



Heart Attack

“Honesty and Integrity: God Keeps His Word” – Ben Foote

November 17-18, 2018

Group Creed

We come together as a Group with the goal of Spiritual Formation; encouraging one another to become the same kind of person that Jesus is, so that we can live out every part of our lives inside of His Kingdom.

Bible References: Matthew 5:33-37 and Romans 8:31-39

Community:

1. Share something that you're thankful for about your group?
2. Can you share a story where someone broke their word and it affected you?

Core:

1. Ben said, “Your words are powerful. Be careful with them.” Describe the type of power you think words have had in your life—for good or bad.
2. **Read Matthew 5:33-37.** Do you struggle following what Jesus says about oaths and promises? If so, how would things change if you lived what Jesus says in a greater way?
3. Ben defined integrity as: “My words and my actions are the same.” Do you feel like there are areas in your life where you lack integrity? If so, has it affected the most important relationships in your life, and what would it take to get that integrity back?
4. **Read Romans 8:31-39.** What are some of the promises or truths about yourself that you find in these verses? What's one thing from Romans 8 that speaks to what you're feeling or what you're going through right now?

Challenge:

Commit to taking the time to read Romans 8:31-39 daily this week—simply as a reminder of God's faithfulness and integrity. And as you prepare for the Thanksgiving holiday, write down the promises God has made to you (and fulfilled), and why you are thankful for them.