

TAKE HOME SHEET



Series: The Real Flex
Message: Head vs. Heart
Speaker: Yayo Espinosa
Date: November 10, 2024

Take some time to read Acts 17:16-34, either as a group or on your own. Use these questions to help guide your reflection:

What does Paul's approach in Athens show about balancing intellect with passion in sharing the gospel? How did Paul use both logical reasoning (brain) and personal conviction (heart) to connect with the Athenians?

Why do you think Paul was “deeply distressed” (heart) by the idolatry in Athens, yet chose a reasoned approach (brain) to address it? How can we apply this approach when we encounter things that conflict with our faith in today’s world?

How can we balance being passionate about our faith while also being thoughtful and respectful in discussions with those who hold different beliefs? Can you think of a recent conversation where you leaned too heavily on either “brain” (intellect) or “heart” (emotion)? How might a balance have made a difference?

In what areas of your life do you feel the need to strengthen either the “brain” or “heart” aspects of your faith? What steps can you take to grow in both understanding and passion in your relationship with God?

Paul used cultural references (like the “unknown god”) to build a bridge to the gospel. What are some ways we can use relevant topics or interests to share our faith without compromising it? How might this approach help us engage with people who might otherwise feel disconnected from faith discussions?

Read through Philippians 4:6–7 on the other side of this sheet.

In Acts 17, Paul boldly shares his faith in a challenging environment. How might the peace promised in Philippians 4:6-7 (through prayer) have helped him stay calm and confident? How can we rely on prayer to find peace and courage in situations where we’re called to share our faith, especially when we might feel outnumbered or misunderstood?

BIBLE TRANSLATIONS:

NLT – New Living Translation

MESSAGE NOTES



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The Real Flex starts with seeking ways to love others well.

² As was Paul's custom, he went to the synagogue service, and for three Sabbaths in a row he used the Scriptures to reason with the people. ³ He explained the prophecies and proved that the Messiah must suffer and rise from the dead. He said, "This Jesus I'm telling you about is the Messiah."

Acts 17:2–3 (NLT)

The heart can be the pulse that drives us into action.

The Real Flex starts with prayer!

⁶ Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

Philippians 4:6–7 (NLT)

We are called to rely on God through prayer in uncertain times and trust that He works in ways we may not see.

3 LESSONS FROM PAUL

1. Perceive the Need.

To love people well, we need to meet them where they are.

2. Present with Wisdom.

3. Proclaim the Truth.

¹ When I first came to you, dear brothers and sisters, I didn't use lofty words and impressive wisdom to tell you God's secret plan. ² For I decided that while I was with you I would forget everything except Jesus Christ, the one who was crucified. ³ I came to you in weakness—timid and trembling. ⁴ And my message and my preaching were very plain. Rather than using clever and persuasive speeches, I relied only on the power of the Holy Spirit.

1 Corinthians 2:1–4 (NLT)