

SEASON 02

JAN 2024

BECOMING
HEARTSTRONG
Romans - Revelation



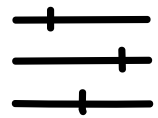


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Gather Grow Go



We invite you to honestly reflect on how you are following Jesus alongside others in this season of life. To do so, we hope you honestly answer our More Like Jesus questions. Share your results with someone you trust or your Heartstrong Group. The heart isn't to overthink but to pause and reflect upon how you are actively following Jesus.

One being non-existent, and ten wholeheartedly engaged; where do you believe you are actively following Jesus using our Gather, Grow, and Go self-assessment questions?

In Each Season, Become More Like Jesus.

GATHER for weekly worship. How often did I attend church? While present, was I engaged?

1 2 3 4 5 6 7 8 9 10

GROW by investing in my lifelong spiritual formation with others. Do I belong to a Life or Heartstrong Group? Bible School? Am I being confessional? Encouraging? Fostering emotionally healthy, life-giving relationships?

1 2 3 4 5 6 7 8 9 10

GO make a Jesus-sized difference in the world. How am I actively serving in the church and city?

1 2 3 4 5 6 7 8 9 10

Share your assessment with someone you trust.



Becoming **HEARTSTRONG**

Our 2023-24 Ministry Year shared adventure will take us through the entire New Testament before rounding the turn toward the Torah. In addition, our partnership with Practicing the Way will see us dive deeply into the spiritual practices of sabbath, fasting, and prayer.

Becoming Heartstrong is both daily online and weekly in our LifeGroups. We desire to see an increase in the number of LifeGroups, period. But also each Group using our Becoming Heartstrong material.



SEASON ONE

Bible Reading: Matthew - Acts
Spiritual Practice: Sabbath



JAN - MAR

SEASON TWO

Bible Reading: Romans - Revelation
Spiritual Practice: Prayer



APR - JUN

SEASON THREE

Bible Reading: Genesis - Leviticus
Spiritual Practice: Fasting



Worship: The Call To Do

In season one, we led with our hearts. As followers of Jesus, our doing flows from our being. For the health of our souls, it is best not to reverse this order. Life will often pull you to reverse this order, but the power of the Holy Spirit, coupled with your spiritual disciplines, is essential to hold your heart in Jesus.

Being is essential, and from it, we do.

A favourite analogy is of a road. In her book, Ragged, Gretchen Ronnevik says, "The early church was often called 'the Way.' When knowing this, we, similarly, conclude that "the Way" is somehow a road, a narrow one, symbolizing life, and we must walk on it towards heaven. This road is full of obedience and the right choices. This all starts to make sense until you discover that 'the Way' is a person. Jesus isn't just helping us make good choices as he walks alongside us as our buddy on the road. Jesus is the road. Being on the road is recognizing that every step depends on His work, sacrifice, and forgiveness."

The call to do is not only where you invite Jesus to walk alongside you; it is, as Paul said, "In Him, we live and move and have our being." This season think of "the Way" more as a person than a road where all you do is in and from the presence and power of the Holy Spirit - who lives in you as a follower of Jesus.



In our partnership with Practicing the Way, we invite you into a deeper Call To Do through developing the spiritual practice of prayer.

Should you choose to engage, what can you expect? Prayer has four session videos, weekly exercises and readings, and additional resources to help your LifeGroup create life-changing daily rhythms as you apprentice under Jesus. Transformation happens in community. Running the practice of Prayer together looks like setting a time each week to gather with a LifeGroup and share a meal, watch the session video, and then discuss, reflect and pray.

Start small. Using the Prayer Companion Guide, you'll practice Prayer through the weekly reach exercises and have a chance to dive deeper through the assigned readings and podcast episodes. The following week, you'll reflect on how it went. The goal is growth, not perfection.



Way

Each season we select a specific Spiritual Practice to do together. Season Two is Prayer. Prayer is simply the medium through which we communicate and commune with God.

Access the Prayer Companion Guide, containing weekly exercises, readings, and resources to help your group create life-changing daily rhythms as you apprentice under Jesus together.



Worship

You were made for worship.

We believe a lifelong adventure in following Jesus is precisely how your heart is formed to be consistently made strong in Christ.

This season we will lead you through The Call To Do, a Spiritual Discipline of Prayer, and teach Romans - Revelation from God's Word.

Finally, we hope you answer our More Like Jesus questions honestly. Share your results with someone you trust or your Group.

Word

This season we will lead you through Romans - Revelation. We typically use the ESV as a Bible translation but feel free to use what you wish.

On the concluding page of this plan, there are links for excellent Bible Reading apps we utilize and fully recommend.



[Download](#)
[Prayer](#)
[Companion](#)
[Guide](#)

Own/Others

HEARTSTRONG

To assist you in growing in Christ-like maturity, building upon examples from Christian history, we have curated a structure for you to utilize on your own and with others.

Daily you can use the STRONG system to spend time with God. In Groups, you can use the HEART questions to go deeper together.



STRONG (Own)

See. Your day with God's eyes, not merely your own.

Thank. God for the forthcoming day: each day is a gift

Review. Your completed day with the Holy Spirit.

Own. Your sin/shortcomings: Repent and Confess.

Necessary. God's presence to be in your day. Invite Him.

Give. Grace to yourself and others to be more like Jesus.



HEART (Others)

Honest. What known sins have I committed?

Express. Where am I currently being tempted?

Ask. God's grace to cover and truth to set you free.

Realize: Where is God at work setting you free?

Truth. Is there anywhere I have lied tonight?



Heartstrong Group

OVERVIEW:
BOOKS OF THE BIBLE



Becoming Heartstrong

Romans

"Paul's letter to the Christians in Rome is his masterpiece. It covers many different topics from many different angles, bringing them all together into a fast-moving and compelling line of thought. Reading it sometimes feels like being swept along in a small boat on a swirling, bubbling river. The reason is obvious: because Romans is all about the God who, as Paul says, unveils His power and grace through the good news about Jesus." - Tom Wright.

Jesus: Our Eternal Salvation

Content

A letter of instruction and exhortation setting for Paul's understanding of the gospel - that Jew and Gentile together form one people of God, based on God's righteousness received through faith in Jesus and the gift of the Holy Spirit.

Author, Date, Recipients, & Emphasis

- The Apostle Paul.
- A.D. 57
- The Church in Rome

Jews and Gentiles together as the one people of God; the role of the Jews in God's salvation through Christ; salvation by grace alone, received through faith in Christ Jesus and effected by the Spirit; the failure of the law and success of the Spirit in producing true righteousness; the need to be transformed in mind (by the Spirit) to live in unity as God's people in the present.



Becoming Heartstrong

Corinthians

"Paul's letter to Corinth - a lively seaport where people and cultures of every sort jostled together, just like so many places in today's world - is full of wisdom and challenge. His second letter is different from the first. Something terrible has happened. Corinthians leads us from tragedy back to the sunlight."

- Tom Wright.

Jesus: Our Hope for Change

Content

The first is a letter of correction, in which Paul stands over against the Corinthians on issue after issue, mostly behavioural, but which are nevertheless a betrayal of the gospel of Christ. The second letter, probably two letters combined into one, deals primarily with Paul's tenuous relationship with the Corinthian church.

Author, Date, Recipients, & Emphasis

- The Apostle Paul.
- A.D. 53-55.
- The Church in Corinth (comprised mostly of Gentiles).

First Corinthians is the most difficult of the New Testament letters to summarize because Paul deals with no less than eleven different issues, sometimes in a length similar to some of his shorter letters.

Second Corinthians is like turning on the TV during a complicated episode. This letter from Corinthians gives one the sense of entering a new world. Few of the issues raised in the earlier letter appear here, but the passage dealing with the glory of the new covenant is "worth the price of the book." Read and enjoy!



