



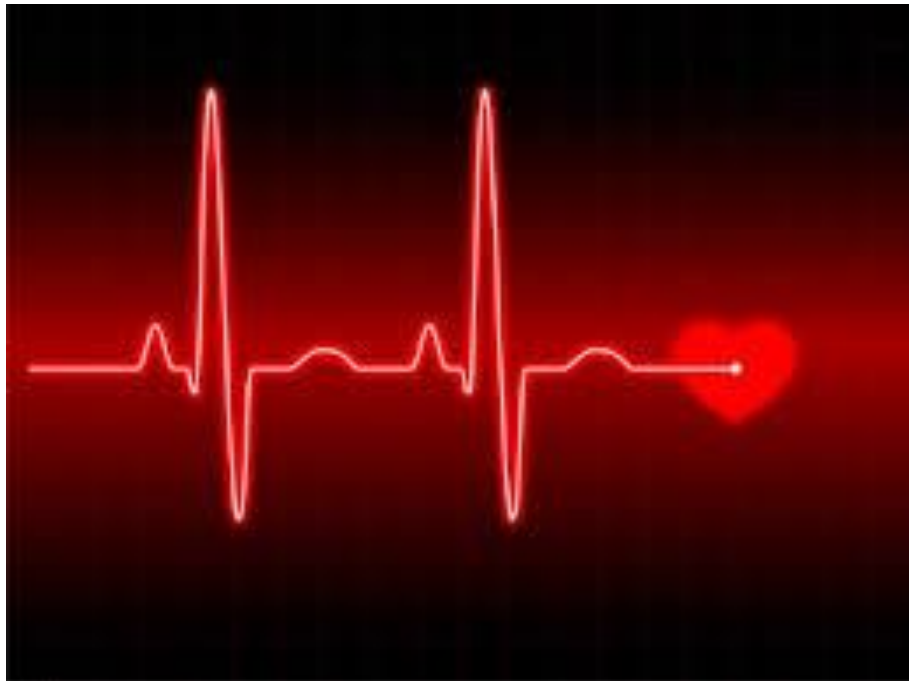
# York St Small Groups

## Sermon Based Studies

**Sunday June 3rd, 2018**  
**Speaker: Bernie Partenfelder**

# **The Heart of the Matter**

## **Matthew 5:1+8; Proverbs 4:20-23**



Please note that these studies are designed to be explored after hearing the Sunday Sermon and also to be accompanied by a time of prayer/sharing and supper.

To listen to this message again please head to the York St Website or download from iTunes.

Webpage: [www.yorkst.com.au](http://www.yorkst.com.au)

# **GETTING STARTED**

## **Question #1**

Take a minute to remember some points from Bernie's sermon "The Heart of the Matter". If you took notes on the day use them as a reminder.

Share with the group either a point or two that stood out for you personally from the sermon, or try to put your takeaway from the sermon in one or two sentences.

Some sermon notes:

- The heart of the matter is a matter of the heart.
- The condition of your heart is vital to your health and function. True in the physical realm, also true in the relational one. Look after your heart, your inner world, for everything (good/destructive) you say and do flows from it.
- "My outer world can become larger and busier and more complex than ever before but my inner world can easily become left behind and not grow at all. Because my inner life is invisible it is easy to neglect." (John Ortberg)
- What is the heart of a person in a non-physical sense?
- "Whatever is healthy, functional and transforming in you will find its way into all aspects of your life and relationships...on the flip side: whatever is unhealthy, dysfunctional and untransformed within you will also find its way into the relationships that are important in your life, including the communities you are seeking to serve." (Adapted from the Transforming Centre)

## **Question #2**

Share with the group about a time you said or did something you regretted. Where did the words or reaction come from – really?

## INTO THE BIBLE

### Question #3

Read Matthew 15:8-20.

Take a couple of minutes to reflect on this passage - with the focus on verses 18-20.

Share with the group what your understanding is of “the heart”.

What is standing out or confronting to you from the passage...what might God be saying to you through this passage in regards to your own faith journey?

### Question #4

Read Matthew 5:1-8 – read verse 8 from at least 3 different translations including the Message.

What is your understanding or insight into what purity of heart means or looks like and what is its relationship to our ability to “see the Kingdom of God”?

## DIGGING DEEPER

### Question #5

Read Proverbs 4:20-23.

Discuss this passage. With the focus on verse 23, what does it mean in practical ways to guard your heart and why does everything you say or do come from it? Why does life spring forth from your heart/inner world?

### Question #6

• Read, reflect, and discuss one of the following quotes:

Western people tend to think the great problems of life are outside of us when the real roots of our problems lie within.  
(Thomas Kelly)

The most important thing in life is not what you do; it's who you become. That's what you will take into eternity.  
(Dallas Willard)

• How can you invest into the health and function of your heart, your inner world? What things can get in the way of doing so and how can you overcome these obstacles?

• At least once in the next 3 days, and for at least 20 mins:

Find a quiet space to read & reflect on Psalm 86:1-13.

After you have reflected on it for a while, read out to God verses 11-13 as a personal prayer for yourself... then, adapt the prayer and pray the verses in your own words for one other person in your group (organise as a group who is praying for who).

Share what you felt or experienced during that time with the group next time you meet.