



LIVE NO LIES

Reclaiming your ————— Peace
Hope
and Life

Live No Lies Part 3—Don't Follow Your Heart Pastor Dave Patterson 5.15.2022

USING THIS SERMON DISCUSSION GUIDE

We have provided all the Scriptures references in the sermon and some discussion questions for you to use to discuss the weekend message.

This Sermon Discussion Guide is only a tool to aid you in meeting the needs of your group. For most groups, there are too many questions to answer in one session together. Give priority to the needs and pace of your group members.

While the questions are important, remember your group's goal is to create an atmosphere that will foster true friendships. Use the discussion questions as you see fit but emphasize the relationships.

We need to be alive, awake, and sons and daughters of the Most High, filled with the Spirit!

[Isaiah 26:3]

You will keep in **perfect peace**
all who trust in you,
all **whose thoughts are fixed on you!**

Shalom = an inward sense of completeness, wholeness and tranquility / the absence of conflict, strife, and confusion

[Galatians 5:13, 16-17]

¹³ You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love.

¹⁶ **So I say, walk by the Spirit, and you will not gratify the desires of the flesh.** ¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. **They are in conflict with each other**, so you are not free to carry out your good intentions.

[Romans 7:15,18-19, 22-25]

¹⁵ I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate.

¹⁸ And I know that nothing good lives in me, that is, in my sinful nature. I want to do what is right, but I can't. ¹⁹ I want to do what is good, but I don't. I don't want to do what is wrong, but I do it anyway.

²² I love God's law with all my heart. ²³ But there is another power within me that is at war with my mind. This power makes me a slave to the sin that is still within me. ²⁴ Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? ²⁵ Thank God! The answer is in Jesus Christ our Lord.

Flesh (Greek / Sarx) = Sinful desires that are in opposition to the Holy Spirit / **your unredeemed desires** / the animal nature with cravings which incite us to sin

[Romans 8:6-7]

So **letting your sinful nature control your mind leads to death.** But letting the Spirit control your mind leads to life and peace. ⁷ For the flesh (**the sinful nature**) is always hostile to God. It never did obey God's laws, and it never will.

All sexual sin is the fruit of disordered desires. God does not want to take away your passions or sex drives; He just wants to redeem them and align them in the covenant of marriage.

[Proverbs 3:5]

Trust in the LORD with **all your heart**
and lean not on your own understanding.

<p>Heart (OT Hebrew) = the seat of your emotions and passions, the thoughts, appetites, and desires of the inner man</p>

Pop culture says, “The heart wants what the heart wants.” If you actually follow what the heart wants, you’ll end up in a place of destruction. If you want to find your life, you have to lose your version of it.

[Jeremiah 17:9, NLT]

“The human heart is the most deceitful of all things,
and desperately wicked.

Who really knows how bad it is?

But I, the LORD, search all hearts
and examine secret motives.

[2 Samuel 11:1-3]

In the spring of the year, when kings normally go out to war, David sent Joab and the Israelite army to fight the Ammonites...

However, David stayed behind in Jerusalem.

²Late one afternoon, after his midday rest, David got out of bed and was walking on the roof of the palace. As he looked out over the city, he noticed a woman of unusual beauty taking a bath. ³He sent someone to find out who she was...

***Your life is the summation of the small, private conversations
we have in the mind everyday.***

[John 6:63]

It is the Spirit who gives life; the flesh profits nothing.

[Galatians 6:8]

Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit.

[Romans 8:5, 13-14]

Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.

If your life is just about satisfying the impulses of your sinful nature, then prepare to die. But if you have invited the Spirit to destroy these selfish desires, you will experience life.

HOW TO WALK IN THE SPIRIT

1. Seize the day by being filled with the Spirit every morning

[Ephesians 5:18]

“Be **filled** with the Spirit”

Filled (Grk. Plēroō) = to be continually filled , filled to the brim leaving no room for anything else
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2. Keep a short account of sin through confession

[1 John 1:9]

If we confess our sins to him, he is faithful and just to forgive us our sins and to cleanse us from all wickedness.

[James 5:16]

Confess your sins to each other and pray for each other so that you may be healed.

3. Live a “fasted life”

We live in a nation of carnal Christianity.

FOR MONDAY—

1. Do a “heart check.” Write a list of all your current pursuits. Ask the Holy Spirit to identify whether these are ordered or disordered desires. Assign numerical levels to the God priorities.
2. Take time to be continually filled by the Holy Spirit. Give God the first-fruits of your day, spending time in the word, worship, and/or prayer.
3. Figure out how to exercise the discipline of fasting in a way that works well in your life and schedule but also stretches you.

TALK IT THROUGH

1. What are some small things you crave or desire? What lengths will you go to get them?
2. What does “quality of life” mean to you, and what indicators do you use to determine them?
3. Would you say you’re living in “shalom,” wholeness and completeness, right now? If so, what has contributed to that? If not, what has hindered it?
4. Considering Isaiah 26:3, what are some practical ways to “fix” your mind on things above? What are those things? Why is it “easier said, than done?”

- 5.** How have you seen the principle that the “spirit is willing, but the flesh is weak” either in your life, or in those around you? Why do you think that tension exists? (Consider Galatians 5 and Romans 7) Why do you think the Apostle Paul had to speak so much to the believers about sinful nature and disordered desires? Are you walking daily according to the Spirit or to the flesh?
- 6.** How does the cultural expression “follow your heart” seem to permeate our spheres? How does that stand against Scripture?
- 7.** Can you trace back to a time when you, or someone you know, were somewhere that you weren’t supposed to be (like “When kings go to war...”), and there were repercussions for the course of events?
- 8.** Which way are you leaning: more on God’s will or your own?
- 9.** Who do you intentionally connect with so that you can confess to one another in safety? If you’re not set up that way, what do you need to do to be set up for success?
- 10.** What does the Holy Spirit’s conviction and presence do to those who would listen? What are the benefits in relation to your desires?