

5. Intimacy...schedule them if you have to.
6. Talk about meaningful things.
7. Dates!

**G. I can guard my singleness.**

1. Guard my heart first...accountability....build boundaries between you and temptation.
2. Respect God's design for marriage.
3. Connect with God as often as you're able...face old wounds...ditch your baggage.
4. Fasting...increases our disciplines.
5. Life Groups

**III. The moment of clarity - "I'm not who He says I am."**

**A. GRACE**

1. To forgive
2. To be obedient

## Life Group Homework

For the week of November 6, 2016

### QUICK REVIEW

- 1) Looking back at your notes from Sunday's teaching, was there anything that caught your attention?

### MY STORY

- 2) Looking back at last week, what did you learn about honoring your parents?
- 3) Is there something you need to shift in your life about how you view authority?
- 4) What was your takeaway from last week's study?

### DIGGING DEEPER

Exodus 20:13-14 (NLT)

<sup>13</sup> "You must not murder."

- 5) What does it mean to "murder"?
- 6) Is there a difference between murder and killing in self-defense?

Matthew 5:21-22 (The Message Bible)

*"You're familiar with the command to the ancients, 'Do not murder.' I'm telling you that anyone who is so much as angry with a brother or sister is guilty of murder. Carelessly call a brother 'idiot!' and you just might find yourself hauled into court. Thoughtlessly yell 'stupid!' at a sister and you are on the brink of hellfire. The simple moral fact is that words kill."*

- 7) These verses from Matthew show Jesus speaking to a crowd on the Mount of Olives. How does Jesus help the people of the crowd dig deeper and see the intent of the commandment "do not murder?"
- 8) What does Jesus teach us in these verses about the attitudes of our heart?

Philippians 4:8 (NLT)

*And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.*

- 9) In light of Jesus explaining that the heart is the place where attitudes and sin flow from, how can the passage from Philippians be of help to the Christian?
- 10) How do the things we think about impact the way we speak and view people around us?

<sup>14</sup> "You must not commit adultery."

- 11) What does it mean when it says "adultery?"

Matthew 5:27-30 (NLT)

*"You have heard the commandment that says, 'You must not commit adultery.' <sup>28</sup> But I say, anyone who even looks at a woman with lust has already committed adultery with her in his heart. <sup>29</sup> So if your eye—even your good eye causes you to lust, gouge it out and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell. <sup>30</sup> And if your hand—even your stronger hand causes you to sin, cut it off and throw it away. It is better for you to lose one part of your body than for your whole body to be thrown into hell."*

- 12) What is Jesus teaching us here about sin and our hearts?
- 13) Verses 29-30 sound extreme, and Jesus is speaking about taking drastic measures to protect our hearts from sin. What kind of measures would be considered extreme in today's culture to protect ourselves from adultery?

## Exodus: Journey of Revelation "It's a Heart Thing"

Pastor Craig Sweeney

November 6, 2016

Exodus 20:13-14

"You must not murder." <sup>14</sup> "You must not commit adultery."

**Revelation:** The holy God cares about my heart and its impact on others.

**Key Points:**

I. Unpacking these two commandments:

A. **What is "murder?"** - "The illegal or immoral taking of a life."

1. Matthew 5:21-22

B. **What is "Adultery?"** - "Sexual intimacy with someone other than your spouse."

1. Matthew 5:27-30

II. A case study - David (Psalm 51:1-19)

A. **Breaking these commandments lead us away from God.**

B. **A heart far from God can be returned.**

C. **A heart far from your spouse can be returned.**

D. **Benefits of a clean heart:**

1. Peace, focused, joyful, feeling clean, feel loyalty, experience God's presence, obedience, teachable, forgiven, contrite, repentant, RESTFUL.
2. An unclean heart: Guilt, anxiety, being haunted, judgement, feeling dirty, feeling broken, unable to experience joy, stained, emptiness, alone, without God, HOPELESS.

E. **I can guard my heart.**

1. Tend the garden...every day.
2. Be honest with yourself and God.
3. You have to pay attention to the boundaries of your garden...inside and outside of them.
5. Intimacy...schedule them if you have to.
6. Talk about meaningful things.
7. Dates!

F. **I can guard my marriage.**

1. Guard my heart first...accountability...flee from tempting situations.
2. Pray with your spouse daily. 60 seconds can change your life.
3. Life Groups
4. Don't slip into roommate mentality...break out of it...compliment your spouse often.

### TAKING IT HOME

Proverbs 4:23 (NIV)

"Above all else, guard your heart, for everything you do flows from it."

14) In Proverbs 4:23, we see two significant thoughts about our hearts. First we are told to guard our heart. What do you think the writer means?

15) How can we apply the principals from the previous question?

Proverbs 4:23 (English Standard Version)

"Keep your heart with all vigilance, for from it flow the springs of life."

Proverbs 4:23 (NLT)

"Guard your heart above all else, for it determines the course of your life."

16) If the first part of the verse is about guarding our hearts, what flows from our hearts and why is it important?

17) What does it mean by "springs of life", and why is it important?

### CHAIR TIME TOOLS

This week pray and think about Proverbs 4:23.

18) What is flowing from your heart?

19) What are some things you need to stop doing and what are some things you need to start doing in regards to guarding your heart?

Our hearts are much like fountains, whatever we have inside tends to be sprayed out on those around us. Are the things in our hearts building up or tearing down those around us? Our thought life is a part of our heart and can greatly impact what comes out of us.

20) Is my thinking a Christ-centered thought process? In other words, am I only thinking about myself or am I thinking about how I can serve others? Am I thinking like a victor in Christ or am I blaming others for the consequences of my choices? Do I surrender to God's grace and let Him shape me?