Becoming Heartstrong

Galatians

"The first three letters in this book were among the first, perhaps the very first, that Paul wrote to the young churches. They are already full of life, bubbling with energy, with questions, problems, excitement, danger, and above all else, a sense of the presence and power of the living God, who has changed the world through Jesus and is now at work in a new way by His Spirit." - Tom Wright.

Jesus: Our Justification By Faith

Content

A heated argument with the Gentile Galatian believers against some Jewish Christian missionaries who insisted that Gentiles be circumcised if they are to be included in the people of God.

Author, Date, Recipients, & Emphasis

- The Apostle Paul.
- A.D. 55.
- Gentile believers in Galatia.

Paul's apostleship and gospel come directly from God and Christ, not through human mediation; the death of Jesus has brought an end to ethnic and religious observances; the Spirit produces what the law could not; the Spirit enables believers not to yield to sinful desires; one receives the Spirit through faith in Christ Jesus.



Becoming Heartstrong

Ephesians

"Ephesians is the first of Paul's short letters from prison: Ephesians, Philippians, Colossians, and Philemon. His circumstances make these especially poignant and give us a portrait of a man facing huge difficulties and hardships and coming through with his faith and hope unscathed. But what he has to say to the young churches - and in the case of Philemon, to one man facing a hugely difficult moral dilemma - is even more impressive." - Tom Wright.

Jesus: Our Peace With God

Content

A letter of encouragement and exhortation, set against the backdrop of "the powers", portraying Christ's bringing Jew and Gentile together into the one people of God as His ultimate triumph and glory.

Author, Date, Recipients, & Emphasis

- The Apostle Paul
- A.D. 61-62
- The Church in Ephesus (many churches in the province of Asia)

The cosmic scope of the work of Christ; Christ's reconciliation of Jew and Gentile through the cross; Christ's supremacy over "the powers" for the sake of the church; Christian behaviour that reflects the unity of the Spirit.



Becoming Heartstrong

Philippians

"Philippians is another of Paul's short letters from prison: Ephesians, Philippians, Colossians, and Philemon. His circumstances make these especially poignant and give us a portrait of a man facing huge difficulties and hardships and coming through with his faith and hope unscathed. But what he has to say to the young churches - and in the case of Philemon, to one man facing a hugely difficult moral dilemma - is even more impressive. Within thirty years of Jesus' death and resurrection, Paul has worked out a wonderful, many-coloured picture of what Jesus achieved, of God's worldwide plan, and of how it all works out in the lives of ordinary people." - Tom Wright

Jesus: Our Joy In Suffering

Content

Paul's thanksgiving for, encouragement of, and exhortation to the suffering community of believers in Philippi, who are also experiencing some internal struggles.

Author, Date, Recipients, & Emphasis

- The Apostle Paul.
- A.D. 62.
- The Church in Philippi.

Paul's and the Philippians' partnership in the gospel; Christ as the key to all of life, from beginning to end; knowing Christ by becoming like Him in His death (sacrificing oneself for others); rejoicing in Christ even in suffering; unity through humility and love; the certainty and pursuit of the final prize.



Becoming Heartstrong

Colossians

"Colossians is another of Paul's short letters from prison: Ephesians, Philippians, Colossians, and Philemon. His circumstances make these especially poignant and give us a portrait of a man facing huge difficulties and hardships and coming through with his faith and hope unscathed. But what he has to say to the young churches - and in the case of Philemon, to one man facing a hugely difficult moral dilemma - is even more impressive. Within thirty years of Jesus' death and resurrection, Paul has worked out a wonderful, many-coloured picture of what Jesus achieved, of God's worldwide plan, and of how it all works out in the lives of ordinary people." - Tom Wright

Jesus: Our Head of all Things

Content

A letter encouraging relatively new believers to continue in the truth of Christ they have received and warning them against outside religious influences.

Author, Date, Recipients, & Emphasis

- The Apostle Paul.
- A.D. 60-61.
- Mostly Gentile believers in Colosse.

The absolute supremacy and all-sufficiency of Christ, the Son of God; that Christ both forgives sin and removes one from the terror of "the powers"; religious rules and regulations count for nothing, but ethical life that bears God's own image counts for everything; Christlike living affects relationships of all kinds.



Becoming Heartstrong

Thessalonians

"Galatians is to be read alongside of Thessalonians. The first three letters in this book were among the first, perhaps the very first, that Paul wrote to the young churches. They are already full of life, bubbling with energy, with questions, problems, excitement, danger, and above all else, a sense of the presence and power of the living God, who has changed the world through Jesus and is now at work in a new way by His Spirit.." - Tom Wright.

Jesus: Our Source of Comfort

Content

The most prominent theme in Thessalonians is the second coming of Jesus. It is mentioned in every chapter of the book. At Jesus' future coming, the dead in Christ will rise and will be caught up along with the living to meet the Lord in the air. Unbelievers will be subject to his wrath, but Christians will be delivered from this, inheriting salvation instead.

Author, Date, Recipients, & Emphasis

- The Apostle Paul.
- A.D. 50-51
- New converts in Thessalonica

Paul's loving concern for his friends in Thessalonica; suffering as part of the Christian life; holiness regarding sexual matters; the need to do one's own work and not live off the largesse of others; the resurrection of the Christian dead; readiness for Christ's coming.

The second letter lacks the first's warmth as Paul addresses two key errors in the church. One, the Lord's Day has already occurred. Second, there are Christians who are idle and disruptive to those engaged in the gospel.



Becoming Heartstrong

Timothy

"Unlike the rest of Paul's letters, which (except for Philemon) are addressed to whole churches, the 'Pastoral Letters' are addressed to individuals: two to Timothy, whom we know from Acts and several other references from Paul, and one to Titus, about whom Paul speaks warmly elsewhere in his writings. These letters are very practical, offering encouragement and advice on a local church's day-to-day life and the chief pastor's role within it. At the same time, they constantly give us a glimpse of a rich theological picture of Jesus and the power of His gospel."

- Tom Wright.

Jesus: Our One Mediator

Content

An indictment of some false teachers - their character and teachings - with instructions on various community matters these teachers have brought to crisis, interspersed with encouragement to Timothy. Also, an appeal to Timothy to remain loyal to Christ, to the gospel.

Author, Date, Recipients, & Emphasis

- The Apostle Paul.
- A.D. 62-64.
- Timothy.

The truth of the gospel of God's mercy shown towards all people; character qualifications for church leadership; holding fast to the gospel means modelling genuine Christian character and leadership.

The second letter looks at the saving work of Christ; loyalty to Christ; loyalty to the gospel; the final salvation of those who are Christ's.



Becoming Heartstrong

Titus

"Unlike the rest of Paul's letters, which (except for Philemon) are addressed to whole churches, the 'Pastoral Letters' are addressed to individuals: two to Timothy, whom we know from Acts and several other references from Paul, and one to Titus, about whom Paul speaks warmly elsewhere in his writings. These letters are very practical, offering encouragement and advice on a local church's day-to-day life and the chief pastor's role within it. At the same time, they constantly give us a glimpse of a rich theological picture of Jesus and the power of His gospel."

- Tom Wright.

Jesus: Our Great God and Saviour

Content

Instructions to Titus for setting in order the churches on Crete, including the appointment of qualified elders and the instruction of various social groups, set against the backdrop of some false teachers.

Author, Date, Recipients, & Emphasis

- The Apostle Paul.
- A.D. 62-63.
- Titus, a Gentile and the churches on Crete.

God's people must be and do good - this is especially true of church leaders; the gospel of grace stands over and against false teachings based on the Jewish law.



