



# Being Honest About What's in Our Hearts

with Pedro LaTorre

## FOCUS VERSE

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**Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.**

Mark 12:30

## DISCUSSION

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1. In your life, have you ever found yourself in a situation like the one Pedro faced after his baseball injury—denied the identity you'd always assumed was yours, and forced to find a different one? What event was the catalyst for that life upheaval? In your search for a new identity, what "wrong turns" did you make, and why do you think those attempts at creating a new identity were unfulfilling?
2. Take a look at the "Eight Feelings" chart Pedro talked about (available at [sagehill.co/blog/eight-feelings](https://sagehill.co/blog/eight-feelings)). Pick out a few of the feelings that figure most prominently in your life right now. Are you viewing those feelings as gifts and opportunities for growth, or are they turning into impairments? Is there anything you can do to turn those impairments into gifts?

3. Think back to a significant disappointment, failure, or tragedy you suffered that at some point you thought you'd healed from, only to realize later that you hadn't. Did you allow other people's pity or sympathy to take the place of true healing? How did that affect your relationships with those people?
  
4. Pedro states that true emotional honesty means you'll have fewer friends, "but the ones you have will make you feel like you've got an army behind you." Did that statement inspire or energize you, or did it make you worried and apprehensive? Why?
  
5. When you experience a setback or obstacle in your life, are you more likely to diminish your feelings ("We don't need to talk about it, it's not a big deal") or exaggerate them (blowing them out of proportion and making yourself more stressed out in the process)?
  
6. You've taken an important step by participating in The Redeemed's small groups, but as Pedro says, we don't build deep friendships simply by going to regularly scheduled meetings or gatherings—we build them by taking the "risk" of being fully open and honest with others. Do you engage with the other men in this group outside of the group? What sorts of things do you talk about—are they mostly superficial, small-talk-type subjects, or do you feel empowered to discuss deeper topics like the ones addressed in these groups?
  
7. Of the "four domains" Pedro talks about—mind, body, heart, and spirit—which would you say you spend the most time and effort developing? Which domain do you focus on the least? If it's the heart, what are some things you could do to address it and engage more directly with your feelings?