

# Life Group Notes 2/1/2026 Mark Warren Break My Heart with What Breaks Yours—Week Four

No doctrine is a given unless it has been found in the Word given by the Holy Spirit and received by you. If you have observations or questions, feel free to send me an email with your comment or observations at [tbeachhead@comcast.net](mailto:tbeachhead@comcast.net). Thank you for taking the time.

— Pete Mehegan, the Scribe.

**Remember:** Be good to one another. Be sensitive and kind. Let God heal our heart and guide our discussions.

**Leaders:** *please pre-read these notes and choose the direction that is appropriate for your group. Scan the detailed questions that follow the AI-generated study questions, to see if you want to add any more detailed questions.*

Be cognizant of your group's time and be sensitive. *Some groups would like to dwell on a single idea. Let the Spirit be your guide. Never feel obligated to complete this study.*

**Note:** I have highlighted suggested discussion questions that Pastor Mark has raised this week, 2/1. Let's allow the Holy Spirit to guide all our discussions, using the highlights as trail blazes. ***The purpose is to minister to one another***

**Important:** At [the very end of these notes](#), I've included passages that were mentioned in this week's message for deeper study using SOAP journaling to help further your study during the week.

**This format begins with a summary of the notes, followed by study questions. This week, notes in full detail can be found beginning on page 4:**

## Section I: Summary

Here's "co-pilot's" AI summary of the Sermon Lifegroup Notes

Over the past four weeks, the message series has focused on understanding what God's heart truly cares about and moving from simply believing in Jesus to actively living like Him. The central theme has been learning to align our hearts with God's priorities so that our faith results in transformed lives and meaningful action.

The series began with God's heart for the lost, illustrated through Jesus' parables of the lost coin, lost sheep, and lost son. These stories reveal a God who actively seeks out those who are separated or overlooked, reminding believers that their own faith journey began because someone faithfully reflected Jesus to them.

The second week emphasized God's concern for "the least," using the parable of the Good Samaritan to show that compassion often comes from unexpected places. True obedience to God involves noticing those society tends to pass by and responding with mercy rather than indifference.

The following week clarified that good works must flow out of a genuine relationship with God. Action without relationship is empty, but when faith is rooted in intimacy with Him,

obedience becomes a natural response. This distinction highlights the difference between outward religious activity and authentic discipleship.

This week's message focused on God's identification with the forgotten, marginalized, and vulnerable. Scripture consistently shows that God aligns Himself with those who lack protection, influence, or a voice. From the fatherless and widows to prisoners and the poor, God's heart is drawn to the margins, and He calls His people to carry that same concern.

Humility emerges as a defining characteristic of those who walk closely with God. Scripture repeatedly teaches that God opposes pride but gives grace to the humble. Humility is a deliberate choice that positions believers to receive God's grace, correction, and exaltation in His timing.

The message also highlights that genuine faith cannot remain passive in the face of injustice. Indifference to suffering contradicts a life shaped by God's heart. True religion is demonstrated through personal holiness, self-control, and compassionate action—particularly toward the most vulnerable in society.

Ultimately, the sermon affirms that authentic faith is revealed by how believers treat those who are least valued by the world. Loving as Jesus loved requires sacrifice, humility, and intentional action, but it also reflects the true nature of a life transformed by God's heart.

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## Section II: Study questions

### Opening (10 minutes)

#### Purpose: Center the group and set tone

1. When you hear the phrase "*aligning your heart with God's heart*," what comes to mind?
2. Looking back over the past few weeks, what theme or idea has stayed with you the most?
3. Where have you felt encouraged? Where have you felt challenged?

*Facilitator note:* Encourage listening without correcting or debating. Let people speak from personal experience.

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### Part 1: Belief vs. Lived Faith (15 minutes)

#### Purpose: Clarify the difference between belief and transformation

4. What does it look like to *believe in* Jesus but not fully *live like* Him?
5. Why do you think it's possible to do "good things" and still feel spiritually unfulfilled?
6. How would you describe the difference between religious activity and genuine discipleship?
7. What signs show that faith is becoming something lived, not just believed?

