

That Target the Heart

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In the process of leading a small group, you will employ a wide variety of questions. You will ask questions that help participants see important details in the text. You will ask questions that encourage participants to wrestle with the meaning of the text. You will ask questions that encourage participants to consider the significance of what they have read. You will ask questions that help participants discover the big idea. Ideally all of these questions should prepare people for the application that is the goal of your study. As you lead people respond to God through his Word, ask Christ-centered questions that target their hearts.

Why ask questions that target the heart?

First, life-change rarely occurs from simple knowledge. Think of all the things you know you should do. You know you should exercise. Does knowing this insure you will do it? You know you should control your eating. Does knowing this insure you will do it? You know you should guard your thoughts. Does knowing this insure you will do it? You know you should share your faith. Does knowing this insure you will do it?

Life-change rarely occurs simply from “knowing” we should do something.

Instead, life-change is more often like this: knowledge ⇒ “want to” ⇒ action. Someone can know, for example, that he should end a particular dating relationship but he will not do it until, at some level, he *wants to*. In other words, the *heart* is central to life-change. Thus, we need to ask questions that target the heart both to expose the ugly parts of our hearts and also to point our hearts to Christ so that we will *want* to change in response to who He is. If all the questions we ask in our study are merely “knowledge” or “how to” questions, we will not help people become who God wants them to be.

Second, one of the central motifs of the Scriptures is that God wants our hearts. Much of Christianity today fails to touch the heart. Furthermore, the root of sin lies at the heart level – cursing God, resisting God, ignoring God, making ourselves God, etc. When questions target the heart they expose sin and point the way to the glorious Savior and the awesome gospel.

Why ask questions that are “Christ-centered”?

From this point in salvation-history believers view the entire Bible through the lens of Christ. This isn’t to say that Christ is hiding in some obscure verse in Lamentations. Rather, it is saying that we read Lamentations, Psalms, Matthew and all Scripture from a post-Christ perspective, aware of who Christ is and what he has done. Christ, then, should be at the center of the Christian life. It only makes sense that our “sub-text” should be “Isn’t Christ great?”

One of the major themes of the New Testament is our resistance to Christ. We may, for example, judge others but at the root of this sin is some sort of resistance to Christ. Making questions “Christ-centered” gets to both the root of the problem and the solution to the problem.

What do “Christ-Centered questions that target the heart” look like?

Here are some examples of Christ-centered questions that target the heart:

- Think of some of the darkest thoughts that have ever crossed your mind – thoughts which deeply haunt you. Christ knows these thoughts. How does this make you feel?
- What are you turning to for love in your life right now? If you turned to Christ for love, how would it affect your relationships with others?
- Think of your relationship with Christ. Is Christ most often an “end” – the object of your enthrallment and interest? Or is Christ a “means” – someone who is pursued to get you something else? Why is this the case?
- Why is a slain Lamb who conquered so beautiful and worthy of adoration?
- What are things apart from God on which you build your identity? If your identity was in Christ how would you be different?
- What’s the most soul-gripping thing you’ve ever anticipated . . . some thing, some person, or some event that you LONGED for? Tell us about it. Do you LONG for the appearing of Christ with the same soul-gripping intensity that you long for other things? If not, why not?
- The greatest insult to Christ was the cross. It was the place of greatest shame. He was naked. He was hung as a criminal though he was innocent. He was suspended on a tree he made. He was taunted by jeers to save himself (like he couldn’t). Isaiah puts it so powerfully: “*He was oppressed, and he was afflicted, yet he opened not his mouth; like a lamb that is led to slaughter, and like a sheep that is silent before its shearers is silent, so he opened not his mouth.*” Is53:7 What is uniquely beautiful about Christ at this moment? Or, put another way, how is his beauty different at this moment than, say, when he raised Lazarus from the dead? What is beautiful about a God like this?

Although you might use “Christ-centered” questions at various points in your study, they will be most helpful as you move to “application.” As you help your group members respond to God through his Word, ask questions that target the heart (especially heart-resistance toward God) and point them to beauty of Christ and sufficiency of the gospel.