Becoming Heartstrong

Philemon

"Philemon is another of Paul's short letters from prison: Ephesians, Philippians, Colossians, and Philemon. His circumstances make these especially poignant and give us a portrait of a man facing huge difficulties and hardships and coming through with his faith and hope unscathed. But what he has to say to the young churches - and in the case of Philemon, to one man facing a hugely difficult moral dilemma - is even more impressive. Within thirty years of Jesus' death and resurrection, Paul has worked out a wonderful, many-coloured picture of what Jesus achieved, of God's worldwide plan, and of how it all works out in the lives of ordinary people." - Tom Wright

Jesus: Our Source of Reconciliation

Content

The sole purpose of this letter is to secure forgiveness for a (probably runaway) slave named Onesimus.

Author, Date, Recipients, & Emphasis

- The Apostle Paul.
- A.D. 60-61.
- A Gentile believer in Colosse (See Col 4:9).

The gospel reconciles people to one another, not only Jews (Paul) and Gentiles (Philemon) but also (runaway) slaves and masters, making them all equal as brothers.



Becoming Heartstrong

Hebrews

"The letter to the Hebrews is one of the New Testament's most bracing and challenging writings. People often find it a bit difficult because it uses ideas that are strange to us. But, like meeting a new friend, we will find as we get to know it that it is full of interest and delight, with a powerful message that comes home to today's and tomorrow's church as much as it did yesterday's." - Tom Wright.

Jesus: Our Greater Sacrifice

Content

A word of exhortation sent in letter form, encouraging faithful presence in light of the superlative final word God has spoken in Christ.

Author, Date, Recipients, & Emphasis

- Unknown (A second-generation believer).
- A.D. 50-90 (Unknown).
- An unknown but specific group of Jewish Christians.

God has spoken his absolutely final word in His Son; to abandon Christ is to abandon God altogether; Christ is superior to everything that went before - the old revelation, its angelic mediators, the first exodus, and the whole priestly system; God's people can have full confidence in God's Son, the perfect high priest, who gives all people ready access to God.



Becoming Heartstrong

James

James is an early Christian letter. It is short, sharp and concise. They are full of clear, practical advice for Christians taking their early steps in the faith and needing to know where the problems would come from and what resources they could find to cope with them. But they also have to breathe the fresh air to delight in a new-found faith, hope and life. They are full of wonder at the fact of Jesus himself, at what He'd done in giving His life to rescue people, at what He had revealed about a Christian community will meet in the world around, trying to squash the church into its own ways of life." - Tom Wright

Jesus: Our Perfect Example

Content

A treatise composed of short moral essays, emphasizing endurance in hardship and responsible Christian living, with special concern that believers practice what they preach and live together in harmony.

Author, Date, Recipients, & Emphasis

- James, brother of our Lord (led the church in Jerusalem).
- A.D. Unknown (Mid 40's - 90's).
- Believers in Christ among the Jewish Diaspora.

Practical faith on the part of believers; joy and patience amid trials; the nature of true Christian wisdom; attitudes of the rich toward the poor; abuse and proper use of the tongue.



Becoming Heartstrong

Peter

Peter is another early Christian letter. It is short, sharp and concise. They are full of clear, practical advice for Christians taking their early steps in the faith and needing to know where the problems would come from and what resources they could find to cope with them. But they also have to breathe the fresh air to delight in a new-found faith, hope and life. They are full of wonder at the fact of Jesus himself, at what He'd done in giving His life to rescue people, at what He had revealed about a Christian community will meet in the world around, trying to squash the church into its own ways of life." - Tom Wright

Jesus: Our Perfect Reward

Content

The first is a letter of encouragement to Christians undergoing suffering, instructing them how to respond Christianly to their persecutors. The second is a farewell speech urging Christian perseverance in light of some who deny the second coming of Christ and live boldly in sin.

Author, Date, Recipients, & Emphasis

- The Apostle Peter.
- A.D. 64-65.
- Mostly Gentile believers in the five provinces in Asia Minor.

Suffering for the sake of righteousness should not surprise us; believers should submit to unjust suffering the way Christ did; Christ suffered to free us from sin.

The second letter is a concern that God's people grow in and exhibit godliness; the sure judgement on the false teachers for their ungodly living; the certainty of the Lord's coming, despite the scoffing of the false teachers.



Becoming Heartstrong

John

John is also an early Christian letter. It is short, sharp and concise. They are full of clear, practical advice for Christians taking their early steps in the faith and needing to know where the problems would come from and what resources they could find to cope with them. But they also have to breathe the fresh air to delight in a new-found faith, hope and life. They are full of wonder at the fact of Jesus himself, at what He'd done in giving His life to rescue people, at what He had revealed about a Christian community will meet in the world around, trying to squash the church into its own ways of life." - Tom Wright

Jesus: Our Word of Life & Love

Content

First, it is a treatise that offers assurance to some specific believers, encouraging their loyalty to Christian faith and practice. Second is a warning against those who deny the incarnation of Christ. The third is a similar letter written to Gaius.

Author, Date, Recipients, & Emphasis

- John (Calls himself "The Elder")
- A.D. Unknown; late 80's, early 90's.
- A Christian community; a single local congregation (led by a woman); Gaius/other believers greeted by name

Jesus who came in the flesh is the Son of God; Jesus showed God's love for us through his incarnation and crucifixion; true believers love one another as God loved them in Christ; God's children do not habitually sin, but when we do sin, we receive forgiveness, that we can have confidence in the God who loves them; that by trusting in Jesus we now have eternal life; the obligations of Christian hospitality, especially toward approved itinerant ministers.



Becoming Heartstrong

Jude

Jude is, too, an early Christian letter. It is short, sharp and concise. They are full of clear, practical advice for Christians taking their early steps in the faith and needing to know where the problems would come from and what resources they could find to cope with them. But they also have to breathe the fresh air to delight in a new-found faith, hope and life. They are full of wonder at the fact of Jesus himself, at what He'd done in giving His life to rescue people, at what He had revealed about a Christian community will meet in the world around, trying to squash the church into its own ways of life." - Tom Wright

Jesus: Our Sustaining Grace

Content

A pastoral letter of exhortation, full of strong warning against some false teachers who have secretly slipped in among them.

Author, Date, Recipients, & Emphasis

- Jude, who describes himself as the brother of James, thus of Jesus.
- A.D. Unknown, but after 70.
- Likely a single congregation of Jewish Christians in Palestine.

The certain judgement on those who live carelessly and teach others to do so; the importance of holy living; God's love for and preservation of His faithful ones.



Becoming Heartstrong

Revelation

"Many people today regard Revelation as the hardest book in the New Testament. It is full of strange, lurid, and sometimes bizarre and violent imagery. As a result, many people who are quite at home in the gospels, Acts and Paul, find themselves tiptoeing around Revelation with a sense that they don't belong here. But they and you do! This book offers one of the clearest and sharpest visions of God's ultimate purpose for the whole of creation and of how the powerful forces of evil, at work in a thousand ways, but not least in idolatrous and tyrannous political systems, can be overthrown through the victory of Jesus the Messiah and the consequent costly victory of His followers." - Tom Wright.

Jesus: Our Worship Forever

Content

A Christian prophecy cast in apocalyptic style and imagery and finally put in letter form, dealing primarily with tribulation (suffering) and salvation for God's people and God's wrath (judgment) on the Roman Empire.

Author, Date, Recipients, & Emphasis

- John (Apostle. Son of Zebedee).
- A.D. 95.
- Churches in the Roman provinces of Asia.

Despite appearances to the contrary, God is in absolute control of history; although God's people are destined for suffering in the present, God's sure salvation belongs to them; God's judgement will come on those responsible for the church's suffering; in the end (Revelation 21-22) God will restore what was lost or distorted at the beginning (Genesis 1-3).



