

# Heart to Heart

Introduction: TOOL TRACK  
Tools: Engel Scale,  
Praying With Thanks Bookmark,  
Engaging The Unseen Foe

*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](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

## *Time In God's Word*

- Read Matthew 4:12-23 circling every time you see the word follow or followed.
- What do you observe? Where did it occur? Who did this? Why do you think they did?
- If you have access to the Blue Letter Bible on your phone or laptop, it is fascinating to look up this verse in Greek - start with Matthew 4, click on verse 19, then at the top, click where it says Interlinear/concordance,

scroll down until you find the word follow and write the word and its definition below.

- What picture comes to mind when you consider Jesus' invitation to follow is really "Come behind me?" How does this relate to the image you drew?
- Now look up the word "followed" in Matthew 4:25. What do you discover?
- In what ways were Peter and Andrew, James and John's response similar to the crowds?
- In what ways was Peter and Andrew, James and John's response to Jesus different from the crowds?
- Have you ever had to leave anything to follow Jesus? If yes, please share the story! Or Is there something you sense Jesus calling you now to leave to follow Him?
- Now go to Matthew 4: 20 and look up the Greek definition for follow. What do you observe?
- According to Jesus' invitation in Matthew 4:19, what is Jesus' part, and what is our part? (If you want to have fun look up the Greek word for "make.")
- What does Jesus promise in this verse?
- The words "I will make" are potent coming from God! They occur 110 times in the Bible. For example, in Genesis 2:18, when God declares, "It is not good for man to be alone. I will make a helper suitable for him," and in Genesis 2:12, when God invites Abraham to leave his country and his family and follow Him, He says "And I will make of you a great nation, and I will bless you and make your name great, and you shall be a blessing."
- What thoughts come to mind as you consider this?
- How does this connect with your life?

## *Jool Time*

### DISCUSS

Why do you think Peter and Andrew, James and John responded so quickly and sacrificially to Jesus?

Read John 1:19-42. What happened before they encountered Jesus?

How do you think this helped to prepare their hearts?

### SHARE the **Engel Scale**

<https://drive.google.com/file/d/1WLCZZC9ADouTMJGpHdHxsjvywdg93XjK/view?usp=sharing>

VIDEO explaining the Engel Scale: <https://youtu.be/Q7R3Oxw5zsY>

Who around you does not yet know Jesus?

Where would you place them on the Engel Scale?

How can you help prepare them to take the next step toward encountering Jesus?

One fundamental way to start doing this is by praying.

SHARE bookmark: **Praying With Thanks About Sharing Jesus**

[https://docs.google.com/document/d/111jKVvph-k\\_pbihanJb9cbdZxbMCmyqY/edit?usp=sharing&oid=111839119367667918233&rtpof=true&sd=true](https://docs.google.com/document/d/111jKVvph-k_pbihanJb9cbdZxbMCmyqY/edit?usp=sharing&oid=111839119367667918233&rtpof=true&sd=true)

## *Heart Challenge!*

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

### **1. PRAY DAILY**

Create a list of Family and Friends who do not know Jesus

a. Put on a bookmark or

b. Create an index card for each person who comes to mind or

c. Create a photo gallery in your phone with one picture of each person

Pray for those you've listed through the Praying With Thanks About Sharing Jesus Bookmark

[https://docs.google.com/document/d/111jKVvph-k\\_pbihanJb9cbdZxbMCmyqY/edit?usp=sharing&oid=111839119367667918233&rtpof=true&sd=true](https://docs.google.com/document/d/111jKVvph-k_pbihanJb9cbdZxbMCmyqY/edit?usp=sharing&oid=111839119367667918233&rtpof=true&sd=true)

### **2. READ**

Jerry Bridges' article: Engaging the Unseen Foe

<https://drive.google.com/file/d/1UqVtjOxWhDQotPbce-UGTC0GPKhDP4YX/view?usp=sharing>