

# TALKING POINTS GUIDE

## SUNDAY SERVICE REFLECTION

Talk about your favorite moment from this week's worship service. What scripture passage, worship song, or sermon quote did you relate to the most? Why?

## SCRIPTURE REFLECTION

Choose one of the questions below to answer in relation to the above scripture passage(s).

- What did you notice about this passage(s)?
- What did this passage(s) teach you?
- How are you challenged to live differently?
- How can you apply this passage(s) to your day-to-day life?

## DISCUSSION QUESTIONS

- Are you naturally more inclined to follow your head, your gut, or your heart? Explain.
- Following your fickle heart is exceptionally dangerous. Why? What has your heart told you to do you are glad you didn't do?
- "Your heart was not designed to be followed; it was designed to be led." How can you position your heart to be led by God?

## SCRIPTURE READING

Pray and ask God to illuminate his Word. Then, read the below passage(s) of scripture out loud.

*My son do not forget my teaching, but keep my commands in your heart, for they will prolong your life many years and bring you peace and prosperity. Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart. Then you will win favor and a good name in the sight of God and man. Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.*

**PROVERBS 3:1-6**

## TALK IT OVER WITH KIDS

- When we say, "What's in your heart?" we mean "What is it that you want?" Think about a time your heart wanted something that was not good for you. What happened?
- Why do you think our hearts don't always know what is good and right for us?
- God, the One who created us and loves us, always knows what is right and good for us. He said this is the way to have the best life: *"Trust God from the bottom of your heart; don't try to figure out everything on your own. Listen for God's voice in everything you do, everywhere you go; he's the one who will keep you on track."*

Proverbs 3:5-6

# MESSAGE NOTES

## MESSAGE NOTE OUTLINE

- When we talk about “following your heart”, we are talking about making decisions.
- **Intellect**—use your **head**
- **Intuition**—trust your **gut**
- **Feelings/Emotions**—follow your “heart”
- “Follow” means something or someone is going to lead me.
  - Jeremiah 17:9
  - Matthew 15:19
- Our hearts never tell us the truth; they tell us what we want.
- Following your heart prioritizes your desires above all else.
- Our hearts lead down a path of vagueness and confusion.
  - I John 3:20
  - John 14:16
  - Proverbs 3:5-6
- Trust God from the bottom of your heart; don’t try to figure out everything on your own.
  - Proverbs 3:5-6 (MSG)
- My heart was not designed to be followed; it was designed to be led.

## MY NOTES