Heartstrong Group

WEEKLY
BIBLE READING PLAN





Word: January

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6
7 Sabbath	8 Rom 1-2	9 Rom 3-4	10 Rom 5-7	11 Rom 8-9	12 Rom 10-11	13
14 Sabbath	15 Rom 12-13	16 Rom 14-16	17 1 Co 1-2	18 1 Co 3-5	19 1 Co 6-7	20
21 Sabbath	22 1 Co 8-9	23 1 Co 10-11	24 1 Co 12-13	25 1 Co 14-15	26 1 Co 16- 2 Co 1	27
28 Sabbath	29 2 Co 2-5	30 2 Co 6-8	31 2 Co 9-10			

Memorize: Bible Passage

"For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord."
Romans 6:23 (ESV)



Word: February

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 2 Co 11-13	2 Gal 1-2	3
4 Sabbath	5 Gal 3-4	6 Gal 5-6	7 Eph 1-3	8 Eph 4-6	9 Phil 1-2	10
11 Sabbath	12 Phil 3-4; Col 1	13 Col 2-4	14 1 Th 1-3	15 1 Th 4-5 2 Th 1-2	16 2 Th 3 1 Tim 1-3	17
18 Sabbath	19 1 Tim 4-6	20 2 Tim 1-3	21 2 Tim 4 Tit 1-3	22 Phil Heb 1-2	23 Heb 3-6	24
25 Sabbath	26 Heb 7-8	27 Heb 9-10	28 Heb 11-13	29 Jam 1-2		



Memorize: Bible Passage

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." Philippians 4:6 (ESV)



Word: March

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					¹ Jam 3-5	²
³ Sabbath	⁴ 1 Pet 1-2	⁵ 1 Pet 3-5	⁶ 2 Pet 1-3	⁷ 1 Jn 1-2	⁸ 1 Jn 3-5	⁹
¹⁰ Sabbath	¹¹ 1 Jn 5 - Jude	¹² Rev 1-2	¹³ Rev 3-4	¹⁴ Rev 5-7	¹⁵ Rev 8-10	¹⁶
¹⁷ Sabbath	¹⁸ Rev 11-13	¹⁹ Rev 14-15	²⁰ Rev 16-18	²¹ Rev 19-20	²² Rev 21-22	²³
²⁴ Palm Sunday	²⁵	²⁶	²⁷	²⁸	²⁹ Good Friday	³⁰ Waiting Saturday
³¹ Easter Sunday						



Memorize: Bible Passage

"After this I looked, and behold, a great multitude that no one could number, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, clothed in white robes, with palm branches in their hands." Revelation 7:9 (ESV)

Heartstrong Group

WEEKLY
DISCUSSION GUIDE



Becoming Heartstrong

WEEK ONE: DISCUSSION GUIDE

You were made for worship. We believe a lifelong adventure in following Jesus is precisely how your heart is formed, to be consistently made strong in Christ. This season, we will lead you through The Call To Do, a Spiritual Discipline of Prayer, and teach Romans - Revelation from God's Word.

Bible Reading

Read: Romans 1-11

Spiritual Practice: Prayer

Prayer is simply the medium through which we communicate and commune with God. The practice of prayer is learning to set aside dedicated time to intentionally be with God to become like him and partner with him in the world. - Practicing the Way

Download: [Prayer Companion Guide](#)

Five Points of Discussion

During Season Two, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of prayer, and shared Bible Readings.

1. As you read Romans 1-11 and listened to the Sunday teaching, what did the Holy Spirit speak to you about?
2. According to Romans 8, what is the role of the Holy Spirit in the life of a believer? How does the Holy Spirit help us in our weaknesses and intercede for us?
3. How does Paul describe our hope as believers in Romans 8? What is the source of this hope, and how does it sustain us through trials and suffering?
4. Romans 8 also discusses the concept of adoption as children of God. What does it mean to be adopted by God, and how does this change our relationship with Him? How does this adoption affect our identity and purpose as believers?
5. How do you determine where you are in life? Explain what it means to be in Christ.

In Groups, there are those starting to follow Jesus. Take time weekly to Start an essential conversation about some of the questions people have about all things following Jesus.



Becoming Heartstrong

WEEK ONE: DISCUSSION GUIDE

Whether you are exploring a newfound faith or have been a follower of Jesus for a long time, Start will add value to your life. No matter where you have come from or what you have done, the Bible tells us that we have all fallen short and there is nothing we can do through our good deeds to earn God's love. Yet God, through His unfailing grace, has freely given His love to each of us.

START ONE: Holy Spirit

Facts, principles, or known equations can explain many things. However, some things are equally as true, yet more mysterious. Take falling in love, for example. Out of the billions of people on the planet, why him or her? No matter who you are, there are principles and powerful moments in life that are hard to explain but hold deep meaning in our lives.

In the book, "Forgotten God," author Francis Chan asks an important question, "If it is true that the Spirit of God dwells in us (1 Cor 6:19-20, Rom 8:9), then shouldn't there be a huge difference between the person who has the Holy Spirit and the person who does not?" As a follower of Christ, you have the Holy Spirit dwelling on the inside of you. He places His Spirit in us for a specific purpose.

The Holy Spirit is a person. This means we should not treat Him as a force or something we can harness to accomplish our self-centred purposes or desires. His relationship with each follower of Christ is personal (Matt 28:19, 2 Cor 13:14).

The Holy Spirit is God. Many books have been dedicated to the Trinity (God is Father, Son and Holy Spirit) that you can read if you wish to dig further into this. It is important to note that the Holy Spirit is not some lesser force working for God but is God. The Spirit and God are to be used interchangeably (Acts 2:3-4).

Reflection & Discussion Questions

1. Have you ever sensed that something greater than yourself was guiding your life?
2. What comes to mind when you think about the Holy Spirit?
3. Read 1 Corinthians 6:19-20.
4. Read John 14:25-27.

[Watch: The Bible Projects: Holy Spirit](#)



Becoming Heartstrong

WEEK TWO: DISCUSSION GUIDE

You were made for worship. We believe a lifelong adventure in following Jesus is precisely how your heart is formed, to be consistently made strong in Christ. This season, we will lead you through The Call To Do, a Spiritual Discipline of Prayer, and teach Romans - Revelation from God's Word.

Bible Reading

Read: Romans 12 - 1 Corinthians 7

Spiritual Practice: Prayer

Over the next four weeks, the plan is to explore four stages of prayer. 01 Talking to God. 02 Talking with God. 03 Listening to God. 04 Being with God. - Practicing the Way

Download: [Prayer Companion Guide](#)

Five Points of Discussion

During Season Two, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of prayer, and shared Bible Readings.

1. As you read Romans 12-1 Corinthians 7 and listened to the Sunday teaching, what did the Holy Spirit speak to you about?
2. Why do you think sinners were drawn to Jesus? Similarly, today, are they drawn to Christians? What is something we can do to be more like Jesus, specifically in this area?
3. How would you describe the difference between rebellion and genuine struggling with sin?
4. How would you describe your current season to others in the group? What parts of your life would you use to give them an accurate picture of you today?
5. How do we not judge others improperly and also not live in fear of calling a spade-a-spade?

In Groups, there are those starting to follow Jesus. Take time weekly to Start an essential conversation about some of the questions people have about all things following Jesus.



Becoming Heartstrong

WEEK TWO: DISCUSSION GUIDE

Whether you are exploring a newfound faith or have been a follower of Jesus for a long time, Start will add value to your life. No matter where you have come from or what you have done, the Bible tells us that we have all fallen short and there is nothing we can do through our good deeds to earn God's love. Yet God, through His unfailing grace, has freely given His love to each of us.

START TWO: Holy Spirit

As we begin to unpack the role of the Holy Spirit in our lives, may it be as if you are hungry and reading from a menu of all that is available to you as a follower of Christ. As you follow the whisper of the Spirit you will be enabled to do great things for God.

