



DO NOT HARDEN YOUR HEART

1. CATCH UP ON LIFE:

This is when we update each other on the things that Jesus has been up to in our lives since we last saw each other. As church family, we care about each other's lives: what we're celebrating, what we're mourning, what decisions we are praying through, and everything in between. (1 Thessalonians 2:8, Romans 12:10 and 15)

Suggested time: 20-30 minutes

- What can you thank God for this week?
- When were you most aware of Jesus' presence this week?
- When were you least aware of Jesus' presence this week?

2. REVIEW THE MISSION:

Just like God the Father sent Jesus on a mission of reconciliation for us, Jesus sends us out as ambassadors of His reconciliation. We are called to make disciples wherever we go because Jesus changes everything. (John 20:21 and 2 Corinthians 5:18-20)

Suggested time: 10-20 minutes

- **People:**
 - Reactive - Who in your life (family, coworkers, etc.) can we join you in praying for? Who has God put around you that is showing spiritual interest? Who is hurting and could use some love from our group?
 - Proactive - Who are the people we are intentionally living on mission with (neighbors, STC partner organizations, or a specific demographic in Columbia)? What are our upcoming plans to love, serve, and build relationships with this group?
- **Plan:** Are there any rhythms already planned, or an extra rhythm we could plan to create a way for these friends to connect with our group?

Pray: *Prayer is the fuel of God's mission. Let's pray for our people by name; pray for their needs, and opportunities to have spiritual conversations that help them take next steps toward Jesus.*

3. SERMON DISCUSSION:

God uses His Word to reveal Himself to us, equip us to live the good life He's designed for us, show us our sin, and strengthen us as we follow Him. We preach the Word on Sundays and apply it as a LifeGroup throughout the week. (2 Timothy 3:16-17, Colossians 1:9-12 and James 1:22-25)

Suggested Time: 20-40 minutes

I. SCRIPTURE DISCUSSION

Primary Passages: **Hebrews 3:7-19** and **Hebrews 4:1-2, 6-7**

Read **Hebrews 3:7-19** and **Hebrews 4:1-2, 6-7** out loud. Spend some time silently reflecting and journaling the following questions as a LifeGroup.

- What stands out from the passage?
- What does this passage reveal to us about God?
- What does this passage reveal to us about people?

Share with one another what you thought, reflected, and wrote about.

II. SERMON AND BOOK DISCUSSION

What stood out to you from the sermon? What stood out from this week's reading of *For Our Good Always*?

Hebrews reminds us to be careful not to allow our hearts to harden against God, and to encourage each other to keep that from happening.

- If you were in danger of your heart hardening against God or His laws in Scripture, how do you think that hardening would happen? What shape would it likely take?

The sermon talks about how rather than being the bad guy, God actually has the best intentions possible for us and wants to take us to eternal joy.

- What do you currently find difficult about following Jesus, and how can you remember God's good intentions in the midst of that?

*Following
Jesus
Together*

For this series we're intentionally practicing Sabbath.

If you Sabbath last week, how did that go? What went well? What didn't go well? How can you improve next time?

If you haven't Sabbath yet, what's your plan to make that happen? What internal pushback do you have? What are some obstacles that may keep you from Sabbath and how can you plan around them?

4. ENGAGE THE HEART.

Jesus calls us to walk in the light, confessing our sins to God and each other. God's Spirit works through confession and community to lead us to repentance. (Romans 3:23-24, James 5:16 and 1 John 1:5-10)

Suggested Time: 20-40 minutes

We fight deceitful ideas with truth. We do this regularly through resources like the Digging Deeper Chart, Go-to Verses for Gospel Fluency, and the Truth Train. All of these tools are available at FollowingJesusTogether.com/confession

How are you abiding with Jesus (Bible reading and prayer) this week?

What sin do you need to confess to God? What are you struggling to trust Jesus with this week? How can you give Him control of it?

Has the Holy Spirit been prompting you to do anything that you've been resisting? What step(s) do you need to take to walk in obedience?

Pray: *James tells us that a community that regularly confesses sin and prays for each other will see a lot of healing. Confess your sins to God in prayer and pray for each other. **Pray** for the Spirit to work in you as you take steps of repentance.*