



Notes | September 15, 2024

## As It Is In Heaven: Inside Out - Heart to Habit

---

A lot of us have an obsession with taking care of the outside of our bodies, but tend to not think twice about the inside. We focus solely on treating the outward symptoms so that other people don't know our "flaws." In doing that we not only hide from those around us but also end up hiding ourselves from God. We focus so much on our worldly exterior that we miss our heart that is falling apart. When we accept Jesus into our lives, we have a new identity to recognize, and a call to SURRENDER our hearts to him. Surrender can't just be a one-time thing. We sin daily and need to seek forgiveness from the sin, be authentic with others and God, and not try to hide the symptoms.

### Key Scripture | Romans 12:2

Do not conform to the pattern of this world, rather be transformed by the renewing of your mind.

### Related Scriptures

Matthew 23:25-26; Romans 3:23, 1 Samuel 16:7; Matthew 15:18-20; Hebrews 10:11-14; II Corinthians 5:16-17

### Icebreakers:

Q: Do you have a strange or unique habit?

## Key Thoughts and Reflections:

### I. Jesus reorders what the mess of sin really is.

Q: Sin often appears to be good when it's bad. A lie becomes "I misspoke." Hate becomes "I'm justified." Give an example of a sin that you have or have seen justified to yourself or



others?

Q: The symptoms of sin are external, but the source of sin lies in your heart. What is an "external" symptom of sin?

Q: Do you have someone in your life that can hold you accountable to addressing your heart and not just the symptoms?

## II. Jesus reorders how to get clean from sin.

Q: How do you define "free from sin"?

Q: Is it easy for you to ask God for forgiveness or do you hold onto it in shame/anger?

Q: The Pharisees in the time of Jesus were priests that were focused on how they were perceived on the outside? Christ tells us to be more concerned with the heart. Can you think of an example in your life where you misjudged a book or situation by the cover?

## III. You don't have to clean up your mess on your own. We need God's power.

Q: Do you struggle not having control?

Q: If we resist God's kingdom order it leads to exhaustion and frustration. Where have you experienced exhaustion because you didn't give it to God?

Q: If you cooperate with God's kingdom order it leads to freedom and change. Where have you seen this played out in your own life? Name an area of your life where you experienced freedom?

## Get Practical

It's easy to get caught in wanting to "keep it all together" while the inside of our hearts are falling apart. God wants us to surrender control to Him so that we can live in freedom! Whatever you struggle with, take time this week to lay it down in prayer to God. You can also text prayer to 37748 and we will pray with you!