



HEALTHY HEART

# DIGGING DEEPER

WEEK 2: Father

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 continued our series on *Spiritual Fitness*. We learned that a healthy heart is focused on God, our glory and joy, in an abiding relationship with God as our good father.

## KEY SCRIPTURE [Read aloud]

“Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God. He who does not love does not know God, for God is love. In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that we might live through Him. This is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins. Beloved, if God so loved us, we also ought to love one another. No one has seen God at any time. If we love one another, God abides in us, and His love has been perfected in us. By this we know that we abide in Him, and He in us, because He has given us of His Spirit. And we have seen and testify that the Father has sent the Son as Savior of the world. Whoever confesses that Jesus is the Son of God, God abides in him, and he in God. And we have known and believed the love that God has for us. God is love, and he who abides in love abides in God, and God in him.”

[1 John 4:7-16]

## DISCUSSION QUESTIONS

1. What stood out to you from this weekend's message or key scripture?
2. Read 1 John 3:1. What does it mean to you to know and love God as a father? Is that a hard or easy concept for you? How is your experience of God as a father shaped by your experience (or absence of) your earthly father? How might you allow God to be your father now?
3. Share about a time in your life when you recognized and experienced yourself as a well-loved child of God? How does that realization change the way that you live your day-to-day life? How might you experience that more consistently?
4. If you haven't yet, take a moment to take the Healthy Heart: God portion of the Spiritual Fitness Assessment (available [fopc.org/spiritualfitness](http://fopc.org/spiritualfitness) or via the Fair Oaks Church app). Share your score with your group or a spiritual friend. Where does your current score for love of God land on the Spiritual Fitness Scale? What is one way you might want to respond to grow in your ability to love God?

**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.