

**ICE BREAKER:** God sees all that we do. What are some of the funny moments you can share?

**ENCOUNTER:**

It is important that we encourage each other in our Bible reading. This is a key way that we encounter God in our lives. Share what have you been reading in your Bible and what has God been speaking into your life from His word?

**FOCUS: Looking Never Hurt Anyone: Matt 5:27-30**

**Q1: WHAT ARE YOU WATCHING?** The eyes.

Jesus speaks about looking. Talk about TV programmes that you watch (be honest) and whether they are helpful for you. Think about language/sexual content/storyline. Would you invite Jesus to sit and watch it with you? Who should we be fixing our eyes on? Read & discuss Hebrews 12 v 1-2.

**Q2: WHAT ARE YOU THINKING?** The mind & the heart.

Our minds are always ticking over whether replaying scenarios from the day that has been, thinking about meetings, thinking about people, worrying about things etc. Our minds can also be corrupted by what we see. How often do you think about things that you have seen/watched/images you may have been exposed to and how does that affect you? Where should our minds be set? Read & discuss Colossians 3 v 1-3. What are we told to do in Mark 12 v 30? What does that mean for you?

**Q3: WHAT ARE YOU DOING?** The action.

How can we protect ourselves while living in a world full of sexual temptation? What should we be striving for? Read & discuss Psalm 24 v 3-4. How can we help each other?

**Q4:** Share together how this study has impacted you.

**ACTIVATION:**

Jesus shows the Pharisees that it's not about what they do but it's about what's in their heart.

In groups of two or three, take a few moments (individually) to ask God to reveal to you something that is in your heart that you need to give to him. Could be an attitude, a habit, a situation, a struggle. Surrender it to God.

When you have done that spend time thanking God for his goodness to you and if you feel that you can, share within your small group.