*Facilitator note:* If the group stalls, invite examples from everyday life rather than church settings.

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### Part 2: God's Heart for the Overlooked (20 minutes)

#### Purpose: Identify who is overlooked and why it matters

8. Who are some people or groups that tend to be overlooked or forgotten today?
9. Why do you think society often avoids or ignores these people?
10. What do you notice about where God's attention seems to dwell?

11. How does identifying with overlooked people challenge comfort, convenience, or assumptions?

12. If someone wanted to “find where God is at work,” where might they begin looking?

*Facilitator note:* Keep the focus on awareness, not solutions yet.

### **Part 3: Humility and Resistance (15 minutes)**

**Purpose: Explore humility as a choice, not a trait**

13. How would you define humility in practical terms?
14. Why is humility difficult to maintain, especially when emotions or opinions run strong?
15. In what ways does pride quietly show up in spiritual conversations or actions?
16. What does it mean to choose humility rather than wait to feel humble?
17. How does humility position a person to receive help, correction, or growth?

*Facilitator note:* Normalize struggle—humility is learned, not mastered.

### **Part 4: Faith That Moves (20 minutes)**

**Purpose: Connect inner transformation to outward action**

18. Why is indifference incompatible with a faith shaped by God’s heart?
19. What happens when faith never moves beyond words or intentions?
20. How do compassion and personal holiness support each other rather than compete?
21. Why is self-control (especially with words) essential to effective care for others?
22. What risks arise when people act without love or holiness?
23. How do our everyday choices reveal what we truly value?

*Facilitator note:* Watch for moral pressure—keep the focus on growth, not guilt.

### **Part 5: Personal Application and Response (10 minutes)**

**Purpose: Move from discussion to intention**

24. Who do you personally feel more aware of after this discussion?
25. What is one internal step you sense you are being invited to take?
26. What is one small, realistic outward step that could follow?
27. What might prevent you from taking that step—and how could you address it?

*Facilitator note:* Encourage specificity but avoid forcing public commitments.

### **Closing Reflection and Prayer (Optional – 5 minutes)**

**Purpose: Create space for reflection and unity**

28. What is one phrase or idea you want to carry with you this week?
29. Where do you need courage, humility, or compassion right now?

*Close with prayer.*

### **Facilitator Tips**

- You do **not** need to cover every question—depth matters more than completion.
- Allow silence; it often leads to deeper responses.
- Gently redirect debate into reflection.
- The goal is transformation, not agreement.

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### Section III: Complete study notes

Pastor reviewed the last four weeks:

“From the beginning of this new year, we’ve been looking at what God cares about. Maybe we’ve lived our lives ‘believing in’ Jesus, but maybe He’s encouraging us to act like Jesus.

- † When we begin to have His heart we move from just saying, ‘Hey, I’ve been doing a bunch of good things, but maybe I’m not living the full life I’ve been expecting to live.’ We found that the solution is to link our hearts to what God cares about.
- † In the first week we learned how God cares about the lost: the lost coin, the lost sheep...finishing with the parable of the lost son. God’s heart is for the lost. Jesus seeks them out, and in our own lives, someone was ‘Jesus’ to us, and introduced us to Him.
- † Then, the second week, we learned how God cares for the least with the parable of the Good Samaritan. The religious walks by, but the one we overlook, the Samaritan, took the time to stop and notice.
- † Last week, Victoria Adewumi, our online pastor, spoke of our works that naturally flow from a relationship with him. We cannot be doing the things for Jesus, and representing Jesus if we don’t first have a relationship with Him. She separated the sheep from the goats, and highlighted the difference.
  1. What do you remember?
  2. Put the themes in order in your own words.
  3. What’s next? What do you need to hear?

Pastor began the body of the message saying, “There are people in the world who are in many ways forgotten.”

