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.