



Discussion Guide for “Hearts” [w]hole Week 1

We're told to "Follow our hearts," but we know desires can be destructive. How do we know the difference between desires that bring life and those that lead to hurt? Jesus invites us to love God with all our hearts, and discovering what he meant by that gives us the key. When we allow the Spirit to order our desires, we find the path to a fully human life!

Scriptures for Further Reading

[Mark 12:28-31](#)

[Genesis 2:7-20](#)

[Genesis 3:1-6](#)

[Matthew 4:1-4](#)

[Romans 7:14-8:11](#)

Passage for Sacred Reading:

A sacred reading is a method of reading Scripture that invites God to speak to us through the text. If you have never done a sacred reading, [here is a simple step-by-step guide](#). This week's passage is [Romans 7:14-8:11](#).

Questions for Discussion

1. Why is “Follow your Heart” not always the best advice? Why is it so difficult to tell the difference between healthy and unhealthy desires?
2. The rabbis of Jesus’ day taught that we have two hearts with which we have to love God. What did they mean by that? How is that revealed in Genesis 2-3?
3. How can those desires be both good and bad? Why are fleshly desires not always bad?
4. In Romans 7:14-8:11, Paul is speaking as Adam, the first man. How does he frame this conflict between flesh and Spirit? What’s the good news for Paul?
5. Read Matthew 4:1-4. How does fasting help us learn to order our desires?
6. What does it look like for you to love God with all (of both) your hearts this week?