



HEART ISSUES

01.17.2021 | WEEDS AND SEEDS



KEY SCRIPTURES

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

Jonah 1-4 (It's less than 50 verses)

ACTIVITY

Plant your sunflower seed.
(if you were not in service, plant a seed of your choice!)

- Water it
- Give it sunshine
- Protect it from weeds
- Watch it grow!



KEY POINTS

HEART ISSUES (WEEDS) ARE GIVEN BECAUSE OF HEART ISSUES (WEEDS) RECEIVED.

HEART JOY/LOVE RECEIVED WILL RESULT IN HEART JOY/LOVE GIVEN!

DISCUSSION QUESTIONS

RELATE:

What was something that frustrated you this month?
What was something that made you smile this month?

READ/REFLECT:

Jonah 1-4 (Take turns reading 1 chapter at a time)

RESPOND:

Do you ever relate with Jonah? Explain how.
What were some of the "heart struggles" Jonah dealt with?
What made Jonah angry? Do you think it was right to feel that way?
Have you ever wanted something bad to happen to someone you didn't like?
Be honest, are you quick to forgive or do you hold grudges?
What emotion do you feel when you see someone you have a grudge against?
What emotions do you feel after you have forgiven someone?
How can you separate yourself from the negative weeds?
How can you surround yourself with more Love and Joy?

Pray as a family.

ANNOUNCEMENTS:

Middle School Groups Start in February!

- Wednesday Nights @ 7PM in room 226 | Friday Nights @ 7pm ONLINE (on our Discord server) 📌



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