



Small Group Discussion Guide

Ice Breaker: Are there any childhood prayers that you recall? When were they used? Why do you think you still recall them?

Instructions: If your group meets bi-weekly do 1, 4 & 5.

1. When you think about prayer, what comes to mind? Has prayer ever intimidated you? If so, how? Who has been the most influential person in your life when it comes to prayer? Why have they had this impact? What is one thing you'd like to change in your prayer life during this new series?
2. Read Psalm 139:23-24. What benefits are there in asking God to know and search our hearts? In what ways does God already know the condition of our hearts? Is this true for us? How can we truly know our own heart? How does Jeremiah 17:9 speak to the issue of our heart's condition? Pastor Tom stated that "without Jesus in our lives, we have terminal heart disease." Describe the heart change that occurs when someone says YES to Jesus as their Lord and Savior.
3. Pastor Tom stated that "what we fear the most uncovers where we trust God the least" and "we replace trust with worry/fear." How would asking God to search our hearts help us deal with anxiety and fear? Read 1 John 4:18a. How does perfect love take fear away? How have you experienced this in your life?
4. Re-read Psalm 139:24a. What does it ask us to do? Pastor Tom stated that this verse is asking us to unmask our sins. Why is true self-awareness so hard to achieve? Review the 3 questions Pastor Tom listed to develop better self-awareness. Have you experienced a time when God showed you something you've tried to ignore, deny, explain away or justify? Explain.
5. The Psalmist in verse 139:24b prays for guidance. What do you believe it means to be led in the way everlasting? If we've trusted Jesus with every aspect of our lives, He will guide and direct us as outlined in Psalm 139:24, 2 Corinthians 9:8 and Ephesians 3:20. How do these verses encourage you?

Personal Guide for Week of May 21st

- DAY 1 - Read Psalm 139.** How well does God know our thoughts and actions?
- DAY 2 - Read Psalm 139.** What do we learn about ourselves when we ask God to search our heart?
- DAY 3 - Read John 2:23-25.** What does Jesus know about the heart of man?
- DAY 4 - Read Psalm 139.** How does God knowing our anxious thoughts help us in overcoming them?
- DAY 5 - Read Psalm 139.** How does asking God to reveal offensive ways free us to experience our walk with Him?

MESSAGE NOTES & SMALL GROUP
DISCUSSION // PERSONAL GUIDES

#AMEN

A SERIES ON PRAYER

MAY 21, 2017

"Search My Heart"

*Search me, **GOD***
*& know my **HEART**;*
TEST ME & KNOW
my anxious thoughts.

SEE *if there is*
any **OFFENSIVE** *way in* **ME,**
& LEAD *me in the*
WAY EVERLASTING

PSALM 139:23-24 (NIV)



“Search My Heart”
[Tom Lundeen, Senior Pastor]

MESSAGE NOTES

Prayer is something that most people (even people who are not Jesus' followers) do at various times in their lives...but most of us feel that effective prayer is _____, challenging, and even really hard to do.

So often if we pray at all, our prayers are fairly generic, _____, “safe”, and predictable.

In this series, we're going to learn about praying c_____ prayers...

- ...prayers have potential to r_____ our lives...
- ...prayers that move us out of our comfort zone...
- ...and move us towards God's purposes and _____.

Note Psalm 139:23-24

1. Weigh/_____ My Heart (note Psalm 139:23a)

Why should we ask God to search/weigh/sift our hearts when that's not a _____ to Him (note Psalm 139:1)?

The problem we have is that we are often blind to the _____ condition of our heart. Note Jeremiah 17:9

Without Jesus in our lives, we have _____ spiritual heart disease.

Jesus understood how u_____ the human heart is (note John 2:25).

Think of how often we _____ to ourselves...

God will show us what's really inside us that isn't good, holy, or healthy, not to be _____, but to draw into a closer connection with Him...

2. Uncover My Anxieties (note Psalm 139:23b)

Many people today live _____ with fear and anxiety.

...what we _____ the most uncovers where we trust God the least.

We _____ trust with worry/fear.

