***Life Group Questions***

***Condition of your Heart***

***October 22, 2017***

**Four Things That Effect Your Heart**

1. Lack of Rest

Matthew 11:28-30, Genesis 2:2-3, Exodus 20:8-10

1. Spiritually Dehydrated

John 7:37-39, Zechariah 4:6, Luke 4:1-2

1. Getting filled with the wrong things

Romans 12:1-2

1. Out of Shape

1 Corinthians 6:19-20, 1 Timothy 4:8

**Questions**

1. **Look up and read the scriptures listed above. What did the Holy Spirit impress upon you as you read the verses?**
2. On a scale of 1 to 10 (1 = poor & 10 = excellent), how would you rate yourself in the areas that effect your heart? Which step is your weakest area and why? Which step is your strongest area and why?
3. Share one thing that you have filled yourself with (that is not good) that you feel God is asking you to lay down.
4. Name one step that the Holy Spirit is leading you to do to strengthen your heart. What will you do, and how and when will you do it?