- The Holy Spirit teaches and reminds us of what it means to follow Jesus (John 14-16).
- The Holy Spirit both initially and continually draws us to Jesus (Acts 1:8).
- The Holy Spirit convicts us of our sin (John 16:7-11). 90 | Chapter Five: HOLY SPIRIT
- The Holy Spirit sets us free from the sins we cannot get rid of on our own (Rom 8:2).
- The Holy Spirit will give us the words to say, at the right time, about Jesus (Mark 13:11).
- The Holy Spirit, gives each one of us a spiritual gift for the purpose of the greater whole because we are a family (1 Cor 12:7).
- The Holy Spirit produces fruit as evidence that we are followers of Jesus (Gal 5:22-23).
- Through the Holy Spirit we receive the spirit of adoption where we can be sure of our salvation (Romans 8:15-16).
- The Holy Spirit brings us life and freedom (Rom 8:10, 2 Cor 3:17).
- The power of the Holy Spirit resides in us and fills us with hope (Rom 15:13).
- Being filled with the Holy Spirit can produce a supernatural sign of speaking in tongues (Acts 2).

Take a moment to think about some of the amazing things available to you because the Holy Spirit dwells on the inside of you. As you look over that list, remember these are not reserved for "super-Christians" or the "pastor" types but for each of us. Understanding and embracing the work of the Holy Spirit in our lives is vitally important to us as followers of Christ.

Reflection & Discussion Questions

1. When do you need the Holy Spirit to help you?
2. Which roles of the Holy Spirit from the list we just read stand out to you?



Becoming Heartstrong

WEEK THREE: DISCUSSION GUIDE

You were made for worship. We believe a lifelong adventure in following Jesus is precisely how your heart is formed, to be consistently made strong in Christ. This season, we will lead you through The Call To Do, a Spiritual Discipline of Prayer, and teach Romans - Revelation from God's Word.

Bible Reading

Read: 1 Corinthians 8 - 2 Corinthians 1

Spiritual Practice: Prayer

You can think of these four stages of prayer as layers by which we go deeper with God. When you first learn to pray, there is a bit of a progression from one stage to the next. But the spiritual journey is not a linear progression, and you never mature beyond any dimension of prayer. - Practicing the Way

Download: [Prayer Companion Guide](#)

Five Points of Discussion

During Season Two, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of prayer, and shared Bible Readings.

1. As you read 1 Corinthians 8 - 2 Corinthians 1 and listened to the Sunday teaching, what did the Holy Spirit speak to you about?
2. Where would you say you struggle most with consistently following Jesus?
3. Reading all the seven "woes," which of them do you see most often and concern you the most?
4. Why do you think Jesus seems more concerned about us taking heaven in vain than hell?
5. How are you working on being one who tells others what to do and does their best to set an example so their words and actions hold the smallest of gaps?

In Groups, there are those starting to follow Jesus. Take time weekly to Start an essential conversation about some of the questions people have about all things following Jesus.



Becoming Heartstrong

WEEK THREE: DISCUSSION GUIDE

Whether you are exploring a newfound faith or have been a follower of Jesus for a long time, Start will add value to your life. No matter where you have come from or what you have done, the Bible tells us that we have all fallen short and there is nothing we can do through our good deeds to earn God's love. Yet God, through His unfailing grace, has freely given His love to each of us.

START THREE: Holy Spirit

With the Holy Spirit, we can live securely in what Christ provided us on the cross. There is no striving or working for what we received as a gracious gift of love. However, the Holy Spirit waits for us to respond to God to move in our lives. He will not violate our will but instead gently nudges us towards Jesus. The Holy Spirit will make you secure in Christ. May you hunger for God to move in your life, church and culture and help you change how you live daily.

An authentic move of God is when people become acutely aware and obedient to follow the whisper of the Holy Spirit. Believe it or not, the two most prevalent things that stop a move of God from happening in your life and church are not sin but complacency and busyness.

In our journey with the Holy Spirit, we can become too comfortable in our ways or think we know best instead of following the Bible and the Spirit's leading in our lives. There is a vast difference between knowing what to do and taking a step of faith and doing it.

If you wish to allow the Holy Spirit to move in your life, be prepared to experience some discomfort. Business can also crowd out the whisper of the Holy Spirit in our lives; sometimes, He is hard to hear over all the noise.

Practice the art of stillness each day. Turn off the music, television and mobile devices to allow some stillness to enter your soul. As you read your Bible and pray daily, ask the Holy Spirit to lead and guide your life. You may want to write down what you feel He is saying to you. One final, practical advice: the Holy Spirit will always magnify Jesus in your life. He will never speak something to you outside of Scripture or the heart of the Gospel.

Reflection & Discussion Questions

1. How does comfort or busyness cloud your ability to hear the promptings of the Holy Spirit?
2. Share about an area of your life where you sense the Holy Spirit is pushing you out of your comfort zone?



Becoming Heartstrong

WEEK FOUR: DISCUSSION GUIDE

You were made for worship. We believe a lifelong adventure in following Jesus is precisely how your heart is formed, to be consistently made strong in Christ. This season, we will lead you through The Call To Do, a Spiritual Discipline of Prayer, and teach Romans - Revelation from God's Word.

Bible Reading

Read: 2 Corinthians 2 - Galatians 2

Spiritual Practice: Prayer

As you give yourself to Jesus through this Practice, please remember: The ultimate aim is not to "pray more" or "pray better." It's what ancient Christians called union with God. As Julian of Norwich said, "The whole reason why we pray is to be united into the vision and contemplation of him to whom we pray." It's to live each day more and more aware of and deeply connected to our Father; to be transformed into the likeness of his Son, Jesus; and to be filled with the fullness of his Spirit, to do what he made you to do in the world." - Practicing the Way

Download: [Prayer Companion Guide](#)

Five Points of Discussion

During Season Two, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of prayer, and shared Bible Readings.

1. As you read 2 Corinthians 2 - Galatians 2 & listened to the Sunday teaching, what did the Holy Spirit speak to you about?
2. What is the good news? Is what you believe and share about Jesus good for others?
3. How do you honour the past (people, events, circumstances) in your life?
4. Would your life clear the way or clutter others' ability to see Jesus clearly?
5. How do you not allow everything (money, relationships, failure, status) to drive your heart, life, or ambition? How do you keep Jesus central?

Bonus: Share how you believe you are unique (not better) from others.

In Groups, there are those starting to follow Jesus. Take time weekly to Start an essential conversation about some of the questions people have about all things following Jesus.



Becoming Heartstrong

WEEK FOUR: DISCUSSION GUIDE

Whether you are exploring a newfound faith or have been a follower of Jesus for a long time, Start will add value to your life. No matter where you have come from or what you have done, the Bible tells us that we have all fallen short and there is nothing we can do through our good deeds to earn God's love. Yet God, through His unfailing grace, has freely given His love to each of us.

START FOUR: PURPOSE

What am I here for? What is the point? What is life all about? These are questions that we have all asked at times. As children, we approach life with a simple outlook, basing our happiness and contentment on this: "If I have what I want, then I am happy" and "If I don't have what I want, then I am not happy." Yet, if you think about it, not much has changed as we have grown up.

Even as adults, we often think, "I feel happy when I get what I think I want," but in time, a harsh realization comes when that thing we always wanted does not make us happy anymore. It feels like a game of always wanting more but never being truly satisfied. This leaves us wondering... there must be something more to life than this.

God sent His Son to earth to reconcile Himself with His created world. We are a part of this world and part of this plan. Jesus said that we would have life and have it more abundantly. This reveals that fulfillment and contentment are available to us in Christ Jesus. One theme we see throughout Scripture is surrender.

Surrender is key to truly finding a place of wholeness and happiness in life, letting go of what we want or what we think we want, and embracing what Jesus has already given.

