

FREEDOM

Small Group Leader Guide

WEEK FIVE



SECTION TWO

OVERFLOW OF THE HEART



WEEK FIVE

VIDEO NOTES: OVERFLOW OF THE HEART

*My son, pay attention to what I say; turn your ear to my words.
Do not let them out of your sight, keep them within your heart; for they are life
to those who find them and health to one's whole body.
Above all else, guard your heart, for everything you do flows from it.*

PROVERBS 4:20-23 NIV

*"...The LORD does not look at the things people look at.
People look at the outward appearance, but the LORD looks at the heart."*

1 SAMUEL 16:7 NIV

WEEK FIVE LEADER GUIDE

You will watch the Section Two Video as a group this week.

Videos are available for streaming and download at freedom.churchofthehighlands.com/resources.

Overview

This video sets up the second section of the curriculum, which includes surrender, forgiveness, and the power of the spoken word.

The condition of your heart is revealed by outward symptoms (giving in to temptation, depression, anger, lust, etc.). When these symptoms are present, there is a deeper issue, and it is associated with the heart. There are four blockages of the heart: selfishness, bitterness, rejection, and evil thoughts. In order to remove the blockage of selfishness, we must actively surrender our lives to God. Bitterness occurs and blocks our hearts when we hold on to a hurt caused by another person, and we must live a life of forgiveness to remove the blockage. A seed of rejection planted in our lives may also cause a blockage, and we can reverse this curse of rejection by discovering and receiving God's acceptance of us through the power of His Word. Evil thoughts result when we allow ourselves to be exposed to unholy things or speak lies over ourselves. These evil thoughts need to be replaced with truth from God's Word. We need to take steps to remove these blockages from our hearts in order to live in freedom. Invite the Holy Spirit to show you any ways in which your heart is blocked. Invite Him to change you. Invite Him to fill you so that your heart will be full of only what is good.

Discussion Guide

- Which one of the four blockages of the heart (selfishness, bitterness, rejection, evil thoughts) did you relate to the most? How might it be holding you back? What practical steps can you take to remove the blockage?
- Are there areas of your life that you have not surrendered to the Lord? Why do you think you are holding on to them?
- Have you ever thought about your words having power? Do you think you primarily speak words of life or words of death?

Prayer Focus

- Pray that each participant recognizes any selfishness, bitterness, rejection, or evil thoughts that are blocking their heart from all God has for them.
- Pray that they are open to the Holy Spirit showing them these areas, changing them, and blessing and filling them with truth!