







What things can hurt or damage your heart?

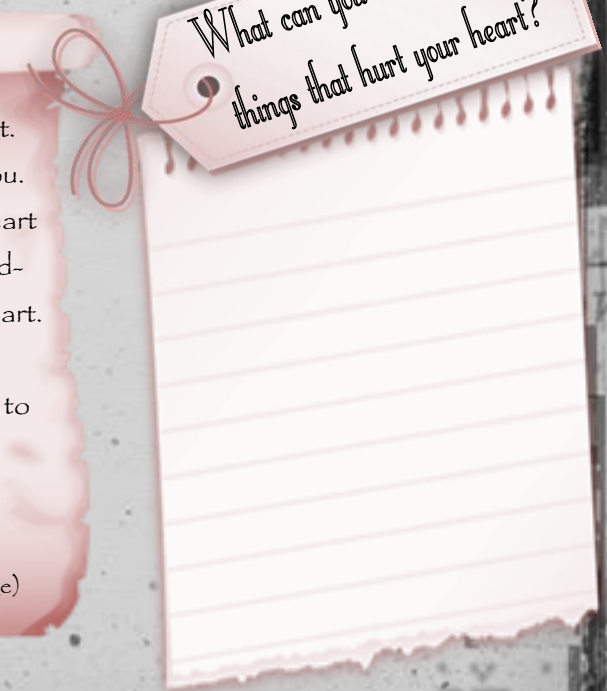


17

What can you do about those things that hurt your heart?

I'll give you a new heart.
I'll put a new spirit in you.
I'll cut out your stone heart
and replace it with a red-
blooded firm-muscled heart.

Then you'll obey my
statutes and be careful to
obey my commands.
You'll be my people?
I'll be your God.
Ezekiel 11:19-20 (Message)



!! PRAY !!

Forgive those people who have hurt you.
Pray for your heart and ask Jesus to heal any hurts.
Allow Him to give you a new heart and a new spirit so that
you can love and obey him.

WHAT THINGS CAN HURT OR DAMAGE YOUR HEART?

Teens can answer this question using information from the discussion of Jeremiah 17:9 and Proverbs 4:23.

WHAT CAN YOU DO ABOUT THESE THINGS THAT HURT YOUR HEART?

Encourage teens to share their answers with the group. Some suggestions are as follows:

- Be quick to forgive people when they say or do something that hurts your feelings. The longer you hang on to hurt, bitterness, anger etc. the more damage they cause, and it is harder to let go of them. Your heart can become hard.
- Be quick to repent and ask for forgiveness when you sin, which includes holding onto these destructive feelings.
- Read Ezekiel 11:19-20 (Message). Allow God to give you a new heart.

PRAYER FOCUS

- Encourage teens to take some time to themselves to search their hearts before God; to forgive those that have hurt them and to repent and ask forgiveness for any sin.
- You may wish to use Template No. 14 (Resource Disc) which has heart shapes for this prayer activity.
- Use Ezekiel 11:19-20 to finalise your prayer time. Encourage everyone to offer their hearts to God and allow Him to give them a "spiritual" heart transplant.

MEMORY VERSE ACTIVITIES

- Use Memory verse cards for Proverbs 4:23 (Template No. 18 - Resource Disc) and choose a memory verse activity from Appendix 2 of this manual.
- Use Template No. 15 (Resource Disc) – Puzzle for Ezekiel 11:19 as a memory verse activity.

Notes . . .