Reflection & Discussion Questions

1. What are some things that make you happy?
2. Share something you wanted badly. Did it satisfy the way you thought it would?
3. What do you feel when you think about the word Surrender?



Becoming Heartstrong

WEEK FIVE: DISCUSSION GUIDE

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Bible Reading

Read: Galatians 3 - Philippians 2

Spiritual Practice: Prayer

"01 Start small. Start where you are, not where you "should be". If 30 minutes a day is too much, start with 10. If daily is too much, start with weekly. - Practicing the Way

Download: [Prayer Companion Guide](#)

Five Points of Discussion

During Season Two, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of prayer, and shared Bible Readings.

1. As you read Galatians 3 - Philippians 2 and listened to the Sunday teaching, what did the Holy Spirit speak to you about?
2. Read Ephesians 1:3. What does it mean to be blessed with every spiritual blessing?
3. How do you view your life or circumstances from a different perspective? How do you change your perspective?
4. To go higher in following Jesus, we have to get lower. Why do you think this is true?
5. Take time to practice either confession or exhortation. Share one area where you need help. Take turns sharing one word to encourage each one in the group.

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Becoming Heartstrong

WEEK FIVE: DISCUSSION GUIDE

Whether you are exploring a newfound faith or have been a follower of Jesus for a long time, Start will add value to your life. No matter where you have come from or what you have done, the Bible tells us that we have all fallen short and there is nothing we can do through our good deeds to earn God's love. Yet God, through His unfailing grace, has freely given His love to each of us.

START FIVE: PURPOSE

Your Creator, the God of heaven and earth, has always known you. He knew who you were before you were even born. He carefully planned and orchestrated each part of your personality and strengths because He loves you. He created you with a plan in mind that you have the joy of discovering throughout your life. God is a God of the present. One of His names is I Am. He is not stuck in the past, on your mistakes, regrets, or failings. He is not limited by your upbringing, your resources or the things people have defined you by. His purpose for your life is everlasting and will unfold for eternity. We have the joy of discovering that plan here and now.

The Bible guides us in exploring His purposes in life. You will find direction, guidance, and fulfillment as you learn to live as God's Word teaches. The Bible teaches us about the fruit of the Spirit resident in the believer, "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things, there is no law" Galatians 5:22 (ESV). This fruit of the Spirit is evidence of God working in our lives. It does not mean we are perfect; however, it enables us to choose what is right according to Scripture rather than what we feel.

The gifts of the Spirit are also taught throughout the Bible. 1 Corinthians 12 and Romans 12 explain some of these gifts and how we are to use those gifts as the body of Christ (the church). The gifts of the Spirit are available to everyone but are enabled by the Spirit of God to be used for His purpose. We all have different gifts designed to work together; each part of our body has a different function but works in unison. As we grow in our faith, knowledge and relationship with Jesus, we will discover which gifts Christ desires to use throughout our lives. God enables specific gifts within us by His Spirit; however, Paul encourages us to seek all the gifts through prayer. When we exercise the gifts of the Spirit, God's work is fulfilled through us.

Reflection & Discussion Questions

1. What are some of the Gifts of the Spirit?
2. Read: Jeremiah 29:11. How could you apply this verse to your life?
3. Have you allowed any past experiences, failures or regrets to limit your purpose in God?



Becoming Heartstrong

WEEK SIX: DISCUSSION GUIDE

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Bible Reading

Read: Philippians 3 - Titus 3

Spiritual Practice: Prayer

02 Think subtraction, not addition. Please do not add a daily prayer rhythm into your already overbusy, overfull life. Think, "What can I cut out?" A morning glance at the news? Does a lunch break scroll through social media? An evening TV show habit? Formation is about less, not more.
- *Practicing the Way*

Download: [Prayer Companion Guide](#)

Five Points of Discussion

During Season Two, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of prayer, and shared Bible Readings.

1. As you read Phil 3 - Titus 3 & listen to the Sunday teaching, what did the Holy Spirit speak to you?
2. The church in Colossians had two problems. First, they were more influenced by the culture than Christ - where do you see this as an issue personally or in the church today?
3. Second, the church became stuck honouring traditions which were no longer necessary/effective. How do we honour but not serve the past?
4. Read Colossians 1:15-20. In reading, you came across the word preeminent. Define it together and answer honestly: What in life surpasses all else?
5. Take time to pray for one another, specifically to have Jesus be preeminent in our lives.

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Becoming Heartstrong

WEEK SIX: DISCUSSION GUIDE

Whether you are exploring a newfound faith or have been a follower of Jesus for a long time, Start will add value to your life. No matter where you have come from or what you have done, the Bible tells us that we have all fallen short and there is nothing we can do through our good deeds to earn God's love. Yet God, through His unfailing grace, has freely given His love to each of us.

START SIX: PURPOSE

We are all born with characteristics, natural gifts and strengths, which are unique to our individuality. Learning about these strengths and characteristics is a great place to understand how God wants to use your life for His purpose. Your personality, character and abilities are all connected to your purpose.

When we look around the world today we can recognize many people who we might say are extraordinary: top athletes, scientists, inventors, surgeons, writers and musicians who are brilliant beyond the norm. The difference between the extraordinary possibilities of a follower of Christ and someone with natural ability is that when God is the one enabling the Christ-follower to do what He has called them to do, the effects are eternal. God is the only one who can change a life; God is the only one who can set someone free; God is the only one who can heal a broken heart; God is the only one who can save a soul and God wants to use your life to do these incredible things.

Science will fade, fame will fade, intelligence will fade, the physical body will fade, and anything material we can acquire will fade away. The only thing that will last for all eternity is what we do for Christ. God wants you to discover His plan and purpose for your life so you can have the fulfillment that He came to this earth to give you. Jesus came that you may have life and have it more abundantly.

Walking in the purposes of God will bring you fulfillment beyond anything this world has to offer and discovering what that purpose is can be an exciting journey that may take a lifetime to unfold.

Reflection & Discussion Questions

1. What gifts/strengths do you admire in others?
2. How are the gifts that God enables different from natural talents and strengths?
3. What gifts/strengths do you see in your own life?



Becoming Heartstrong

WEEK SEVEN: DISCUSSION GUIDE

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Bible Reading

Read: Titus 4 - Hebrews 6

Spiritual Practice: Prayer

03 You get out what you put in. The more fully you give yourself to this Practice, the more life-changing it will be. The more you dabble with it, the more shortcuts you take, and the less of an effect it will have on your transformation. - Practicing the Way

Download: [Prayer Companion Guide](#)

Five Points of Discussion

During Season Two, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of prayer, and shared Bible Readings.

1. As you read Titus 4 - Hebrews 6 and listen to the Sunday teaching, what did the Holy Spirit speak to you?
2. How do you pick or define a good from a bad fight?
3. What should a winning fight in life look like?
4. Read 1 Timothy 1:18-19. What does "wage the good warfare with the prophecies previously made about you" mean? How can prophecy be a good weapon? What about a bad one?
5. Would you describe yourself as content? Can you be hungry to grow more like Christ and also content? How do you know when contentment has become comfort?

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Becoming Heartstrong

WEEK SEVEN: DISCUSSION GUIDE

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START SEVEN: STEWARDSHIP

When you think of the sum of your life, there are essentially three elements your life revolves around that comprise how you are living: your time, your talent and your treasure.

Read: Matthew 25:14-29.

The "Parable of the Talents" illustrates the heart of what it means to be a follower of Christ. There is a progression in following Christ where we move from being the centre of our own lives to allowing Jesus to be the centre. This is a life-long process where we move from ignorance to obedience (often with a detour or two, or 557 along the way).

In the Parable of the Talents, the one who received one talent was afraid to lose what he had so he buried his talent. The master knew that one talent was enough but all the servant could see was what he did not have. If you believe that you do not have enough then you will not do anything with what you do have. With God, all things are possible, so focus on what you have, give it to God and see what He can do with it.