Note I John 4:18a

3. _____ My Sins (note Psalm 139:24a)

We find it easier to both accuse others while we _____ ourselves.

Self-awareness is not a _____ strength for most of us.

3 questions to help us develop greater self-awareness.

- A. What are others trying to tell me? (more than _____ people who genuinely care about you).
- B. What am I r_____?
- C. Where am I noticeably d_____?

God will point out things we've tried to ignore, deny, explain away, or _____.

4. _____ Me (note Psalm 139:24b)

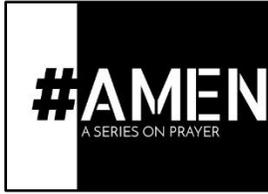
When we surrender our lives to God; invite Him to i_____ our hearts; show us what we fear the most...expose our sins...recognize how much we need the _____ and grace of Jesus in every aspect of our lives...then we're ready to receive guidance and direction from a God who loves us and has a purpose and a plan that is beyond our _____ comprehension (note II Corinthians 9:8 and Ephesians 3:20).

#Amen (“So be it”):

I want to challenge you to start praying prayers like this one in Psalm 139...

- ...prayers that go beyond the _____...
- ...beyond the redundant...
- ...the common...
- ...the “_____”...
- ...and move us into a place _____ our usual comfort zones...
- Accept the challenge and opportunity to pray Psalm 139:23-24 every day this week!

Tell someone about the next step you took today in your spiritual journey. You can also use the connect card to let us know about your commitment, too!



“Search My Heart”
Tom Lundeen, Senior Pastor

MESSAGE NOTES

Prayer is something that most people (even people who are not Jesus' followers) do at various times in their lives...but most of us feel that effective prayer is elusive, challenging, and even really hard to do. So often if we pray at all, our prayers are fairly generic, rote, “safe”, and predictable.

In this series, we're going to learn about praying challenging prayers...

- ...prayers have potential to redirect our lives...
- ...prayers that move us out of our comfort zone...
- ...and move us towards God's purposes and heart.

Note Psalm 139:23-24

1. Weigh/Sift My Heart (note Psalm 139:23a)

Why should we ask God to search/weigh/sift our hearts when that's not a mystery to Him (note Psalm 139:1)? The problem we have is that we are often blind to the true condition of our heart.

Note Jeremiah 17:9

Without Jesus in our lives, we have terminal spiritual heart disease. Jesus understood how untrustworthy the human heart is (note John 2:25).

Think of how often we lie to ourselves...

God will show us what's really inside us that isn't good, holy, or healthy, not to be mean, but to draw into a closer connection with Him...

2. Uncover My Anxieties (note Psalm 139:23b)

Many people today live daily with fear and anxiety. ...what we fear the most uncovers where we trust God the least.

We replace trust with worry/fear.

Note 1 John 4:18a

3. Unmask My Sins (note Psalm 139:24a)

We find it easier to both accuse others while we excuse ourselves. Self-awareness is not a natural strength for most of us.

3 questions to help us develop greater self-awareness:

- A. What are others trying to tell me? (more than 2 people who genuinely care about you).
- B. What am I rationalizing?
- C. Where am I noticeably defensive?

God will point out things we've tried to ignore, deny, explain away, or justify.

4. Guide Me (note Psalm 139:24b)

When we surrender our lives to God; invite Him to investigate our hearts; show us what we fear the most...expose our sins...recognize how much we need the life and grace of Jesus in every aspect of our lives...then we're ready to receive guidance and direction from a God who loves us and has a purpose and a plan that is beyond our limited comprehension (note 2 Corinthians 9:8 and Ephesians 3:20).

#Amen ("So be it"):

I want to challenge you to start praying prayers like this one in Psalm 139...

- ...prayers that go beyond the surface...
- ...beyond the redundant...
- ...the common...
- ...the "safe"...
- ...and move us into a place beyond our usual comfort zones...
- Accept the challenge and opportunity to pray Psalm 139:23-24 every day this week!

Tell someone about the next step you took today in your spiritual journey. You can also use the connect card to let us know about your commitment, too!