

LIFE GROUP – WEEK SEVEN



Jesus Warns of Hard Hearts

Hebrews 3:7-19

This Winter, we are experiencing God's presence together by encountering Jesus in the Book of Hebrews. This week, we were warned against hardening our hearts, as past generations of God's people have done. How do we avoid a hard heart? The preacher tells us: together, and with lots of encouragement.

GETTING STARTED

We start each week by intentionally being present to one another. If you need a little help getting the conversation going, consider starting with these questions...

Ice Breaker

What was your first job?

Going Deeper

Who's the most encouraging person you've ever known?

DISCUSSION GUIDE

Our discipleship to Jesus is meant to be a holistic way of living, involving our whole selves - **head, heart, and hands**. While each person will likely gravitate to one of these over the others, it's important we all consider how God's love affects our minds, our hearts, and our actions.

REMINDER: These guides are meant to facilitate PRESENCE - to God and one another - not to check boxes. Feel free to let conversation naturally flow to whichever questions connect with you personally. As the Spirit leads you, feel free to set aside this guide to pause, praise, and pray together.

HEAD

Consider the Iceberg illustration that Bubba shared (include pic). Does this resonate with you? Have you ever tried to change behavior (the tip of the iceberg) instead of addressing the things below the surface?

Parents - How does this illustration influence how you see your kids' disobedience? Does it change how you might discipline them through disobedience?

Read Psalm 95 - why do you think the exhortation to praise (v1-7) is paired with the warning not to harden your hearts (v8-11)?

HEART

This passage in Hebrews 3 is the only time in Scripture that the Holy Spirit is said to be warning God's people about something in our own hearts.

What does that tell you about how important this issue is to God? Why do you think God cares so much about your heart?

How do warning passages like this make you feel? How do you think the Holy Spirit wants to minister to you through warnings like this one?

One of the primary functions of sin is that it deceives and blinds us (Hebrews 3v13). How can you guard your heart against the deceitfulness of sin?

HANDS

Who do you have in your life that you know will encourage you? Who do you encourage on a regular basis?

How can this group grow in encouraging one another?

PRACTICE OF PRESENCE

Close your discussion with a time of extended prayer and confession (10-15min).

For a few minutes, quietly consider your own heart, inviting to Holy Spirit to reveal areas of hard heartedness, unbelief, deceit from sin, or disobedience. If your group feels comfortable doing so, name these things out loud, confessing your sin to one another (James 5:16).

Close out this time of prayer and confession by having someone read Psalm 32 as a reminder of God's forgiveness and transforming grace.