Stewardship, especially when it comes to our finances is a touchy subject, but it is important according to the Bible. Money is very personal and there can be a lot of shame and disappointment when thinking about our finances. There never seems to be enough money to meet all our needs yet the Bible says "The Lord is my shepherd; I shall not want" (Psalm 23:1). Unfortunately, due to some negative experiences of misuse, whether told through the media or seen personally, when the subjects of money and church/ ministries are combined, there can be some mistrust in giving. However, that does not change what God says about stewardship in the Bible.

Reflection & Discussion Questions

1. What would you do if money was no object?
2. From the parable we read in Matthew 25, why did the master respond so harshly to the servant who buried his talent in the sand?



Becoming Heartstrong

WEEK EIGHT: DISCUSSION GUIDE

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Bible Reading

Read: Hebrews 7 - James 4

Spiritual Practice: Prayer

04 Remember the J-curve. Learning experts tell us that mastering a new skill follows a J-shaped curve; we tend to get worse before we get better. If you currently enjoy your prayer times, don't be surprised if some of these new types of prayer feel awkward and difficult. Just stay with the Practice; you will come around. - Practicing the Way

Download: [Prayer Companion Guide](#)

Five Points of Discussion

During Season Two, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of prayer, and shared Bible Readings.

1. As you read Hebrews 7-James 4, and listen to the Sunday teaching, what did the Holy Spirit speak to you?
2. How would you answer this question? What is faith?
3. Think about what faith is but also what faith is in. Why must our faith be in Christ and not just something we do?
4. Read Hebrews 12:1-3. In real-time/real-life, how does one look to Jesus? How do you do this?
5. God is good. Why does a good God allow our faith to be tested? (James 1:2-8)

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Becoming Heartstrong

WEEK EIGHT: DISCUSSION GUIDE

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START EIGHT: STEWARDSHIP

We can see from the very beginning of Scripture the importance of stewardship.

Read: Genesis 1:29-30 and Genesis 2:16-17

As the owner of all things, God is extravagantly generous in His giving towards us. In the verses you just read, man was essentially given access to 99.99% of the earth. Yet, even before sin entered the equation, God kept one thing off limits to man. God, who owned all, wanted man to embrace that there was one thing that belonged to God. In this case, it was one tree. Since the beginning of time, God always had something that He wanted man to steward, not own.

One tree. Everything else is given but one tree.

If you know the story, man wants the one thing that He cannot have. With Adam and Eve, and with us today, the enemy always uses the same lie: that you never have enough when it comes to your time, talent and treasure; that you always need that extra dollar, hour, thing or talent that someone else has to be happy.

The lie is always the same. What is God's is really yours, so just take it or do not return it to Him because it is yours. Biblical stewardship at the heart level comes down to one thing – do you believe that what you give God is greater than what He has given you? Another way to think about that question is, do you see everything in your life as gifts that you own or gifts from God that you are called to steward?

Reflection & Discussion Questions

1. Why does it seem that we always want what we can't have?
2. What did you observe/learn about money growing up and how has that affected you as an adult?
3. Do you ever feel like you just do not have enough?



Becoming Heartstrong

WEEK NINE: DISCUSSION GUIDE

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Bible Reading

Read: James 5 - 1 John 4

Spiritual Practice: Prayer

05 There is no formation without repetition. Spiritual formation is slow, deep, cumulative work that takes years, not weeks. The goal of this experience is just to get you started on a journey of a lifetime. Upon completion of this Practice, you will have a map for the journey ahead and hopefully some possible companions for the Way. But what you do next is up to you. - Practicing the Way

Download: [Prayer Companion Guide](#)

Five Points of Discussion

During Season Two, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of prayer, and shared Bible Readings.

1. As you read James 5 - 1 John 4 and listen to the Sunday teaching, what did the Holy Spirit speak to you?
2. Why are patience and prayer interwoven with one another? Would you describe yourself as patient? Share why or why not.
3. How would you explain this to the group, "God is always with us and equally high above us." Why are both of these truths essential to hold together?
4. Read James 5:13-15. What could be different if every Christ-follower set it as an aim to pray, praise, and be ready to pray with someone suffering or sick each day?
5. Take time today to pray, praise, and pray for one another in the group.

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Becoming Heartstrong

WEEK NINE: DISCUSSION GUIDE

Whether you are exploring a newfound faith or have been a follower of Jesus for a long time, Start will add value to your life. No matter where you have come from or what you have done, the Bible tells us that we have all fallen short and there is nothing we can do through our good deeds to earn God's love. Yet God, through His unfailing grace, has freely given His love to each of us.

START NINE: STEWARDSHIP

Read: Malachi 3:10 and Acts 2:44-46

The tithe represents a tenth, or ten percent, of our income that we return to God through our local church as an act of worship. When we release a tenth of our income and give it over to the ministry and mission of Christ in the world, we honour God who owns everything, including all our income.

A church should never use manipulation, guilt or gimmicks as the motivation for giving. As God's children, we should be obedient to the Scriptures by focusing on lifestyle. Giving is a posture of our heart before God. What we do with every penny says something about our view of God and what He means to us.

For example, take a husband and a lonely wife. There is something wrong with the husband if he says, "What do you mean, I don't give you enough of my time? ALL my time is yours. I work all day long for you and the children." That has a very hollow ring to it if he does not give her any special time. Giving her some quality time when it matters to her proves his devotion.

And this is the way it is with our money and God. Giving God a tenth of our income does not deny that all our money is God's, it is simply evidence that we believe it. Tithing is like a constant offering of the first fruits of everything we have. The tithe reminds us that we really believe God is not only our Lord, but Leader, Provider, Owner of all and Giver of life.

Reflection & Discussion Questions

1. Do you believe in the principle of the tithe from Malachi 3:10? Why or why not?
2. Is there a financial need in your life that we can pray for today?



Becoming Heartstrong

WEEK TEN: DISCUSSION GUIDE

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Bible Reading

Read: 1 John 5 - Revelation 10

Spiritual Practice: Prayer

One of the most important tasks of discipleship to Jesus is starting, habituating, and fine-tuning a daily prayer rhythm. Your daily prayer can be simple and brief. And as essential as sleeping, eating, and drinking. This will keep you praying in the days, months, and years. - Practicing the Way

Download: [Prayer Companion Guide](#)

Five Points of Discussion

During Season Two, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of prayer, and shared Bible Readings.

1. As you read 1 John 5 - Revelation 10/and listen to the Sunday teaching, what did the Holy Spirit speak to you?
2. How can we stand for Christ but not against the world? Is it possible?
3. How do you think living a life from "an against posture" forms you? Good? Bad? A little of both? Does it make us more like Jesus?
4. According to Scripture, what are we supposed to be against? What are we not?
5. What is it called when we disobey God's commandments? Rebellion. We are living a life against what God has said is true about life. When is the last time you confessed rebellion as a sin?

In Groups, there are those starting to follow Jesus. Take time weekly to Start an essential conversation about some of the questions people have about all things following Jesus.



Becoming Heartstrong

WEEK TEN: DISCUSSION GUIDE

Whether you are exploring a newfound faith or have been a follower of Jesus for a long time, Start will add value to your life. No matter where you have come from or what you have done, the Bible tells us that we have all fallen short and there is nothing we can do through our good deeds to earn God's love. Yet God, through His unending grace, has freely given His love to each of us.

START TEN: CHURCH

The mention of "church" conjures up a whole variety of thoughts. What may come to mind is the latest religious scandal that has come across the news. You may remember a place you were forced to attend as a child that had little relevance to your actual life. Others may think of a loving and supporting community that has helped them to grow in their relationship with Jesus. What you quickly see is that to define something as important as church, based solely on our experience, could be both problematic and narrow-minded.

