

Heart to Heart

Week 3: HEART TRACK A Heart That Hopes

Connecting

TAKE YOUR PULSE: Four key questions

The following four questions provide a golden opportunity for listening well when you want to care for someone's soul. As you listen to her answers, ask Jesus to give you grace to not only hear facts, but attune to the person as well as to him. This can give much insight into where the Lord is at work and how you can join in during your one-on-one.

1. What's right in your life?

You always want to answer this question first. And make certain you share at least five things before moving on. After you've laid a foundation of hope through focusing first on answering this question the following three questions can be answered in any order, a person can even jump back and forth between them.

2. What's wrong?
 3. What's missing?
 4. What's confused?
- **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/18guNSoYFjLBt9KTubfYaD4DFRrY8C0n?usp=drive_link)
https://drive.google.com/drive/folders/18guNSoYFjLBt9KTubfYaD4DFRrY8C0n?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

SHARED QUIET TIME:

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

<https://docs.google.com/document/d/1g9TArkuAoMa2q6XDmsLIEeUoQE3uVmWc6ss285jbdOE/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.

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. Live out your application this week!
2. Keep Enjoying Daily Quiet Times with Jesus
3. Watch these Videos on the Role of Hope In Discipleship & Journal

The Role of Hope in Discipleship, part 1

https://drive.google.com/file/d/1tZ2NC6KUKjuDjOjDOF08FE1agQdyZGC9/view?usp=share_link

The Role of Hope in Discipleship, part 2

https://drive.google.com/file/d/1yfZK-aanr-RoS0ugFfPCu4B891NFcU4t/view?usp=share_link

The Role of Hope in Discipleship, part 3

https://drive.google.com/file/d/1puIMb-fiQeLdjlwCq0aXdoLFAhyzNSN-/view?usp=share_link

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) : <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/1s8NqNbctp8PAHA0yDpPArG0q8dDSmZZL/view?usp=sharing>

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

https://drive.google.com/file/d/1Xfns-bpZ-ytiio_MBKbZRIrzh8W_A4j/view?usp=share_link