



## Be Pure-Hearted – Week 6

### DISCUSSION GUIDE

#### Overview

In the sixth message of *Be Happy*, we discover that when we have a healthy heart, we can experience the happiness and fruitfulness God desires for us.

#### Discussion Questions

**“Blessed are the pure in heart, for they will see God.” (Matthew 5:8)**

The heart is the deepest part of our spiritual life. We need an undivided, undistracted, and undiluted heart in order to experience God and see Him moving in our lives. In the first five Beatitudes, Jesus focused on attitude. Here, He shifts and focuses on our actions.

- What are some ways that we can do a self heart check?
- How would you describe the condition of your spiritual heart?

In **Proverbs 4:23**, Solomon, the wisest man who ever lived, tells us, **“Keep your heart with all diligence, for out of it springs the issues of life.”**

Just as the physical heart cannot fully function with blockages, we need to clear our spiritual hearts so that we can fully live for God. We need healthy hearts in order to fulfill our God-given purpose and to live the version of our life that is most pleasing to God.

- How can we protect our heart to keep out any bitterness or anything that would distract us from pleasing God?

In **Jeremiah 29: 12-13**, the Lord says, **“Then you will call upon Me and go and pray to Me, and I will listen to you. And you will seek Me and find Me, when you search for Me with all your heart.”** We have a promise that we will find God when we search for Him with all our heart.

- How can we keep our hearts pure and fully focused on God?

In the Gospel of Mark, Jesus teaches the Parable of the Sower. A farmer sowed seeds in four places. The soil represents our spiritual heart. Jesus illustrates what happens when His Word is demonstrated through a pure and healthy heart.

**“But other seed fell on good ground and yielded a crop that sprang up, increased and produced: some thirtyfold, some sixty, and some a hundred.” (Mark 4:8)**

When explaining the parable later to His disciples, Jesus says in **Mark 4:20**, “**But these are the ones sown on good ground, those who hear the word, accept it, and bear fruit: some thirtyfold, some sixty, and some a hundred.**” This illustration of sowing seeds reminds us that with a pure heart, we can live the best version of life that God designed for us. By hearing, accepting, and living His Word, we can be fruitful and happy (i.e. blessed).

## A Heart Check by Jesus:

### 1. Is your heart distracted?

The worries of this world can change our focus and distract us from our God-given purpose and path. When Jesus interacted with the sisters Mary and Martha, we see what it looks like to have focus on God and what it looks like to have a distracted heart.

- Why is it important to keep our hearts undistracted and focused?

### 2. Is your heart divided?

Our priority as believers is always keep God first and to always seek His kingdom. When we place other people or things as our focus, our heart becomes divided. The most common competitors of our heart focus are self, money, social status, physical beauty, politics, work. Any time we are focused on a person, even if it is ourselves, or things and not God, our spiritual heart is unhealthy and not in its best condition to be blessed/happy.

- What is competing for your focus?
- How can we clear our spiritual heart of clogs and blockages?

### 3. Is your heart diluted?

Jesus wants our hearts at full-strength in purity, wholeness, and healthiness. Distractions dilute our spiritual hearts and keep us from having a fully pure heart. Jesus wants us to live with a fully pure heart.

- How can we check the strength and purity of our spiritual hearts daily?

## Life Challenge

When you find yourself distracted and out of focus, remember that we can only fully experience God when we have an undivided, undistracted, and undiluted heart.

**“Blessed are the pure in heart, for they will see God.” (Matthew 5:8)**

## Prayer

*Thank You, Jesus, for all that You have done for us and continue to do for us. Search my heart and remove anything that keeps me from fully focusing on You and the purpose You have for my life. Help us to live out the Beatitude in Matthew 5:8, and give us pure hearts to fully experience the blessed and abundant life You promised us. Amen. Pray for the specific needs of the group.*