



Study Guide, Episode 45: How to Have a New Heart & Spirit

Ezekiel 1-3, 33-34, 36-37, 47

00:00-05:47	"QOTW: How do I change, have a new heart, a new spirit?"
05:48-09:44	"The Lord will not leave us"
09:45-19:54	"Speak when called upon by the Lord, through the Spirit"
19:55-29:44	"How to 'Feast upon the words of Christ'"
29:45-36:04	"A 'covenant' of peace"
36:05-43:12	"We can have a 'broke,' a 'new heart' & His spirit"
43:13-END	"Resurrection, restoration & 'two sticks,'—The Bible & The Book of Mormon"

1. Do you ever feel like you are "in captivity?" Lost? Broken? Uncertain of who you are now? How so? What does it feel like to you? How might this episode help with this?
2. Have you ever suddenly known exactly what you need to say, because God had given them to you? What did that feel like? How do you recognize these moments? What might you do to better "hear Him," obey, and speak His words?
3. Listen to 19:55-29:44. How do you "feast upon the words of Christ?" What helps you put His words into you, receive guidance and revelation? What might you do this week to better 'feast' and be filled?
4. How is your heart right now? In what ways might your heart be "stony?" How might you let the Lord give you a "new heart," and "put (His) spirit in you" this week?
5. If you were a house, what would you look like right now? What would need repairing? Altering? Remodeling? How might you let the Lord make of you what He will, this week? Listen to 36:05-43:12 for inspiration.
6. How have "the 2 sticks," or books, of "Judah" and "Ephraim," or The Holy Bible and The Book of Mormon: Another Testament of Jesus Christ, strengthened your testimony, understanding & faith in Him? Share your feelings on this with others—on social media, with friends, anywhere—this week.

Resources

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