



Week 1 – Jesus, Reset My Heart

1. Consider the following list and ask yourself the question: “What am I depending on or putting my faith in today?” (Check all that may apply.)

<input type="checkbox"/> My spouse	<input type="checkbox"/> The way things have always been	<input type="checkbox"/> My spiritual disciplines
<input type="checkbox"/> My bank account	<input type="checkbox"/> The way I wish things would be	<input type="checkbox"/> Something else
<input type="checkbox"/> My kids’ success	<input type="checkbox"/> People’s acceptance	<input type="checkbox"/> Someone else
<input type="checkbox"/> My job	<input type="checkbox"/> Approval from people	<input type="checkbox"/> Myself
<input type="checkbox"/> My success	<input type="checkbox"/> Avoiding the ‘bad stuff’	<input type="checkbox"/> Jesus
<input type="checkbox"/> The stock market		<input type="checkbox"/> God’s Word
<input type="checkbox"/> My Habit(s)		<input type="checkbox"/> “How well I am doing”

2. Psalm 24:3-4 (NLT) says, “Who may climb the mountain of the LORD? Who may stand in his holy place?⁴ Only those whose hands and hearts are pure, who do not worship idols and never tell lies.” How does this verse apply to the list in the previous question? How could things on this list qualify as idols?

3. How well is your daily approach to life working? What changes or adjustments to what you are depending on or trusting in do you need to make?

4. Jesus makes a pretty astounding statement in Mark 8:34-37 (NLT), “Then, calling the crowd to join his disciples, he said, “If any of you wants to be my follower, you must give up your own way, take up your cross, and follow me.³⁵ If you try to hang on to your life, you will lose it. But if you give up your life for my sake and for the sake of the Good News, you will save it.³⁶ And what do you benefit if you gain the whole world but lose your own soul?³⁷ Is anything worth more than your soul?” What is one way you have tried to ‘hang on to your life’?

5. Jesus said this in John 10:10-11(NLT),¹⁰ *The thief’s purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.*¹¹ *“I am the good shepherd. The good shepherd sacrifices his life for the sheep.* What area of your life, present challenge, obstacle, difficulty or setback would you most like Jesus to address? How would relying on Jesus (instead of yourself) make that area of your life more “rich and satisfying”?

Prayer: Thank God for his love for us and pray for each other based on your answers to question #5.