

Helping Others Change

Week 5-Understanding Your Heart Struggle

Group Discussion

1. Last week we talked about the Principle of Inescapable Influence, “Whatever rules the heart will exercise inescapable influence over the person’s life and behavior” (Tripp, 68). How have you seen this to be true in your own life experience with yourself and/or others?
2. We live in a world filled with conflict in human relationship. What is the cause of our conflicts?

Review

Week 5

3. Getting to the Heart of Conflict
4. James 4:1-10
 - a. The Source of Conflict
 - b. Spiritual Adultery

c. The Idolatrous Progression

i. Desire

ii. Demand

iii. Need

iv. Expectation

v. Disappointment

vi. Punishment

d. The Solution

5. Galatians 5:13-26

6. The Two Realities of Galatians 5

a.

b.

Homework

This week think back to the last conflict you had with your spouse, friend or co-worker. What desire was ruling your heart in that conflict? Was it a desire for God's kingdom or a desire for your idolatrous kingdom? Take time to do the hard work of unpacking your desires to see where God is calling you to repentance and faith.