



Five Hacks for a Healthy Heart | Doug Wekenman | 9.11.22

Weekly Study

SHARE

On Sunday Doug started our new series “Let’s Go Change the World” with a conversation about the importance of having a healthy heart as he gave us tools to do so. Because what started as a spark with Jesus has started a wildfire movement called the church, and the baton is now in our hands. The only question is, what will we do with it? We say, let’s go change the world the world with it! This sermon series is a four-part journey, and the weeks build on each other because there’s a divine process to changing the world.

Before we jump into the study, take some time to check in with your group and ask the following questions:

- What is the most impactful or challenging thing you learned during Sunday’s sermon?
- What did that thing teach you about God? About yourself?

GROW

Read Proverbs 4:23

To be a part of changing the world with the Gospel we must have a starting point. As we look to scripture, we see that this all begins in the centrality of the heart. Just as Doug said this week, “a changed world starts with a changed you.” We will start where God begins. It is said

that our body only goes where our heart has already gone; our mouth only goes where our heart has already gone; our eyes only go where our heart has already gone. As we read in Proverbs 4, this conversation is the father instructing the son, “Above all else guard your heart, for everything you do flows from it.” Putting it in modern language, “if you do anything guard your heart because life comes out of your heart.”

If we take all the ways the Bible talks about the word heart, it describes the heart as the control center of our humanness; it’s the center of our thoughts, desires, emotions, and it’s the center of our purpose and our motivations. It’s the thoughts and motives and idols of our own hearts having the tendency to replace ourselves to the center of all things where in fact God belongs. This is why it is so important to guard our hearts and to constantly come to God praying as David, “Create in me a clean heart, O God, and renew a right spirit within me.” (Psalms 51:10-12). The beautiful thing about this is Jesus and his grace in the promise of a new heart (see Ezek. 36:26).

- What does the writer of Proverbs say about the purpose of the heart? How are we to take care of it? What does it mean for your life to “guard your heart above all else”?
- What keeps you from wanting to listen when you know God is trying to bring awareness and warning to the way you live? Does learning more about the importance and function of the centrality of heart change the way you may listen?

MOVE

The five hacks that Doug gave us are tools to a healthy heart. And to have a healthy heart we must guard them. As Doug said this week “yes, guard your heart from “jerks” but also guard your heart from anger, comparison, gossip, bitterness, envy, resentment, and despair.” Stuff like that will kill us and then we will wonder why our lives are not being used to change the world. So, guard your heart. Why? For everything you do flows from it. It is the most valuable thing you have. And there is no limit to what God can do in and through a healthy heart that belongs to Him.

FIVE HACKS FOR A HEALTHY HEART (As a group, choose one or two hacks to discuss)

Hate what is hurting you

Read Mark 14:72

Remember that Mark was writing all of this down as Peter told his story. Peter says this about himself. "I broke down and wept." This was the darkest night of his life, betrayal, and absolute failure in so many ways. Doug posed this thought; I wonder if his hatred of that night is what ignited the passion so strong in his heart to tell as many people as possible about the about the God who loves you at your worst. A healthy hatred is one of the greatest motivators for change.

- What is something in your life that you may tolerate in your life and need to start hating it?

Examine what's within you

Read Psalm 139:23-24

We need to trade in your microscope for a mirror. Asking the Holy Spirit to examine what's within our hearts. And this takes a lot of courage to pray this but the freedom we will experience is indiscernible!

- Ask yourself this question this week, what's it like to be on the other side of me? And then ask one of your closest people in your life how they experience you as friend, partner, co-worker...

Adjust what you Applaud

Read 1 Samuel 16:7b

Remember, Heaven doesn't celebrate what people tend to elevate. We applaud the platform, heaven applauds the process. The world claps for fame, heaven claps for fruit. In a world of the projected image, God looks at the substance. Doug mentioned that God is searching the world for hearts that don't care who gets the credit. Because that church will change the planet.

- How does this or can this shift the purpose and motive in your heart as you go about your daily life?

Rest on the Grace that Saved You

Read 1 John 3:19

This grace is what will sustain us. Nothing can separate you from his love, nothing. We must know who we are as a child of God. And the more we rest in the grace that saved us, the more we will know that same grace sustains you! So, just as Doug said this week, let us rest our heads on the heart of God. He's got this and he'll stay awake all night.

- How are believing this to be true in your life? Why can this be difficult to believe and live out of on a daily?

Take Jesus at His Word

Taking Jesus at his word requires so much faith and faith is so good for the heart. He's got good plans for our lives. There's no condemnation as we are loved, valued, and chosen in Him. Just as it was said this weekend, the more you believe this in your heart, the more you'll experience it in your life, and you will then see God glorified in and through you like never before.

- What does this mean to you? Do you believe God can use your life to change the world? Explain.

- **Dive Deeper:** Jump down to the “pray” section and split up into groups of no more than three to pray together.

P R A Y

Pray for each other. If you’re in a co-ed group, it may be easier to break up into groups to more freely share.