

# HOW'S YOUR HEART?

## Week One

### SERMON RECAP

Matt Regan explored how Jesus consistently dug beneath the surface level of "How are you?" conversations to ask the deeper question that transforms everything: "How's your heart?" Drawing from an understanding of the heart as our innermost center, Matt revealed why we settle for half-hearted living when God designed us for wholehearted passion. This weekend's message challenged us to stop filling heart vacuums with temporary fixes and surrender to the One who can truly heal what's broken. Watch or revisit the message at [mynorthside.com/messages](http://mynorthside.com/messages).

### GET STARTED

- What's the fastest way to your heart: food, compliments, memes, music, coffee, etc...?
- What song or movie scene gets your heart every single time?

### TAKE IT IN

- What encouraged or challenged you from the message this week? Why?

### TALK IT OVER

- Matt taught that the Hebrew word *levav* and Greek word *kardia* described the innermost part of a person. Similar to the heart of a city where everything important happens. It's not just feelings, but the core of who we are underneath the surface. **How does understanding this deeper definition of "heart" change the way you think about the question "how's your heart?"**
- We're often better at monitoring our behavior than monitoring our hearts. **Why do you think that's true?**
- **Read 1 Samuel 16:7, Proverbs 4:23; 27:19, Jeremiah 17:9-10, Ezekiel 36:26-27, Luke 6:45, Matthew 6:21, 2 Corinthians 4:16.** Use these passages and in the space below, write down some observations from Scripture about the heart. **What stands out to you and why?**
  
- In the message, Matt mentioned that we often settle for 'half-hearted' living (i.e. half-hearted marriages, jobs, friendships, etc...). **What do you think prevents people from living wholeheartedly? Looking at your own relationships and responsibilities, where do you find**

**yourself going through the motions instead of being fully present and engaged? Why?**

- Our hearts carry deep questions like: *Am I loved? Am I safe? Am I seen? Do I belong? Am I enough?* **How do these questions surface in your own life? In what ways does knowing that God looks at you with love and delight reshape the way you see yourself and treat others? What are some practical ways you can remind yourself daily of God's love and delight for you?**
- In the message, Matt quoted Dr. John Walker saying, "if pain is never surrendered to Jesus, we end up living from it instead of healing through it. **What's the difference between living from our wounds versus healing through them?**
- Time for a heart check. **What has gone well over the past few weeks? What has been difficult?**
- **Using the words below (or choose your own), how would you describe your heart right now?**

Down  
Low  
Dissatisfied  
Defeated  
Sure  
Inspired  
Determined  
Free  
Irritated  
Frustrated

Resentful  
Betrayed  
Loving  
Devoted  
Receptive  
Comforted  
Cautious  
Anxious  
Exhausted  
Hungry

Numb  
Uncomfortable  
Abandoned  
Remorseful  
Belittled  
Relaxed  
Refreshed  
Cheerful  
Joyful  
Striving

### **LIVE IT OUT**

This week, set aside 15 minutes of quiet time to honestly ask yourself, "How's my heart?". Don't focus on how you're doing on the surface, but what's really happening inside. Identify one area where you've been half-hearted (a relationship, your work, your walk with God) and name what's behind it (is it a wound, fear, exhaustion, or something you're using to fill the void?). Then take one small step toward wholehearted living: have that honest conversation, set a boundary, confess to a trusted friend, or simply pray, "God, I surrender this part of my heart to you."

### **Memorize:**

*"Above all else, guard your heart, for everything you do flows from it."* **Proverbs 4:23**

### **Further Study:**

- *Enemies of The Heart* by Andy Stanley
- *Unhindered: Discover Healing, Freedom, & Power Within* by Charity Byers and John Walker