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Making sense of yourself & the world you live in.



## Week 3: Follow Your Heart

Primary Passage: John 8:30-36

Related Passages: Jeremiah 17:9, Matthew 15:18-19

*"To serve God, to love God, to enjoy God, is the sweetest freedom in the world."*

- Thomas Watson

### LifeGroup Study Guide:

**Read and Recap:** Have someone read John 8:30-41 and recap the highlights from this week's sermon.

- In what ways do you see the message "follow your heart" ingrained throughout our culture and society? How do you see the people in your life trying to exercise their freedom, especially by throwing off restrictions?
- What areas of your life make you feel the most restricted or trapped?

- How do you usually react when someone tells you that you have to do something or can't do something? Why do you think that is? Are you more inclined to rebel against restrictions and rules or more inclined to find comfort and security in them?

**Read Jeremiah 17:9 and Matthew 15:18-19.** Do you find these verses hard to believe? If so why? What resistances rise up in you as you read them?

- Can you think of times in your life when following your heart lead to pain for you or the people around you?

**Reread John 8:31-32.** What good and beneficial restrictions that Jesus gives are you most inclined to want to rebel against? How can we encourage you to take steps of repentance?

**Pray** that we look to and follow Jesus as we discern what desires of our hearts are worth following and which ones we need to reject or redeem.