Read: Matthew 16:16-18

In Matthew 16, Jesus introduces the idea of His church. At this point in time, temple or synagogue would have been a familiar concept, but "church" was new. Here is what Jesus said in verse 18, "And I tell you, you are Peter, and on this rock I will build my church, and the gates of hell shall not prevail against it." So, what is the church and why does it matter that you belong to one?

According to Jesus, the church is a community of believers who follow His teaching and who ground their lives on what He has provided for them through His death and resurrection. It is not a building or a denomination, but people who are "called out" of the world to follow Him.

Reflection & Discussion Questions

1. What comes to mind when you hear the word "church"?
2. What different kinds of churches have you experienced?
3. Why do you think Jesus established something called "church" as part of His plan of redemption?



Becoming Heartstrong

WEEK ELEVEN: DISCUSSION GUIDE

You were made for worship. We believe a lifelong adventure in following Jesus is precisely how your heart is formed, to be consistently made strong in Christ. This season, we will lead you through The Call To Do, a Spiritual Discipline of Prayer, and teach Romans - Revelation from God's Word.

Bible Reading

Read: Revelation 11 - 22

Spiritual Practice: Prayer

Here are a few questions to hold in your mind as we enter this week's Prayer practice. First, When will I pray? Where will I pray? How should I pray? How long should I pray? - Practicing the Way

Download: [Prayer Companion Guide](#)

Five Points of Discussion

During Season Two, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of prayer, and shared Bible Readings.

1. As you read Revelation 11-22 and listen to the Sunday teaching, what did the Holy Spirit speak to you?
2. Discuss the law. What can it do? What are its limitations?
3. Now discuss forgiveness. What can forgiveness do? What can forgiveness not do?
4. On Sunday, we shared four comforts when Christ returns. Which one touched your heart?
5. Read Revelation 21:1-5; 22-12-13, 20. Define the word new. What does your heart long for in this world to not be just fixed, mended - but made new? What would it look like for purpose to be defined as you join God in the renewal of all things? Through your following Jesus, how can you make earth a little more like heaven?

In Groups, there are those starting to follow Jesus. Take time weekly to Start an essential conversation about some of the questions people have about all things following Jesus.



Becoming Heartstrong

WEEK ELEVEN: DISCUSSION GUIDE

Whether you are exploring a newfound faith or have been a follower of Jesus for a long time, Start will add value to your life. No matter where you have come from or what you have done, the Bible tells us that we have all fallen short and there is nothing we can do through our good deeds to earn God's love. Yet God, through His unfailing grace, has freely given His love to each of us.

START ELEVEN: CHURCH

The church is not supposed to be a country-club for Christians. From Genesis to Revelation you see the heart of God expressed in "seeking and saving" that which is lost. This is God's mission; therefore, we as His followers should be on the same mission. Through Christ, the church is empowered to be a community filled with grace, not only for existing believers, but for those exploring what a relationship with Jesus is about. Followers of Christ are called to share the Gospel with people so that they too can come to know Him.

As a follower of Christ, belonging to a local church will surround you with people who are different than you. They will help, support and encourage you, but also frustrate, annoy and even possibly hurt you. People are messy, even those who say they are Christians.

As difficult as it may be, we need all of the above in order to continue to grow in our lives. Please understand it is never acceptable for someone to take advantage, control or to manipulate others (especially in church or in leadership). However, there will be normal relational friction or disappointments that will exist when we choose to do life in community. Relationships are messy, even the most healthy ones. The expectation that your church community will not be messy sometimes is unrealistic and unattainable.

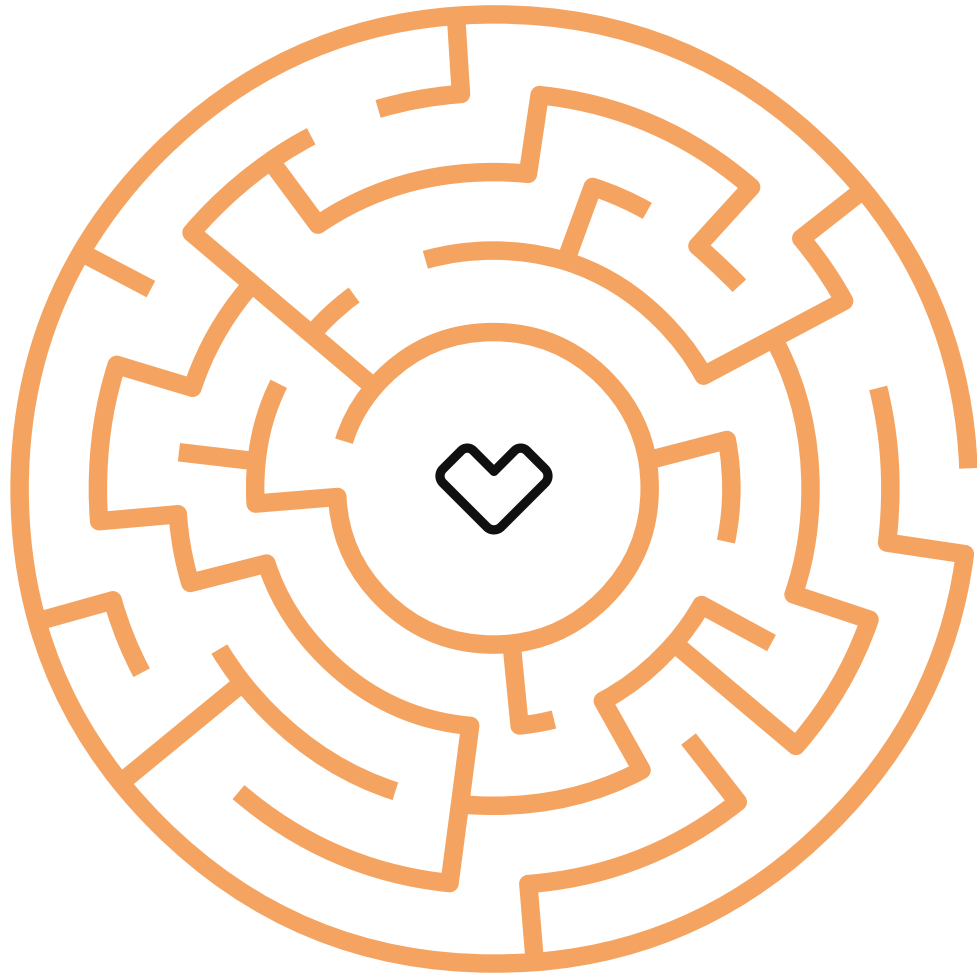
You can make your local church a wonderful place to belong. No church, just like no person, is perfect. Yet, the one whom the church is being built upon, Jesus Christ, is perfect. This means the sky is the limit. The church is about Growing People With Jesus and Others.

Reflection & Discussion Questions

1. Do you think we place higher expectations on how people should treat one another in church or religious environments? Why or why not? Should we?
2. If "The Church" is not a building but is made up of people, how do we be the best church we can be?



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SEASON THREE

Coming Up In Season Three

Word

This season we will lead you through **Genesis - Leviticus**. We typically use the ESV as a Bible translation but feel free to use what you wish.

Way

Each season we select a specific Spiritual Practice to do together. Season Three is **Fasting**. The ultimate aim of fasting is to get in touch with our hunger for God.



HEART CONFERENCE 2024

PRESENCE

March 1-2, 2024

ADULT PRICE

\$89⁰⁰

STUDENT PRICE

Free



BECOMING HEARTSTRONG

ZOOM/REGISTER



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Kids: Wednesdays at 6:30-7:30 pm



Students: Wednesdays Bi-Weekly at 7:00 pm

PODCAST/REPLAYS



Heartstrong Discipleship Podcast



Watch Replays on Vimeo

