

THE ALTER OF OUR HEARTS



FEB 2026

In February, as we go through our two weeks of fasting with the churches of the Bellarine and Surf Coast, we are looking at the altar of our heart and how our hearts are made for God's presence.

In your life group, you are free to choose a different category on the heart each week. You may like to look at one or more (doesn't have to be all) of the verses from one of the categories each week.

Regardless of what you choose, apply the DBS questions to it. You can find a list of the DBS questions and how to do a DBS at the bottom of this page.

1. The Heart as the Source

(What is in the heart and what flows from it).

- Proverbs 4:23
- Mark 7:21–23
- Luke 6:45
- Matthew 12:34
- Proverbs 27:19

2. The Heart as Vulnerable and in Need of Guarding

(The heart can be deceived, hardened, or drift if unguarded).

- Jeremiah 17:9
- Hebrews 3:12
- Proverbs 28:26
- Deuteronomy 8:2
- Psalm 139:23–24

3. The Heart as the Place of Relationship with God

(Love, trust, belief, and repentance all occur here).

- Deuteronomy 6:5
- Matthew 22:37
- Proverbs 3:5
- Romans 10:9–10
- Joel 2:12–13

4. The Heart as Known and Addressed by God Alone

(God sees beyond appearances and self-understanding).

- 1 Samuel 16:7
- 1 Kings 8:39
- Jeremiah 17:10
- Psalm 44:21
- 1 Corinthians 4:5

5. The Heart as the Place of God's Transforming Work

(God enters, renews, softens, and fills the heart).

- Ezekiel 36:26
- Psalm 51:10
- Jeremiah 24:7
- Revelation 3:20
- Romans 5:5

Discovery Bible Study (DBS) – Quick Reference

Purpose:

A simple, reproducible way to read Scripture together, hear God’s voice, and obey His Word so that we see disciples able to chew on the meat of the word.

1. Look Up (30 mins)

Read

- Read the chosen passage/verse aloud (10–15 verses).
- Each person re-reads it quietly.
- Close your bible and retell the passage as a group.
- Then **Discuss** (*Core Questions*)

1. What does this passage teach about God?

2. What does it teach about people?

3. If this is true, what should we do?

2. Look Forward (15 mins)

Obey

- What will I do this week in response to what I’ve learned?

Share

- Who will I share this with?

Practice

- **Pray & Commission**, pray for boldness, fruitfulness, and faithfulness this week.

Facilitator Tips:

- Let Scripture speak—avoid over-teaching.
- Encourage everyone to participate.
- Keep it simple, transferable, and replicable.
- Model what you want others to reproduce.