

## A Heart That Surrenders

### What the Bible says:

#### ***Man-made rules***

Matthew 15:1-9

Jesus \_\_\_\_\_ the man-made \_\_\_\_\_ between \_\_\_\_\_  
and His \_\_\_\_\_.

When \_\_\_\_\_ by the Word of God, we can choose  
\_\_\_\_\_ or \_\_\_\_\_.

### At the heart of the matter is the HEART.

Matthew 15:10-20

It's not about behavior \_\_\_\_\_, but a heart \_\_\_\_\_.

A heart \_\_\_\_\_ God is what \_\_\_\_\_.

### A HEART that surrenders

God can \_\_\_\_\_ you a \_\_\_\_\_ heart.

God can \_\_\_\_\_ a \_\_\_\_\_ heart.

God can \_\_\_\_\_ an \_\_\_\_\_ heart.

When was the last time you examined the condition of your heart?

# LIFE GROUPS

## DISCUSSION GUIDE

*These questions are designed to help groups discuss the weekend teaching while building relationships with each other and applying God's Word to our lives.*

**March 1, 2026**



### WARM UP

1. The Pharisees were upset that the disciples didn't follow the ceremonial handwashing tradition. What is something small that people can get surprisingly intense about if you don't do it "the right way"?
2. The handwashing practice was a "tradition of the elders" (Matthew 15:2). What's a tradition from a previous generation that either makes you laugh or that you wish we still did today?
3. If you were to tell a friend something you learned or were encouraged by in this weekend's message, how would you say it in your own words?

### KNOW IT



1. Throughout this series in the book of Matthew, we've seen Jesus teaching His disciples what surrender looks like, and we've also seen the Pharisees resist surrender. After reading Matthew 15:1-20 and what Jesus says about the heart, why do you think the heart matters so much when it comes to surrender?
2. Jesus emphasizes what comes out of our hearts. In Galatians 5:16-26, Paul explains what flows from a heart led by the flesh versus a heart led by the Spirit. When you compare the works of the flesh with the fruit of the Spirit, what stands out to you? Which list feels more common in our world today? Where and how do you see some of these show up regularly?

### SHARE IT



1. Even though the Pharisees were doing the "right" things, their hearts were not aligned with God's heart. Have you ever had a time when you realized your heart was not aligned with God or His ways? If so, how did you recognize it, and what did you do next?
2. Jesus says what comes out of us reveals what's in our heart. If you think about your thoughts, reactions, and conversations over the last couple of days, what has been filling your heart?

### LIVE IT



1. Arnold challenged us to pause and examine the condition of our hearts, and gave three examples of a heart that surrenders. Which of those resonates with you, or is there another way you'd describe your heart right now?
2. Jesus told the Pharisees their problem was that their hearts were far from God. James 4:8 tells us God comes near to us when we come near to Him. What is one practical way you can draw near to God this week and make sure your heart is aligned with Him?