



HEALTHY HEART

DIGGING DEEPER

WEEK 3: Jesus

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 in an abiding love relationship with Jesus Christ, the Son of God.

KEY SCRIPTURE [Read aloud]

Jesus said "As the Father loved me, I also have loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. These things I have spoken to you, that my joy may remain in you, and that your joy may be full. This is my commandment, that you love one another as I have loved you. Greater love has no one than this, to lay down one's life for his friends. You are my friends if you do whatever I command you. No longer do I call you servants, for a servant does not know what his master is doing; but I have called you friends, for all things that I heard from my Father I have made known to you."

[John 15:9-15]

DISCUSSION QUESTIONS

1. What stood out to you from this weekend's message or key scripture?
2. Read 1 John 4:9-10. How has God shown his love to us in Jesus? What does it look like for you to love God in relationship with Jesus Christ, the Son of God?
3. What does it mean for you to follow Jesus and obey him? What is the relationship between loving Jesus and obeying him?
4. If you haven't yet, take a moment to take the Healthy Heart: Jesus portion of the Spiritual Fitness Assessment (available 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 for God and obedience to Jesus land on the Spiritual Fitness Scale? How might you grow in your obedience and love in following Jesus more closely?

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.