

Heart to Heart

Week 5: HEART TRACK A Heart That Worships

Connecting

Select one either the visual or the auditory engagement activity depending on the learning style and preferences of the woman you are meeting with. For example, being deaf I don't know a lot of worship songs. Even with cochlear implants they sound terrible! Some people love music, others may be more visual. If you don't know, ask the Lord to guide and use this as a learning experience. Just be aware, your preference may be different from hers. But if you do bring the magazine be careful doing this doesn't take too much time - or you might end up getting side tracked by wrong worship! ;0)

- **VISUAL ENGAGEMENT:**

Bring two magazines with you. Flip through them identifying things that people worship? Do you ever struggle with worshipping any of these things? Why?

- **AUDITORY ENGAGEMENT:**

- Ask the woman you are meeting with to share her favorite worship song.
- Why is this your favorite song? Is there a story behind this?
- Share your favorite song with her.
- What else comes to mind when she thinks about worship?

- **PRAY:**

- Commit your concerns and this time together to the Lord

Treasure From Jean


- **WATCH** the following Video

https://drive.google.com/file/d/1zHj33oJ3hGRFxlakvrLJOrnX1frpkjUm/view?usp=share_link

- What do you learn from Jean about having a heart that worships?

Time In God's Word

SHARED QUIET TIME:

 Time In God's Word Week 5 Shared Quiet Time HEART TRACK Worships

https://docs.google.com/document/d/1JoiHo_ulkZqV1U-PmrMsyqT1whKyUo7SOu raG9MdVUo/edit?usp=sharing

NOTE: There are two options for shared quiet times at this link. Select the one that you sense the Lord leading you to use.

BIBLE STUDY

 **Time in God's Word Week 5 HEART TRACK Bible Study Worship**

<https://docs.google.com/document/d/1rrSPzP9DCd4lChdaac3s-3K8jGJ7jbXpa7YiL151Amk/edit?usp=sharing>

Creatively Process

“She who is forgiven much loves much.” Here is a creative exercise that can increase worship! It can also provide a wonderful opportunity to creatively share the gospel.

CREATE A Great Exchange Page

You can see how to do this in this video:

https://drive.google.com/file/d/15m4zNXiWZByCuT9FRC9qTepKxD8LP_zi/view?usp=sharing

Materials needed:

2 pieces of blank paper (I like for one to be colored, the other to be card stock) for each of you

Glue stick

Red Pen or marker (if you have one)

INSTRUCTIONS

1. Create two columns on one piece of paper (the colored paper if you have this)
2. At the top of one column write your name. At the top of the other column write “Jesus.”
3. Under your name record the sins you've committed recently (you don't have to share these!)
4. Under Jesus' name, write Perfect Righteousness, Perfectly sinless for 33 years.
5. Ask the women to watch you.

6. Share how when Jesus died on the cross he made a great exchange possible. Tear your page down the center (easy to do if you fold and wet the crease with your tongue) between the two columns and then across the top underneath your name and Jesus' name.
7. Glue your name and Jesus' to the top of the cardstock or second sheet of paper.
8. Share how Jesus died to pay the penalty for our sins and invites us to make the great exchange and how you took him up on this.
9. On your piece of cardstock glue your sins under Jesus' name.
10. Write "Paid In Full" on top of your sins
11. Now glue Jesus' column under your name and write "Just as if I never sinned." and "Just as if I did everything right."
12. Then share with the women this is the invitation Jesus offers to every one of us. To receive his gift, agree with him that we are sinners, believe that he died to pay the penalty for our sins, and surrender to him. It's called the great exchange because I've giving Jesus all my sins and I'm getting his righteousness in exchange. And that's the way God sees me even on my worst day. Clothed in his righteousness, all my sin paid in full."

Share your thoughts about this 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.

If you would like to print out these instructions here is the link:

https://docs.google.com/document/d/1VQWpsjGrZs8DmFYDztoHS5jZOzww046scK_c2UOpb84/edit?usp=sharing

Heart Challenge!

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

Live out your application this week!

Keep Enjoying Daily Quiet Times with Jesus

Diving Deeper (if you have more time)

1. Check out Ruth Myers' book 31 Days of Praise (this is the book Jean Fleming referenced in the first A Heart That Worships video)
https://www.amazon.com/Thirty-One-Days-Praise-Enjoying-Anew/dp/1590525582/ref=sr_1_1?hvadid=598726963907&hvdev=c&hvlocphy=1014963&hvnetw=g&hvqmt=e&hvrاند=14782880500742027448&hvtargid=kwd-4434119906&hydadcr=8268_13544338&keywords=31+days+of+praise+ruth+myers&qid=1690138090&sr=8-1

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

https://drive.google.com/file/d/1dJa4Oy0IraFyZqY_evBuo2jO0cb1BHK4/view?usp=share_link

https://drive.google.com/file/d/1g7-px_eMcsLI8KI9sBhrIJKTMqmuHG8h/view?usp=share_link

https://drive.google.com/file/d/1GAqSVR94-Rm-6IBgvk1wmpFfK-dryOsf/view?usp=share_link

3. Watch the rest of the Treasure from Jean Videos:

How Does A Woman Develop A Heart That Worships

https://drive.google.com/file/d/1fUCLRm4B2YrQT5aGuvbhKQysj_HDRiGa/view?usp=share_link

A Heart Led To Worship

https://drive.google.com/file/d/1MH0YjzRxPU9y4RnfW2sqwRphEDrFkdN0/view?usp=share_link