

# Formed From The Inside Out The Inner Life That Shapes Our Faith



## A Heart Anchored In Love Various Passages

Sermon Notes | Jeff Randleman | February 22, 2026

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*"You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself. On these two commandments depend all the Law and the Prophets."*

– Matthew 22:37-40 (ESV)

### **Developing Quality Relationships:**

Look for people that God can use to validate you.

Look for people that God can use to improve you.

Look for people who will pray for you.

### **Application:**

Evaluate yourself by these qualities.

Make a commitment to build these kinds of relationships.

Identify next steps or an action plan:

Step 1: Pray – Ask God to lead you to the right kind of people.

Step 2: Identify – Stop waiting; start naming.

Step 3: Initiate – Depth never happens passively.

Step 4: Establish Rhythms – Daily, weekly, monthly.

Step 5: Practice – Intentionally give what you hope to receive.

Step 6: Protect the Relationship – Confidentiality, honesty, encouragement.

Step 7: Multiply – As these relationships start to shape you, begin forming others.

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Matters for Reflection and Discussion:

1. When you think about your current relationships, do you feel more known or more managed? What's the difference?
2. Why do you think we often settle for shallow connection instead of pursuing relationships that truly anchor us?
3. Which is hardest for you to receive: validation, loving challenge, or prayer support? Why?
4. How have past relational wounds shaped your willingness to be deeply known today?
5. What does healthy validation look like — and how is it different from flattery or approval-seeking?
6. Can you recall a time when someone's loving challenge helped you grow? What made it feel safe instead of condemning?
7. What keeps us from inviting others to pray with us in our real struggles?
8. In what ways might isolation be quietly weakening your spiritual resilience?
9. How can you become the kind of person who strengthens others through affirmation, truth, and prayer?
10. If your heart were more relationally anchored, what might change in your faith, courage, or daily walk with God?