



PART 2: The Source of Life

INTRODUCTION

Being a spouse can be hard. Being a parent can be hard. Being an employee or co-worker can be hard. Managing our relationships with our parents can be hard. The people in our lives can drain us. That's because we pour our hearts into them all day long and too often we rely on them to refill us. When that doesn't happen, we have nothing left to pour out but bitterness and resentment.

But what if we're looking to be refilled from the wrong source?

DISCUSSION QUESTIONS

1. Talk about a person in your past or in your life right now whose presence was life-giving. What was it about that person that made you feel valued or loved?
2. In the message, Ted compared the heart to a "love jug" that we pour out into other people. Have you ever been on the other side of someone whose jug was empty? What was it like?
3. Which relationships in your life tend to drain your "love jug"? What is it about those relationships that can be exhausting?
4. Read Ephesians 4:31-32. What are some of the barriers people face to releasing bitterness and anger through forgiving others?
5. Who is your source of life right now? Who are you relying on?
6. Who is one person you need to either love better or forgive? What is one thing you can do this week to love or forgive that person? What can this group do to support you?

MOVING FORWARD

We're in charge of our hearts. We're one-hundred percent responsible for what flows out of them. The bad news is we can't create love; we can only receive it. The good news is God creates love and his supply is unlimited. We need to make him our source of life, not the people who are most important to us.

CHANGING YOUR MIND

*Above all else, guard your heart,
for everything you do flows from it.*

Proverbs 4:23