



## **Formation - Guard Your Heart**

**Date:** Sunday 17th March 2024

**Speaker:** Andrew & Rosie McNeil

**Key Verses:** Ephesians 4:25-32

### **Discussion Questions**

Read Ephesians 4:25-32

- Why is it important to guard against bitterness and falsehoods?
- What practices do you have to help you deal with the hurts and offenses we pick up in everyday life?
- Have you ever tried journaling or the Examen?
- What practices or resources have you found helpful in establishing this spiritual discipline in your life?

### **Worship**

Small group Worship & Prayer resources can be found at [bvc.so/sgworship](http://bvc.so/sgworship)

### **Notices**

**Sozo** - Have something you want more prayer for? Sozo is a time of guided prayer that can be a fantastic way to let God speak into situations, patterns and thought processes. Find out more [bvc.so/sozo](http://bvc.so/sozo)