

1

GETTING STARTED

How do you feel about health checkups? Love 'em or Dread 'em? Why do you think that is?

2

LOOKING BACK

Looking back on Sunday, is there anything that stood out to you, confused you, or challenged you?

Key Text: Matthew 5:8 (NLT) God blesses those whose hearts are pure, for they will see God.

Psalm 51:10 (NLT) Create in me a clean heart, O God. Renew a loyal spirit within me. Further Reading: David's Psalm after being confronted about Bathsheba (Psalm 51), Psalm 139

3

MY STORY

Cartoons sometimes show a character who has an angel on one shoulder and a devil on the other during a time of temptation. What's an example of a circumstance where you feel that kind of internal struggle?

What is one way you have personally seen God at work recently?

4

DIGGING DEEPER

2 Timothy 2:20-21 (NLT) 20 In a wealthy home some utensils are made of gold and silver, and some are made of wood and clay. The expensive utensils are used for special occasions, and the cheap ones are for everyday use. **21** If you keep yourself pure, you will be a special utensil for honorable use. Your life will be clean, and you will be ready for the Master to use you for every good work.

Paul wrote this to Timothy, a young church leader who he mentored. What are some of the risks when someone with an impure heart has responsibility for Kingdom work?

Since nobody is perfectly immune to temptation and sin, the Church seems like a risky plan. Why do you think God would advance His mission through a gathering of broken people?

4

DIGGING DEEPER (CONTINUED)

Paul continued to instruct Timothy with specific ways for him to keep himself pure: **2 Timothy 2:22 (NLT)** *Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace. Enjoy the companionship of those who call on the Lord with pure hearts.*

How does your involvement in a small group help you follow these instructions?

When do you know it's time to physically remove yourself from a tempting situation--to run--rather than standing and fighting the temptation?

The leaders of New Day have a theory that God will transform and refine people over time as they remain engaged in Sunday Worship, Sermon Based Small Groups, and Service Initiatives. These aren't the only paths for discipleship, just the ones we have prioritized.

How does sustained involvement in Sunday Worship services help someone purify their heart and see God?

How does sustained involvement in Sermon Based Small Groups help someone purify their heart and see God?

How do Service Initiatives train us to live with a pure heart and see God?

Why is sustained involvement more effective than occasional or sporadic involvement?

One way to memorize Scripture is to write down a passage, and then erase a few words at a time until you can recall it all. Can you fill in all of the verbs (the "doing" words) from Psalm 139:23-24 below?

_____ me, O God, and _____ my heart;
_____ me and _____ my anxious thoughts.
_____ out anything in me that _____ you,
and _____ me along the path of everlasting life.

5

BRINGING IT HOME

Work on memorizing the passage above and incorporating it into your prayer life. As we invite God into our thought life, He will point out ways for us to purify our hearts.

6

PRAYER REQUESTS How can we take practical steps to being an answer to these prayers?