

## SERMON-BASED STUDY: WALK BY HEART

*1 John 3:19-24, ESV – <sup>19</sup> By this we shall know that we are of the truth and reassure our heart before him; <sup>20</sup> for whenever our heart condemns us, God is greater than our heart, and he knows everything. <sup>21</sup> Beloved, if our heart does not condemn us, we have confidence before God; <sup>22</sup> and whatever we ask we receive from him, because we keep his commandments and do what pleases him. <sup>23</sup> And this is his commandment, that we believe in the name of his Son Jesus Christ and love one another, just as he has commanded us. <sup>24</sup> Whoever keeps his commandments abides in God, and God in him. And by this we know that he abides in us, by the Spirit whom he has given us.*

### Notes:

- 1.
- 2.
- 3.
- 4.
- 5.

### QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything you heard for the first time or that caught your attention, challenged, or confused you?

### ENGAGE WITH THE MESSAGE

- 1 How can trusting our own heart cause difficulty in our lives?
- 2 This week we were reminded to trust God, the expert. How can you better trust God?
- 3 How is keeping the faith connected with showing the love?

## DIGGING DEEPER

**A** **John 15:4-11, ESV** – <sup>4</sup> Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. <sup>5</sup> I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing. <sup>6</sup> If anyone does not abide in me he is thrown away like a branch and withers; and the branches are gathered, thrown into the fire, and burned. <sup>7</sup> If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. <sup>8</sup> By this my Father is glorified, that you bear much fruit and so prove to be my disciples. <sup>9</sup> As the Father has loved me, so have I loved you. Abide in my love. <sup>10</sup> If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. <sup>11</sup> These things I have spoken to you, that my joy may be in you, and that your joy may be full.

**4** Looking at the passage above, how would you describe abiding? Why does Jesus spend so much time talking about abiding in Him?

**5** What does it mean to “bear much fruit”? What is the ultimate purpose for bearing fruit?

**6** Why is it important to be deliberate about staying close to Jesus? How does this affect our heart?

**B** **John 6:29-40, ESV** – <sup>29</sup> Jesus answered them, “This is the work of God, that you believe in him whom he has sent.” <sup>30</sup> So they said to him, “Then what sign do you do, that we may see and believe you? What work do you perform?” <sup>31</sup> Our fathers ate the manna in the wilderness; as it is written, ‘He gave them bread from heaven to eat.’” <sup>32</sup> Jesus then said to them, “Truly, truly, I say to you, it was not Moses who gave you the bread from heaven, but my Father gives you the true bread from heaven. <sup>33</sup> For the bread of God is he who comes down from heaven and gives life to the world.” <sup>34</sup> They said to him, “Sir, give us this bread always.”

<sup>35</sup> Jesus said to them, “I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst. <sup>36</sup> But I said to you that you have seen me and yet do not believe. <sup>37</sup> All that the Father gives me will come to me, and whoever comes to me I will never cast out. <sup>38</sup> For I have come down from heaven, not to do my own will but the will of him who sent me. <sup>39</sup> And this is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up on the last day. <sup>40</sup> For this is the will of my Father, that everyone who looks on the Son and believes in him should have eternal life, and I will raise him up on the last day.”

**7** In the passage above, what does Jesus mean by “whoever comes to me shall not hunger, ... and shall not thirst”? In what ways has Jesus satisfied your hunger and thirst?

**8** How is the fact that Jesus provides for our needs related to belief/faith?

**9** What situations cause you to feel empty or insecure in your faith? When do you feel most secure in your relationship with Jesus?

## TAKING IT HOME

To walk by the heart requires that our hearts are right with God. This involves faith in Jesus, abiding in Him, and showing His love to others. Are you struggling in any of these areas? Do you have insecurity or doubts about your faith or what God's will is for you? What steps can you take this week to strengthen your faith, to abide in Jesus, and to love others. Share with your group or accountability partner what God is showing you. Pray for one another as you strive to keep the faith and to show love.

## PRAISES AND PRAYER REQUEST

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## FOR FURTHER STUDY

John 10:27-29

Galatians 2:20

Colossians 2:6, 3:1-3

2 John 1:9