

**Sermon Notes**  
**“Self-care: Guarding Your Heart”**  
**Nov 19, 2023**

➤ **Making Idols (Rom 1:22-25; 1 Jn 5:21)**

An idol is \_\_\_\_\_

➤ **Exposing Idols (Ex 20:1-2)**

**Metaphors:**      **i) Marital**

**ii) Religious**

**iii) Political**

➤ **Replacing Idols (Col 3:1-17)**

**Risk your ‘life’...by costing Jesus his**

**Objectively: ‘My idols are \_\_\_\_\_,’**

**Subjectively: ‘I now choose \_\_\_\_\_,’**

**Discussion Questions**

These questions are only a guide. Feel free to share how God has spoken to you, what areas you question &/or do not understand. Allow the Holy Spirit to guide your discussion.

What first comes to mind when you think of an ‘idol’? What first comes to mind when you think of ‘idolatry’? Have you ever considered your heart as an ‘idol factory or your life as ‘idol worship’?

Think through various things and people that occupy your day. Have you every considered them to be greater than God in your life? How would things change if you really did have ‘no other god before God’?

Take the items from above and put them into the categories of ‘Lover, Saviour and Lord’? What do you observe? What is your heart looking for in life? Are you finding it in the things/people you worship?

For us to replace idols in our life, we need to expose them, confess them, and turn from them. There are many idols we can openly acknowledge, but what are the ones you want to keep hidden?

Are the idols you are building your life on worth it? Do they hold up? Can they save you? How do they compare with Christ?

What do you now choose – Idol worship or worship of the one God?

**Action Step**