



Life Group Session 2

Life with a Capital L

-Matt Heard

Scripture Reading:

Video 4: 1Corinthians 15:9 - 10, 1 Timothy 1:12 -14, Ephesians 2:8 – 10, Romans 5:15 - 21, Ephesians 1:7,8

Video 5: Proverbs 4:20 - 27, Mark 7:6-7, 20-22

Supplemental Book Reading: *Life with a Capital L*: Chapters 5,6,7

Part 1

Describe a time when you deserved to get punished but got a break (l.e warning instead of a ticket). How did that impact you?

Video 4: Live Free

Discussion Questions:

1. What does the grace of God mean to you? Was there an experience in your life where grace went from a belief to an experience?
2. What is the impact on a person (internally, externally) of living by grace rather than works, legalism, earning favor? How does that change our attitudes, approach, and response to failure?
3. Eph 1:7, 8 says God is lavish with his grace. What comes to mind when you hear the word lavish? How does that fit with your concept of God both now and growing up?
4. Read Galatians 5:1, 13. How can religiosity/legalism distort our perception of freedom?
5. Matt Heard describes salvation as freedom from prison. What kinds of things keep us from leaving our “prison cells”? In what areas of your life do you desire to learn to live more freely?

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Part 2

Video 5: Fight With/For your Heart

Discussion Questions:

1. Imagine asking some of your friends the following question. What would be their response? “Do I approach my life more as a....” Thinker, Feeler, or Doer
2. Which part would you like to develop more? Why?
3. How can we cultivate each of these 3 in our lives?
4. Read Proverbs 4:23. The biblical word “heart” refers to the controlling core of our humanity encompassing our mind, emotions, and will. With this definition in mind, what do you think it means to ‘guard your heart’?
5. Matt Heard describes living with heart as ‘Live your days thinking clearly, feeling deeply, and acting intentionally.’ What does that statement say about experiencing life more fully?

Exercise

“Jesus, I acknowledge my need for you and the Life you alone can provide. I ask you to set me free from my spiritual prison cell that has hampered my ability to experience my full humanity. I confess my sin and my need for grace and accept your saving work on the cross on my behalf. I submit to you as my Lord and Savior and receive your acceptance, forgiveness, freedom, and leadership. And I welcome your Life into my life so I may abundantly Live my days under your design. Amen!”

(Matt Heard: Life With a Capital L Participants Guide)

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