

The Other Half

How to Heal a Heart



Ice Breaker Questions

- What was the high point of your past week?
- What was the low point of your past week?
- **If time allows:** [Ask a follow up question from the previous weeks study.]

Key Questions

- What's one idea from Sunday's message that really stood out to you? Why did this grab your attention?
- How would you describe the current state of your heart? Full of life, broken, hurting, happy or maybe somewhere in the middle. Why?
- When you approach God, are you looking for answers, or to just be with him? Do you find yourself wanting to know God or simply to know more about God?

Optional Questions – *If needed, include one or more of these scriptures and questions to extend your conversation.*

- Read Matthew 11:28 aloud. In this verse Jesus taught us to turn to him for peace and rest. In your experience, is turning to Jesus a first response or last resort? Why?
- Read Genesis 3:8-11 aloud. This passage shows how sin led Adam and Eve to hide from God's presence by hiding in created things. In your experience, how do people try and hide from God? Where do people hide (ie: Food, alcohol, drugs, TV, etc.)?
- Ps Blake shared that, "Guilt is different than shame. Guilt says, 'What I did was wrong'. Shame says, 'I am wrong'." How would you explain the difference between guilt and shame? How do you personally handle guilt and shame?
- Accepting God's forgiveness for us is one thing, but giving forgiveness away to others can be extremely challenging as well. Why do you think it's important to forgive others? Is there someone God is calling you to forgive?
- How can you apply the principles of the Japanese art form of Kintsugi to your wounds, both past and present?

Next Steps

- Announcement: *Announce the time & location of your next City Group.*
- Announcement: *Announce the time & location of Sunday's Worship Experience.*