

Heart to Heart

Week 3: HEART & TOOL TRACK A Heart That Hopes

Connecting

(share your answers to the following questions)

- **IMAGE GALLERY:** When you think about shame what comes to mind?
 - (Select an image from the image library to share)

[A Heart That Hopes - \(Collection 1\)](https://drive.google.com/drive/folders/18guNSoYFjLBt9KTubfYaD4DFRrrY8C0n?usp=drive_link)
https://drive.google.com/drive/folders/18guNSoYFjLBt9KTubfYaD4DFRrrY8C0n?usp=drive_link

 - What about that image connects with your heart?
- **DISCUSS:**
 - Can you think of a time when you experienced shame? What happened? How did it feel?
 - What is the relationship between shame and hope?
 - Where do you struggle to hope?
- **PRAY:**
 - Commit your concerns and this time together to the Lord

Treasure From Jean

- **WATCH** the following Video
- [A Heart That Hopes part 1](https://youtu.be/EWiwJg9PbvM) : <https://youtu.be/EWiwJg9PbvM>
- What do you learn from Jean about having a heart that worships?
- [A Heart That Hopes part 2](https://youtu.be/z1Xtlk9cjSI) : <https://youtu.be/z1Xtlk9cjSI>
- What connects with you as you listen to Jean share?

Time In God's Word

 Time In God's Word Week 3 TOOL TRACK Shared Quiet Time

https://docs.google.com/document/d/1KS7w_guz3trYVf7pz08Hwd_KPZ_VUkni5vLqCXTdqA/edit?usp=sharing

BIBLE STUDY

A Heart That Hopes bible Study

https://docs.google.com/document/d/1_nxILYdrldzAJRWjDt6VS3n95YnzEh_Y1mR1f94ToGM/edit?usp=sharing

ALPHABET PRAISE: 100 DESCRIPTIONS OF GOD

Praising God Through The Alphabet

https://docs.google.com/document/d/1o_MmkibhbWtxq_0Bt0QmU07q_ZCMZ-BtOppb2bJfqLE/edit?usp=sharing

Either print out two copies of this bookmark or read it on your phones.

Go back and forth [popcorn praying](#), spending time Praising God for who he is.

Toolbox

READ the questions from the second chapter of Jesus Cares for Women and discuss.

Jesus Cares for Women.pdf

https://drive.google.com/file/d/13s2ZsjU5YVDfsbUZu7NaVD6t8tOfgoiE/view?usp=share_link

Jesus Cares for Women booklet to share.PDF

https://drive.google.com/file/d/1Fhewmn8M8k2SoFmm5MnNPHxiraVQgCzl/view?usp=share_link

SHARE the Fig Leaf Illustration - this is a shame-based gospel presentation created by Josh Parr

FIG LEAF ILLUSTRATION Overview

<https://drive.google.com/file/d/1DdHIMDf5pNFMszidk8hCvuHlevuvNAU2/view?usp=sharing>

PRINTABLE HANDOUT for Fig Leaf Illustration

https://drive.google.com/file/d/1a1PoSAoLF0BmsWCymMwUnuBVXRCDdR8v/view?usp=share_link

DISCUSS: How does the Fig Leaf Illustration relate to your life?

Creatively Process

Pick up two packages of modeling clay from a dollar store

Hand her one package.

Ask her to create something that ties in with the key thing she sensed the Lord was highlighting for her during your time this week.

Or feel free to select another way to creatively process from the [Heart Expressions booklet](#):

https://drive.google.com/file/d/1r_M9_7G-4uM4GMWHHexCNh8ZpciJdRlp/view?usp=sharing

Even if you do a quick 30 second drawing, processing creatively is key for truth going from our heads to our hearts, where we can embrace it and live it out.

Heart Challenge!

(aka your spiritual Aerobic Workout to Strengthen Your Heart!)

1. Continue to read the Bible with a friend or
Invite a new friend to read the Bible with you and discuss one chapter
How do you feel about doing this?
What challenges might you encounter doing this?
What are your plans for doing this?
2. Pray for your time doing this and the women you are meeting with or hope to meet with.
3. Share the **Fig Leaf Illustration** with someone this week

4. Read the True Discipleship Story and Journal - What does it look like for you to follow Jesus rather than lean on your own understanding as you read the Bible with women?

☰ True Discipleship Stories: A Heart That Is Patient Week 4

<https://docs.google.com/document/d/1UnrdYDrar9JBzsqRSyTa5-xdekanpXWX3aAu4kv5V0/edit?usp=sharing>

Diving Deeper
(if you have more time)

1. Watch the last of the **Treasure from Jean Videos**:

A Heart That Hopes part 3 : <https://youtu.be/yuGu1nGb1Cg>

2. If you have time, watch the **Time in God's Word videos** and journal your thoughts after:

<https://drive.google.com/file/d/1s8NgNbctp8PAHA0yDpPArG0q8dDSmZZL/view?usp=sharing>

https://drive.google.com/file/d/1xJiZAo-ZzH0o5mJaHVvDq9gnjqcAii24/view?usp=share_link

https://drive.google.com/file/d/1Xfns-bpZ-ytiio_MBKbZRlrzh8W_A4j/view?usp=share_link

3. Watch these videos on *The Role of Hope in Discipleship*

The Role of Hope in Discipleship, part 1

https://drive.google.com/file/d/1tZ2NC6KUKjuDjOjDOfo8FE1agQdyZGC9/view?usp=share_link

The Role of Hope in Discipleship, part 2

https://drive.google.com/file/d/1yfZK-aanr-RoS0ugFPCu4B891NFcU4t/view?usp=share_link

The Role of Hope in Discipleship, part 3

https://drive.google.com/file/d/1pulMb-flQeLdjlwCq0aXdoLFAhyzNSN-/view?usp=share_link