



# HEART STRINGS

## LEADER PREP

### MAIN POINT

**God gave us our feelings, but our feelings aren't God.**

### SCRIPTURE

Jeremiah 17:5-10 NLT  
Proverbs 3:5-6 NLT

### GOAL OF SMALL GROUP

To help students understand what it means for God to call the shots in our lives. We want to help them understand that God is more trustworthy than our feelings.

### THINK ABOUT THIS

If you were to ask your students how they want to be known, I'd bet a lot of them would say they want to be known as "good people." But there's a difference between merely being "good" and being the type of people who submit to God's will in every area of our lives. It isn't about behavioral modification, it's about heart change. Consider taking some time this week to ask your students what the words "sacrifice" and "surrender" mean.

## DISCUSSION QUESTIONS

### THE CHECK IN

- How was everyone's week? Share Highs & Lows.
- Someone recap the main point of the message in your own words.
- What are some things you feel like doing, but really wouldn't be good for you? Let's get a silly and a serious example from a couple of people. I'll start....

### THE WORD

- Today we read Jeremiah 17:9, but it's a part of a bigger passage that talks about following our feelings vs. following God. Let's read Jeremiah 17:5-10 together.
- There are a lot of BIG statements in here. Let's talk about what some of them mean:
  - Cursed are those who put their trust in humans. What do you think the word "cursed" means here?
  - Verses 7 and 8 talk about how those who follow the Lord are blessed and compares them to trees planted by the river. What does "blessed" mean here? And why does this compare those people to trees?
  - The last BIG verse here is verse 10. How does this verse make you feel? It says that God searches our hearts and judges us by our actions. How does this verse lead to life change?

### APPLICATION

- Read Proverbs 3:5-6
- We talked about 3 things we can put our trust in the Lord. (1) Know what He wants through the Bible and Prayer. (2) Admit that we don't always know best. (3) Act on what God tells us to do. Which of these is your next step? What are some things you can do to live it out?

### PRAY

We are going to close in prayer. Any prayer requests?

## **JEREMIAH 17:5-10**

This is what the Lord says:

“Cursed are those who put their trust in mere humans,  
who rely on human strength  
and turn their hearts away from the Lord.

6They are like stunted shrubs in the desert,  
with no hope for the future.

They will live in the barren wilderness,  
in an uninhabited salty land.

7“But blessed are those who trust in the Lord  
and have made the Lord their hope and confidence.

8They are like trees planted along a riverbank,  
with roots that reach deep into the water.

Such trees are not bothered by the heat  
or worried by long months of drought.

Their leaves stay green,  
and they never stop producing fruit.

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

Who really knows how bad it is?

10But I, the Lord, search all hearts  
and examine secret motives.

I give all people their due rewards,  
according to what their actions deserve.”

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## **PROVERBS 3:5-6**

Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and He will show you which path to take.

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## **NOTES**