1. Name one such group of people. Take a moment to pray for them.
2. Name another. Pray again.
3. State how Jesus could reach each group of people.
4. State how you became aware of these people.
5. What groups of people in the New Testament, who typically went unnoticed, can you name?
6. How did society treat the lepers? Why?
7. How did Jesus treat the lepers? Explain.
8. Can you name any such groups today?
9. Pastor Mark explains this statement from Matthew 25: “For inasmuch as you’ve done it to the least of these my brethren, you’ve done it unto me.” Do you remember what he said?
10. He says, “Do you want to know why? If you want to find with whom Jesus is in proximity, you’ll always find Him near those people: the hungry the thirsty, those naked and those in prison.” Explain.
11. So if you and your group were to go out and “find Jesus,” today, where would you begin to look?
12. How do we put this into action?

† God identifies Himself with the **forgotten and overlooked**.

Look up Psalm 68:<sup>5</sup>*A father of the fatherless and a defender of widows is God in His holy habitation.* <sup>6</sup>*God settles the lonely in families; He leads the prisoners out to prosperity, but the rebellious dwell in a sun-scorched land.*

1. What do you see?
2. List those to whom God pays attention here.
3. Who are the fatherless? How important is this promise in this age?
4. Why is it significant that God is a “defender” of widows?
5. Who gets left out of the promise? Explain.
6. Look at James 4:<sup>5</sup>*Or do you think the Scripture says without reason that the Spirit He caused to dwell in us yearns with envy?* <sup>6</sup>*But He gives us more grace. This is why it says: “God opposes the proud, but gives grace to the humble.”* <sup>7</sup>*Submit yourselves, then, to God. Resist the devil, and he will flee from you.* Describe our struggle in this light, when even more grace is given.
7. Compare James to what Peter says: 1 Peter 5:<sup>4</sup>*And when the Chief Shepherd appears, you will receive the crown of glory that will never fade away.* <sup>5</sup>*Young men, in the same way, submit yourselves to your elders. And all of you, clothe yourselves with humility toward one another, because, “God opposes the proud, but gives grace to the humble.”* <sup>6</sup>*Humble yourselves, therefore, under God’s mighty hand, so that in due time He may exalt you.* What is the warning the apostles James and Peter are both bringing to light?
8. What is the promise both highlight? Who all benefits?
9. Is one humble by accident or by choice? Explain.
10. How do you humble yourself? Are there steps? Can you list them?

Mark says, “Throughout scripture, God aligns Himself with those who have no safety net, no social leverage, no voice in the room. He’s asking us to carry His heart and to be the voice for the voiceless, to stand up and protect those who are not being protected. God’s heart has always been drawn to the margins, and if we claim to follow Him we don’t get to ignore those places where He dwells.

1. Summarize this first point.
2. Where is God’s heart dwelling today? Where are those places found?

Read Isaiah’s instructions in Isaiah 1:<sup>16</sup>*Wash and cleanse yourselves. Remove your evil deeds from My sight. Stop doing evil!* <sup>17</sup>*Learn to do right; seek justice and correct the oppressor. Defend the fatherless and plead the case of the widow.* <sup>18</sup>*“Come now, let us reason together,” says the LORD. “Though your sins are like scarlet, they will be as white as snow; though they are as red as crimson, they will become like wool.* <sup>19</sup>*If you are willing and obedient, you will eat the best of the land.* <sup>20</sup>*But if you resist and rebel, you will be devoured by the sword.”*

1. What do you see? On whom does the father’s eye dwell?
2. List the steps outlined by Isaiah?
3. What is your first step?
4. What are the benefits?
5. Describe the humble in this passage? Describe the proud?
6. Look at verse 17. Does this humility come naturally? Or does it require effort?
7. What else is required?
8. How do you learn best?

