



The One Foot Journey

APPETIZER: The One Foot Journey from Head to Heart

But can we trust our hearts?

Hebrews 4:12

DINE IN: The Unbeliever’s Heart vs. The Believer’s Heart

The Unbeliever’s Heart:

Lustful, hard, unrepentant.

But what about your heart?

Romans 6:17

Ephesians 4:18, Romans 1:24, Romans 2:5, Ezekiel 36:26-27,
Hebrews 8:10

The Believer’s Heart:

God cleaned house and moved in!

Romans 2:29, Romans 3:17, Romans 5:5, Ephesians 3:7,
Galatians 4:6

“I’ve got it all up here.” (head)

“I just need to get it all down here.” (heart)

Wrong.

It’s the opposite!

A new heart and a new self mean new possibilities.

2 Corinthians 9:7, 1 Timothy 1:5, 2 Timothy 2:22, 1 Peter 3:4

TAKE OUT: I’ll Have That to Go Please

God “crossed” your heart.
God cleaned house and moved in.
Your heart is an obedient heart.

Take Out #1:

You really can trust your “self!”

Take Out #2:

You really can live from the heart!

Home Church Questions

HANGOUT [Warming Up to the Topic – in one Large Group]

1. After reviewing Sunday's message, talk about what most encouraged, convicted or perplexed you.
2. The prophet Jeremiah said, "The heart is deceitful above all things and beyond cure. Who can understand it?" (Jeremiah 17:9). Based on Sunday's teaching, how would you respond to someone who claimed, "The Bible says we can't trust our hearts?"

HEAR [Listening to God through Scripture – in Discussion Groups]

3. Read Romans 6.
 - a. What verse or idea stands out to you?
 - b. Paul talks about our spiritual baptism into Jesus, which is symbolized through water baptism. List the ways water baptism symbolizes true spiritual reality. Do different forms of baptism capture different truths? (e.g., immersion vs pouring vs sprinkling; forward vs backward; once vs three times.)
 - c. In light of verse 14, how should a Christ-follower relate to the Old Testament?
 - d. How would you explain the gospel using this passage? Try role playing and give each other feedback on how to make your explanation simple and clear.

HUDDLE [Making It Personal and Praying Together – in Huddles]

4. Use your 2/4/6/8 Huddle Questions. It is especially important to identify and respond to anything God has been saying to you now, through this week's teaching.

Quotes

I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh. And I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.
~Ezekiel 36:26-17

This is the covenant I will establish with the people of Israel after that time, declares the Lord. I will put my laws in their minds and write them on their hearts. I will be their God, and they will be my people.
~Hebrews 8:10

And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.
~Romans 5:5

So that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love.
~Ephesians 3:17

Because you are his sons, God sent the Spirit of his Son into our hearts, the Spirit who calls out, "Abba, Father."
~Galatians 4:6

The goal of this command is love, which comes from a pure heart and a good conscience and a sincere faith.
~1 Timothy 1:5

Flee the evil desires of youth and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart.
~2 Timothy 2:22

But let your adorning be the hidden person of the heart with the imperishable beauty of a gentle and quiet spirit, which in God's sight is very precious.
~1 Peter 3:4

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.
~Hebrews 4:12