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# Real Change?

## Part 1 - Heart

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### Inspiration

Think of something that you have seen online that has inspired you.

What has it actually done to change the way you live your life daily?

### Real Change?

And behold, a lawyer stood up to put him to the test, saying, "Teacher, what shall I do to inherit eternal life?" He said to him, "What is written in the Law? How do you read it?" And he answered, "You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbour as yourself." And he said to him, "You have answered correctly; do this, and you will live." - Luke 10:25-28 (ESV)

### Context

This passage is also in Mark 12 and Matthew 22.

The lawyer asks, "What must I do to inherit eternal life?"

### The Shema

This is an ancient Israelite prayer from Deuteronomy 6. It was said, most likely, every morning and night by the entire nation.

This was a household prayer, designed for everyone to pray, as a moment of rededication, a declaration of love for God in every part of their life

“Do this and live”

## **Educated beyond Obedience**

Information isn't what we're lacking.

We are called to move from inspiration and intention to action and obedience.

## **The Heart**

Keep (guard) your heart with all vigilance, for from it flow the springs of life.  
– Prov 4:23 (ESV)

## **Life from the Heart**

## **The Problem with the Heart**

“The heart is deceitful above all things, and desperately sick; who can understand it? I the LORD search the heart and test the mind, to give every man according to his ways, according to the fruit of his deeds.” – Jeremiah 17:9-10 (ESV)

## **Idolatry**

“And when they come there, they will remove from it all its detestable things and all its abominations. And I will give them one heart, and a new spirit I will put within them. I will remove the heart of stone from their flesh and give them a heart of flesh, that they may walk in my statutes and keep my rules and obey them. And they shall be my people, and I will be their God.”  
– Ezekiel 11:18-20 (ESV)

## **The Heart Restored**

### **How Do We Do That?**

It's simple and hard

An exchange

God, I choose right now to remove anything other than you at the centre of my life – (you tell Him what you need to pack up and remove). I choose to let you have authority and permission and sole ownership of the centre of my life – my heart. Holy Spirit, will you come and fill me afresh with your presence right now – that I may love God with my whole heart? Amen

## Discussion Questions

1. What inspires you each day?
2. What personal and practical impact has that inspiration ever made?
3. To what level are you exposed to inspiration and information?
4. What ways have you tried to implement change in response to new information or an inspiring experience?
5. What worked and what didn't?
6. What would it look like to make real change in your life?
7. In the passage in Luke 10:25-28, it talks about loving God with your whole heart. What has that looked like for you in the past?
8. What gets in the way of that?
9. If the issues and sources of life flow out of the heart, what do you think other people would observe of you? Is that true of you, really?
10. Over your Christian journey, what have you let get into the centre of your life? What was the result of that? How hard was it to change that thing out from the centre?
11. What would it look like for God to have full access to your heart?
12. Spend some time praying through the prayer in the notes, exchanging with God the things that you have put in His place, and allowing Him full access to your heart.