



HEALTHY HEART

DIGGING DEEPER

WEEK 1: Healthy Heart

This study guide is designed to help you dig deeper into the weekend message and apply it to your life. The questions below are meant to encourage thoughtful reflection, discussion, and prayer for you and your LifeGroup.

PRAY [Have someone in your group open in prayer.]

MESSAGE SUMMARY

This week at Fair Oaks Church we kicked off part 2 of our series *Spiritual Fitness*. We learned that while a healthy heart is cultivated through spiritual disciplines of scripture, prayer, worship, and community it must be relationally centered on God and grounded in love for God.

KEY SCRIPTURE [Read aloud]

“For this reason I bow my knees to the Father of our Lord Jesus Christ, from whom the whole family in heaven and earth is named, that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height—to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.” [Ephesians 3:14-19]

DISCUSSION QUESTIONS

1. What stood out to you from this weekend's message or key scripture?
2. Read Mark 12:28-30. What does it mean to you to love God with all of your heart, soul, mind and strength? How might you grow in each of these areas in your love of God?
3. Share about a time in your life when you most strongly experienced the love of God or most strongly expressed love to God. Where were you, what were you doing? What about that experience was so powerful in your life?
4. Take a moment to take the Healthy Heart section of the Spiritual Fitness Assessment (available at fopc.org/spiritualfitness or via the Fair Oaks Church app). Share your score in these areas with your group or a spiritual friend.

PRAY [Close your time in prayer. Allow time to pray for any needs in your group.]

Close your time by asking God to help you and your group to love God with all of your heart, soul, mind, and strength.