



TALK IT OVER

Integrity 101 (Psalm 101)

How to use Talk It Over:

Talking through the message during the week helps you and your group turn what God is saying to you into action steps. Begin with the key questions, add any optional scriptures and questions if needed, and then wrap up by deciding on your next steps.

The Main Idea:

To keep our hearts pure, we need to be proactive with what we will allow and disallow to influence it.

Key Questions:

- What are some of the standards you desire to live up to in your life?
- David begins this Psalm by declaring that “he will sing!” (verse 1) — Why do you think he started this list of aspirations by singing?
- In your opinion, what does a “blameless life” look like? (verse 2)
- Friends have access to our hearts — what are the characteristics of someone who you’d permit access to your heart? (verses 3-6)
- David was ruthless with what he permitted-in and what he kept-out of his heart — what is one thing that you WILL fight to keep out of your heart this week?

Optional Questions: If needed, include one or more of these questions to extend your conversation.

- David talked about not enduring conceit and pride (verse 5). What keeps you humble?
- David desired to live up to these standards but at times in his life failed. How should we react when failing to live up to our own standards?
- What can you do to strengthen the hearts of those you are closest to?
- God has called us to help redeem our broken world. To do this, we need to be willing to jump into the messiness of it. How do you protect your heart as you “help to redeem a broken world?”

Next Steps:

- Create a set of standards that you seek to live by. What do you need to get rid of in your life — and what do you need to add into your life to begin to live up to them?