

Heart to Heart

Week 4: HEART TRACK
A Heart That Is Patient

Connecting

(share your answers to the following questions)

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

[A Heart That is Patient - \(Collection 1\)](#)

https://drive.google.com/drive/folders/1_u57GWwmAB9RptzKvQqdL8kx_h65nPsg?usp=drive_link

- What about that image connects with your heart?

DISCUSS:

- Share an example of a time when someone was patient with you. How did that feel?
- Share an example of a time when someone wasn't patient with you. How did that feel?
- What does patience look like in your life?
- Where do you struggle with this? Why?
- **PRAY:**
 - Commit your concerns and this time together to the Lord

Treasure From Jean

- **WATCH** the following Video
https://drive.google.com/file/d/1cuLWMt6r4r0ZYKC9HrULookmNaTDpAq7/viaw?usp=share_link
- What do you learn from Jean about having a heart that is patient?

Time In God's Word

SHARED QUIET TIME: Psalm 86

 Time In God's Word Week 4 HEART TRACK Shared Quiet time

https://docs.google.com/document/d/1ICyVWInT5sMTA_oWjGP84YdVIhhauC5Gaf08iERBtd4/edit?usp=sha

- How do you see the patience of God evident in Psalm 86?

BIBLE STUDY

 Time in God's Word Week 4 A Heart That Is Patient BIBLE STUDY

https://docs.google.com/document/d/1cLRjXDb_FMpCMPKrKGRS_v03JwIYDKEo0v5G9fR7dH4/edit?usp=sharing

Creatively Process

LET IT LAST

Take 30 seconds to draw a quick picture of the main thought that stood out to you during your quiet time. (or if you are feeling adventurous give **espresso painting** a try!)

Share your pictures with each other.

Pray - Thanking the Lord for what He's communicated to you and asking for his grace to help you live out what He's invited each of you to do in response.

Heart Challenge!

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

Live out your application this week!

Keep Enjoying Daily Quiet Times with Jesus

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

- i. [A Heart That is Patient: Know](https://youtu.be/l2E-eDM9cRY) : <https://youtu.be/l2E-eDM9cRY>
- ii. [A Heart that is Patient: Desire](https://youtu.be/01uOng6Lj5E) : <https://youtu.be/01uOng6Lj5E>

iii. *A Heart that is patient: Choose* : <https://youtu.be/0EH6vIJMtxw>