

WISE UP – Guard Your Heart Follow Up Questions (Aug 22/21)

1. Have you given consideration to the idea that offending others directly offends God? What does that stir inside you?

2. Which of the four emotions is your biggest tendency? Do you relate to any of the “owe” statements? Identify the emotion(s) and circumstance(s) surrounding them.

- Guilt (I owe you) – I took something that belongs to you and I’m afraid/too proud to tell you
- Anger (You owe me) – You pay me or I’ll pay you back
- Greed (I owe me) – prospering is your priority...the filter through which you make decisions
- Jealousy (life owes me) – he got what I deserved therefore I don’t like him

3. What is going on in your heart? What triggered the emotion(s)...any of the following?

- Someone hurt your feelings
- You are keeping a secret about something
- Someone broke a promise to you
- You feel very angry with someone
- You have been having the same imaginary conversation with him/her
- Something is churning inside
- You are clinging to someone or something
- You are secretly celebrating someone else’s failure
- You are obsessed with something that just won’t go away
- You hurt someone’s feelings

4. Four preventative exercises were suggested to help you take steps toward a healthy heart.

Circle one of the actions that would be a step toward healing for you. Can you imagine releasing the guilt/anger/

greed or jealousy. How would it feel?

- Guilt – CONFESS – to the person you took something from
- Anger – FORGIVE – say “you don’t owe me anymore” and let someone off
- Greed – GIVE – find a precious thing, sell it, and give the money away
- Jealousy – CELEBRATE – celebrate out loud the good things God has done for others and for you

5. Make an Action Plan to address the heart issue that you have identified.

- Pray about it – “Without Jesus you can do nothing”
- Decide what steps you will take and when
- Who could you ask to come alongside you with encouragement and support

6. Like Donna’s story about her friend Carol, some of the people we respect the most are the ones who have endured challenges but have refused to be owned by anger or resentment. Why are these people so impressive?