

Enemies of the Heart | Week 1

Introduction

Our hearts—the center of our emotions, desires, and will—determine the direction and quality of our lives. Scripture teaches that everything we do flows from this wellspring. Many of our relational challenges stem from unaddressed emotional forces within us. These "enemies of the heart" silently sabotage our lives when left unexamined. By learning to identify and address these internal enemies, we can experience greater freedom, healthier relationships, and a more authentic walk with Jesus. This journey begins with honest self-examination and a willingness to allow God's truth to shine light on our hidden heart issues.

Conversation Starters (10 minutes)

- Think about a time when you overreacted to something. What happened, and what did you learn about yourself in that moment?
- How have you been connecting with God this past week? Have there been any highlights?

Sermon Notes Review (15 minutes)

What caught your attention, stood out to you, or challenged you from this weekend's teaching?

[Watch the Video](#) (5 minutes)

Group Discussion (45 minutes)

1. Have you ever been embarrassed by something you said?
2. Throughout this series, we will explore five "enemies of the heart": greed, jealousy, bitterness, guilt, and lust. Where have you seen one of these "enemies" cause problems in your life or the lives of others?
3. Read [Mark 7:20-23](#), [Jeremiah 17:9-10](#), and [Psalm 139:23-24](#).
 - What do these passages reveal about the connection between our hearts and our actions?
 - What do they reveal about our ability to understand our own hearts?
 - How does knowing God searches our hearts impact how we approach self-examination?
4. Which of the heart enemies do you find most challenging to identify in yourself? What warning signs might indicate that this enemy is at work in your heart?
5. Take the next five minutes in group for some personal prayer time to ask God to search your hearts and reveal any "enemies" He wants you to begin to surrender. You may want to [play some quiet music](#) in the background while the group prays silently:
 - Silently ask God to reveal any heart issues He wants you to become aware of.

- Write down or take note of any emotions, thoughts, or patterns that come to mind.
- For each item that comes to mind, ask God:
 - i. What could this indicate?
 - ii. What would you have me do about it?
- After about five minutes, come back together as a group. As you feel comfortable, share one insight from your time with God.

Prayer (5 minutes)

Use Psalm 139:23-24 as a guide for your closing prayer:

Search me, God, and know my heart;

test me and know my anxious thoughts.

See if there is any offensive way in me,

and lead me in the way everlasting.

Announcements (5 minutes)

- This will be our last series with group notes for the semester. Group notes will end the week of June 1 and will resume the week of August 11.
- Start planning a couple of times for your group to connect over the summer. One social and one service gathering is a good guideline. Check our [Serve Your Community page](#) for some ways to serve together!