

YOU+ | Week 5 - Transform Your Heart**Message Big Idea**

Disciples of Jesus engage in Scripture, God's Word, for the purpose of heart transformation.

Scripture

Matthew 5:17-20, Matthew 22:37-40, 2 Timothy 3:16-17

Points to Keep In Mind

1. The YOU+ life is an invitation to step into the “life and life to the full” (John 10:10) Jesus came to bring. When Jesus walked among us, he taught and modeled this way of life. It's what we call the YOU+ life, and we experience it by living as Jesus' disciples. A simple definition of a disciple is someone who hears from God and does what he says.
2. The Kingdom of God is the sphere in which what God wants done is done. It's the realm in which God's will reigns. It is what reality looks like when God's dream and intention for life are lived out. The Kingdom of God is often in conflict with the kingdoms of this world, so disciples of Jesus release their attachments to the kingdoms of this world to choose Jesus' way of life in the Kingdom of God.
3. The mistake the Pharisees and the teachers of the Law made was to focus on behavior alone. They took pride in doing all the right things and judged those who missed the mark. On the outside, their lives looked admirable, but Jesus wanted something deeper. The religious experts followed the laws, but they missed the point of the law: love. Doing the right thing for the wrong reasons leads us away from God and puffs us up with self-importance.
4. Jesus isn't after mere external conformity to a list of commands; he's after the heart. Of course, he wants our actions to be transformed, but most importantly, Jesus wants a transformed heart to produce those transformed actions. The righteousness Jesus calls us to is a whole-person way of being in the world that conforms to God's will.
5. Scripture transforms us because as we read the text, the Holy Spirit speaks through the text to us today. As we come to Scripture, we can expect it to wrestle with what we find there as Jesus confronts our ideas about how to live our lives. As we read and interpret Scripture through the life and teaching of Jesus and dialogue about it with friends, that process shapes us into people that resemble God. It's important to remember as we engage with Scripture that the goal is love, not Bible information. Paul writes, “Knowledge puffs up, but love builds up.”

Next Steps

1. Where do you see God at work in your life right now?
2. What next steps do you feel called to take in your faith journey?
3. Have you considered getting baptized? communitychristian.org/baptism
4. Have you read the Community Daily recently? How is it encouraging you and challenging you? You can sign up at communitychristian.org/daily
5. If anyone in your small group is seeking professional counseling, you can always refer them to our resource page: communitychristian.org/mentalhealth
6. Start your pre-work and sign up to have a YOU+ Conversation by visiting: youplus.info