

OVERCOME

Week 2:

Overcome Feelings

*Rev 2:1-7; Mark 9:17-24;
Ps 84:1-2,10; Ps 22:1-2*



OPEN

Welcome to our series called **“Overcome the Lies of the Heart.”** Like a marathon runner who has to overcome the inner battle that tells them they cannot continue running, we too need to overcome lies of the heart that tell us we can’t follow Jesus. Some of the lies tell us we have to earn God’s love, or that our faith needs to look a certain way to be good enough, or that salvation is only a personal matter that only requires an intellectual belief in the right facts. These lies and others battle for our hearts and keep us from pursuing the truth of the Jesus. Which lies have gripped your heart and how can you, through the Holy Spirit, identify these lies and replace them with God’s truth.



READ

- **Read the sermon’s main texts:**
 - Rev 2:1-7; Mark 9:17-24; Ps 84:1-2,10; Ps 22:1-2
- Summarize these text(s) in your own words?
- What does this text(s) teach you about the sermon’s main idea?
- What word or phrase stands out to you and why?
- What part of the text(s):
 - encourages you?
 - challenges you?
 - creates a question in you?



REFLECT

- What does this passage(s) teach us about God's character, His promises, or His commands?
- How does this passages(s) apply to our daily lives and interactions with others?
- What principles or lessons can we draw from the text(s) to guide our decisions and behaviour?
- Are there any examples of faith, obedience, or perseverance in the text(s) that we can emulate?
- How does passage(s) challenge our preconceptions or cultural norms?
- What attitudes or mindsets should we cultivate or avoid based on the passage(s)?
- Are there any specific actions or changes we need to make as a result of studying this passage(s)?
- How does this passage point us to Jesus Christ and His redemptive work?
- How can we share the insights and truths from the passage(s) with others to encourage and edify them?
- What is one application you feel God may be inviting you to consider through either Sunday’s message or the scripture you just read?
- What would it look like for you to incorporate that truth into you life?
- What is an opportunity that could come if you did that?
- What is one barrier that may stop you from applying this truth?



PRAY

- How can we pray as a group in light of what we have discussed today?
- What person, place, or situation is on your heart today? Pray about that together.
- Continue to pray for our elders, staff, and leaders in this season of transition. Thank God for the unity we have and ask for his wisdom as we follow his leading during this time.

