



## Conversation Starters

Juli told a heartbreaking story of losing her son and hitting “The Wall” of faith. The wall is a place in our faith journey where we get knocked on our spiritual butts and old questions, doubts and pain resurface in powerful ways.

1. **Is “The Wall” a new idea for you? What does it make you think or feel? Can you think of a time when you hit ‘The Wall’?**

Juli sets up a kind of “sandwich” we all live within. On one side is the one who is actively working to steal, kill and destroy. On the other is Jesus who comes bringing abundant life.

2. **Have someone read the following passages, How do you respond?**

**John 10:10** The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

**Ezekiel 36:26?** I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.

Juli compared the damage life causes in our hearts to being disoriented on the side of the road after a car accident. She said, “If our hearts are taken out the enemy takes you out and you are essential to the story God is writing in this world. Your heart matters to God.”

3. **What is most likely to get in the way of you receiving the heart of flesh and abundant life Jesus offers?**

Juli shared 3 things to activate your heart

1. Quit believing lies. Ask God, who am I? What do you think of me?
2. Ask God for eyes to see yourself as He sees you.
3. Learn from others how to grow close to God.

4. **Which of the three resonate with you? What will you try this week? What other ideas do you have to help activate your heart?**