

Heart to Heart

A Heart That Follows Jesus
Introduction: Heart Track

Connecting: (both of you share your answers to the following questions)

- **IMAGE GALLERY:**
 - What comes to mind when you think about following Jesus? (Select an image from the image library to share)
 - [A Heart That Follows - \(Introduction\)](#)
 - https://drive.google.com/drive/folders/1NEYyLtiBDGI8OJYLdSU36QvOfdcM5tUn?usp=drive_link
- **DISCUSS:**
 - How has following Jesus led you to where you are today?
 - Share a story of a time when you struggled to follow Jesus. What happened? (In what ways are your stories similar? Or different?)
 - Where are you currently struggling to follow Jesus? (we all have a sinful nature alive and kicking, so it's not "Are you struggling" but "Where are you struggling?") What does that look like?
- **PRAY:**
 - Commit your concerns and this time together to the Lord

Treasure from Jean


- **WATCH** Jean's first video:
 - Following Jesus at 80 - video 1
 - <https://youtu.be/cXBAbdLYZmk>
- **DISCUSS:**
 - As you listen to Jean share, what stands out to you?
 - How did you start following Jesus? Share your stories.
 - What has been your experience personally with being discipled?
 - Jean shared how after she became a Christian she left a relationship. Have you ever had to leave something or someone to follow Jesus? What was that like for you? What happened?

Time In God's Word

- **SHARED QUIET TIME**

- [google.com/document/d/18iMqB7uAwaZkZWHbsQgbK2p1A75wTG20iugraU7DE8w/edit?usp=sharing](https://docs.google.com/document/d/18iMqB7uAwaZkZWHbsQgbK2p1A75wTG20iugraU7DE8w/edit?usp=sharing)

- **BIBLE STUDY**

-  Time In God's Word Introduction BIBLE STUDY
https://docs.google.com/document/d/11flzTcHNMXScsn4EtOYj89vkmSYSQuFd9kDt22CK6_E/edit?usp=sharing
- PRINTABLE VERSION of Shared Quiet Time and Bible Study
https://drive.google.com/file/d/1rjy5p3Nu6abEoxHIJ2HCt_iVrnzkr9l/view?usp=sharing

Creatively Process

DRAW a quick 30-second picture illustrating the main idea that stood out to you today.

SHARE your pictures with each other.

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

DISCUSS:

- How do you sense the Lord inviting you to respond from what you learned from His Word today? What will that look like practically for you to do?
- Look at the Dive Deeper options below. Select one to complete before we meet again. Let me know when you've finished this, and we will schedule our next meeting.

Dive Deeper

OPTIONAL: If you have time.

Treasure from Jean

Watch the rest of Jean's videos on following Jesus and journal your answers to the questions at the end of each.

- Following Jesus in College - video 2
<https://youtu.be/JWwDzMeHwSU>
- Following Jesus in Hard Decisions - video 3
<https://youtu.be/XVUStHl87s>
- Following Jesus in Learning - video 4
<https://www.youtube.com/watch?v=wmrdAb3PvMM>
- What Helps You Follow Jesus? Video 5
<https://www.youtube.com/watch?v=r9IMmrSzG6Q>
- Following Jesus in Failure - video 6
<https://www.youtube.com/watch?v=2-wivKdkEBI>
- Questions to Journal:
<https://drive.google.com/file/d/1cMV10SOdTisSI7ChuGWkIOVLINtABcEg/view?usp=sharing>

Pass on to someone else what you've learned about Following Jesus

- You can download a printable version of the Shared Quiet time and Bible study here:

PRINTABLE VERSION of Shared Quiet Time and Bible Study

https://drive.google.com/file/d/1rjy5p3Nu6abEoxHIJ2HCt_iVrnzktr9I/view?usp=sharing

Time in God's Word Videos

- Watch the Time In God's Word videos

A Heart that Follows - part 1

https://youtu.be/DZ_hw1ZfFcA

A Heart That Follows - part 2

https://youtu.be/tUSsuf0hi_Y

A Heart That Follows - part 3

<https://youtu.be/CR5K-DW7oYo>

- Journal:

Why do you think it is essential for a disciple of Jesus to have a heart that follows Him?


What do we need to do to be able to follow someone?

What have you needed to leave to follow Jesus? What was that like for you?

Read the story

1. True Discipleship Story

- Read the story:

 True Discipleship Stories: Introduction A Heart That Follows J...

https://docs.google.com/document/d/1nDvVRw_I5JcwWlt06JDaBMKOIOq9EjWIMq6v3Bi-D-A/edit?usp=sharing

- Journal:

When did you first develop a heart for discipling women?

What did that look like?

Or when you think about being discipled what comes to mind?

2. Sharing Hope Novel, Part 1 (Coming soon...)

- Read Part 1

- Journal - how does this relate to what we discussed today?