



PART 2: MONITOR YOUR HEART

KEY SCRIPTURE

Mark 8:36-37

Mark 7:14-23

DISCUSSION QUESTIONS

1. What's your first memory when it comes to behavior modification?
2. Read Mark 7:20-21. What key words stand out to you?
3. Are you intentional about paying attention to what's happening in, and coming out of, your heart? If you are, share how you go about doing that.
4. Which of these four are you most prone to live with rather than eliminate: guilt, anger, greed, or jealousy? Why? What circumstance in your life comes to mind?
5. Which of these four are most difficult for you to do: confess, forgive, give, or celebrate? Why? What circumstance in your life comes to mind?

Summary Chart:

Problem	Belief	Action	
GUILT	"I owe you!"	CONFESS	Do you owe anybody an apology?
ANGER	"You owe me!"	FORGIVE	Are you angry at someone?
GREED	"I owe me!"	GIVE	Is it time to prove your stuff doesn't own you?
JEALOUSY	"God owes me!"	CELEBRATE	Do you need to celebrate someone else's success?

6. How is your heart doing right now? What is your next step for the health of your soul?

Application Prayer: Jesus, I am asking you to show me where I am living in spiritual defilement. Then give me the courage to take the next spiritual step with YOU...