



WEEK 1

CHANGE THAT LASTS

“Don’t you see that whatever enters the mouth goes into the stomach and then out of the body? But the things that come out of a person’s mouth come from the heart, and these defile them. For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander. These are what defile a person; but eating with unwashed hands does not defile them.” Matthew 15:17-20

NOTES

DISCUSSION QUESTIONS

Each week, you’ll be provided discussion questions that go along with the message to use in your small group or with your family.

1. Think of a few words that describe your “heart condition” right now: Burdened, busy, distracted, fearful, angry, settled, divided, or any other words.
2. Jesus said the source of all inappropriate behavior and hurtful words is the heart. How do you see that around you?
3. Speaking personally, how does your “heart condition” (insecurity, ingratitude, shame, etc.) influence your behavior?
4. What specific “heart habits” can you start this year to improve the health of your heart—meaning, your inmost thoughts and emotions?

LOOKING AHEAD

JAN 11/12 - THE HEAVYWEIGHT EMOTION

This can drain all the joy from life. But one simple habit can heal you.

JAN 18/19 - THE DEADLIEST EMOTION

There’s only one way to get rid of this negative reactive emotion.

JAN 25/26 - WORLD OUTREACH WEEK

Learn how difference-makers around the globe are changing people’s lives!

FEB 1/2 - THE CHAMELEON EMOTION

Difficult to spot—yet everywhere—this emotion steals happiness. But there’s an antidote!

FEB 8/9 - THE ISOLATION EMOTION

This negative emotional response isolates you from others. Learn how to combat it!



DAILY VIDEO DEVOTIONS

- » Start each morning with a short video devotional.
- » Watch them on your computer at tlc.org/devo
- » Text **videodevo** to **41411** to receive them via text.