**Series: Wellspring**

**Message: A Healthy Heart** May 5, 2019

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Proverbs 4:23

A healthy heart looks out.  
Philippians 2:4

**Life Group Study**

For week of May 5, 2019

*Welcome to the Spring Session of Life Groups! Many of our Life Groups use this insert as a discussion guide throughout the week. We encourage you to take that next step in your journey with Jesus and His church by joining one today!* ***www.seekreallife.com/groups***

**Share your story**

What insight, question, or resolution did you discover from our time of worship together on Sunday?

*On Sunday we heard from two wonderful missionaries to Nicaragua who are following Jesus by serving the poor in a very dangerous environment.* How does their story help keep our hearts moving outward as God continues to change us on the inside?

What do you do when God reveals something to you that you hadn’t seen before? How do you respond to Him?

**Connect to God’s story**

Read Acts 26:9-11.

*Paul (also known as Saul) talks about some awful things he did to the followers of Jesus.* Why do you think Paul shared this part of his story? Is it difficult to share with others about the things you’ve done that you’re not so proud of?

Have you ever been spectacularly wrong? What helped you see and what did you do?

Could sharing your story risk damaging your reputation or credibility in the eyes of those who listen?

Can God use a rocky or troubled history to bring Him glory? How has God used parts of your story that you may not be too proud of?

**Read Acts 26:12-20.**

What jumped off the page at you as you read the story of Jesus grabbing ahold of Paul’s heart and changing his mission?

Have you had the opportunity to share with someone what Jesus has done in your life? What would you say is the hardest part of sharing your story?

*Take a moment and thank God for their story and what He is doing in and through them into the lives of these families. Pray for their safety and that the amazing impact they are having as they boldly serve the Lord. Also, consider giving to this great work here:* **rlc.pub/missions**

Jesus came and told his disciples, “I have been given all authority in heaven and on earth. Therefore, go and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit.”

- Matthew 28:18-19 (NLT)

**My Prayer for 2019**

My Lord and Savior Jesus, thank you for your gift of grace to me. My soul hungers for you. I want to know you – not just intellectually, but relationally. I give you permission to tear down every false thought, every lie, and every stronghold the Enemy has established within me.

I will pursue my relationship with you with my whole heart. I will hold nothing back from you. I am open and willing to receive the good things you have planned for me.

I ask:

Work your good in me so that I might reflect you more.

Work your good for me so that I might receive all that you intend for me.

Work your good through me so that all around me, people will experience your love and goodness and be drawn to you.

I am open and ready for all you will do in, for, and through me.

I love you, Jesus.

Amen

**Together in prayer.**  
*As a church, let us come together in prayer:*

* Pray for kitchen remodel to go smoothly.
* Pray for continued work— to complete remaining projects on the building.
* Pray for the one. May God draw each person into a living relationship with Himself.
* Pray for a heart that is responsive to need around you.
* Pray for the ongoing funding of the building project.
* Pray for our city! For God to reveal Himself in transforming ways.
* Pray for boldness to reach our community with the love of Jesus.