

# What Do You Do About Your Conflicted Heart?

## Small Group Study

**Focus Verses:** Mark 7, Exodus 19:6, Isaiah 29:13, Proverbs 4:23,  
1 Corinthians 15:22, Philippians 4:6-7

**Opening discussion:** What are some Jesus-focused ways we can prepare ourselves to lovingly deal with difficult situations and challenging people out in the world?

### Discussion Questions:

1. As God's holy people, how are we like priests to unsaved people in the world? (Exodus 19:6)
2. What kinds of things outside of ourselves might we think can defile us? (Mark 7:15-19)
3. Why does everything that defiles us originate from within us? (Mark 7:18-23)
4. What kinds of things come out of a person that defiles them? (Mark 7:20-22)
5. What matters of your heart do you feel could defile you if you don't remain close to Christ? (Mark 7:21-23)
6. How can you come near to Christ, so your heart can be close to Him? (Isaiah 29:13)
7. What does it look like when someone honors God with their mouth and lips, but their hearts are far from Him? (Isaiah 29:13)
8. How can honoring God with our lips, but not with our hearts, push non-Christians away from God?
9. What are some ways you can guard your heart? (Proverb 4:23)
10. What becomes new within us when we are made alive in Christ? (1 Corinthians 15:22)
11. How can you establish a habit of presenting your requests to God in *every* situation? (Philippians 4:6)
12. In what ways does the peace of God, which transcends all understanding, guard our hearts and minds? (Philippians 4:7)

**For further growth:** Study the three big problems we have in this life –OR– study what the bible says about your guarding your heart. The three big problems are:

1. The Devil. Study [Ephesians 6:10-20](#).
2. Adam's sin. Study [Genesis 2:15-3:24](#).
3. Your flesh, your own desires. Study [James 1](#).

### Closing Prayer