34) to prepare for next week’s lesson.