9. What effort is required to “seek” in the same verse?
10. How is the oppressor corrected in that same verse 17?
11. Is it possible to be passive and to correct the oppressor? What steps are required to correct anyone? List them.
12. (Leaders take Caution): Pastor brought up, in this context, the unrest we are witnessing in the streets over immigration. Have you been able to discuss the situation without getting heated?
13. Is it possible to find a balanced approach?
14. When things do get heated, what steps do you take to humble yourself as the scripture instructs you?
15. Where is compassion?
16. List the steps necessary to “[17Learn to do good; seek justice and correct the oppressor.](#)”
17. Why can’t you just “be good?” Why does this have to be learned?
18. How many mistakes are allowed on the path of learning?
19. How many do you allow when dealing with your neighbor?
20. Pastor says, “Indifference to injustice is incompatible to a life that has been shaped by God’s heart.” Explain.
21. He continues, “Faith that doesn’t move is faith that is missing something.” Explain.

James puts it like this in chapter 1:[26If anyone considers himself religious and yet does not bridle his tongue, he deceives his heart and his religion is worthless.](#) [27Pure and undefiled religion before our God and Father is this: to care for orphans and widows in their distress, and to keep oneself from being polluted by the world.](#) Why do you think controlling the tongue comes before reaching out to the needy?

1. What does this tell you about your most recent discussions, if anything?
2. Discuss how your “religion” is rendered useless by an unbridled tongue. Do you have a testimony?
3. List all the steps James outlines here. Which is your first step?
4. What goes along with caring for the poor and the vulnerable?
5. What comes from keeping yourself unpolluted by the world?
6. What impact does the world’s pollution have on any ministry?
7. Is it even possible to do good without pursuing personal holiness?
8. What is the risk? Can unrighteousness mar outreach to the vulnerable?
9. Pastor points out how this verse in James lines up with the two “greatest” commandments: Love God with all your heart, mind, soul and strength; and love your neighbor as yourself. Explain how they fit with James’ exhortation in verse 27.

† Pastor says, “James teaches us this: **How we treat the most vulnerable among us reveals the authenticity of our faith.**”

1. Do you agree?
2. Explain.
3. How did Jesus make this clear?
4. Pastor made a list of Jesus’ targets: The widows others ignored. The lepers others avoided. The blind man who sat at the gate for decades. Sinners others condemned: e.g. the woman at the well, Nicodemus, the tax collector. What was Jesus’ response to each of these?

5. Why does pastor say that Love is something that is going to cost you something.  
What is the cost? Do you have a testimony?
6. Is there a love that does not give?
7. Have you worked with Family Promise? What was your reaction after your service?
8. Make a list of services and ministries that need help to meet their goals.
9. Pastor asks, "Who are the vulnerable today?" Answer him.
10. He makes a case for the next generation. How are they vulnerable?
11. To what degree is the next generation fatherless?
12. What is the impact of fatherlessness on a child? Do you have a testimony or observations?
13. Who in your family is most apt to model faith? Why?
14. How have we failed to model faith today? What is missing?
15. Have you ever served in youth ministry? Do you have a testimony?
16. What did you learn?
17. List steps: How do you put the gospel on display?

***Take the time to pray.***

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#### **Follow up application:**

1. Use the **Soap study below** to pursue your own understanding.
2. Make a list of steps necessary to humble yourself. Take the first step.
3. Make a list of services and ministries that need help to meet their goals. Check which one you might help with.
4. Pray this: "God align my heart with yours, and give me the courage to respond." Write down what you hear in response and take a step.

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#### **For further study:**

Take a moment each day this week to apply the **SOAP method** (Scripture—Copy the scripture. / Observation—Write what you see. /Application—Write what God is saying. /Prayer—Write what your response is.) to some of the scripture we looked at this week:

|                           |
|---------------------------|
| Monday: Psalm 68:4-6      |
| Tuesday: Proverbs 3:33-34 |
| Wednesday: 1 Peter 5:4-6  |
| Thursday: James 4:5-7     |
| Friday: Isaiah 1:16-17    |
| Saturday: Isaiah 1:18-20  |
| Sunday: James 1:26-27     |

Once again, some passages suggested here have more than the usual number of verses. This is not to increase the burden but to provide clarity of context. Pick the verses that speak to you most clearly, and run these through the SOAP steps.