

### “Cardio Training”

*This set of questions is based on Mike’s sermon preached January 17.*

1. *The heart is hopelessly dark and deceitful,  
a puzzle that no one can figure out.* [Jeremiah 17:9 MSG]

Read Jeremiah 17:9–10. What problems have you encountered in attempting to understand your heart?

How can the principles taught in the following scriptures help you more accurately evaluate your heart condition?

Luke 6:43–45

Hebrews 4:12–13

Psalms 139:23–24

Romans 8:26–27

Proverbs 27:5–6, 17

2. After his adultery with Bathsheba and his successful murder plot against her husband Uriah, David wrote Psalm 51. Read the psalm now. As thoroughly as possible, describe David’s heart condition when he wrote the psalm.

What does he ask God to do for his heart?

3. The same activity can either conceal heart problems or bring healing to the heart (for example, prayer in Matthew 6:5–15 and Luke 18:9–14). What makes the difference?

### Recurring Questions

- » How have you seen God working in your life or the lives of those around you this week?
- » What prayer requests would you like to share with the group, including prayer for any spiritual struggles you may be experiencing?