

**Heart to Heart  
HEART TRACK**

Collection 2, Week 1

Introduction: A Heart That Trusts

HEAR

Assess where the woman whom you are meeting with is at by asking:

- i. "Can you share a time when Jesus wanted you to go one direction and you really wanted to go another. What happened?"
- ii. Listen intently to her response. Does it sound like she has surrendered to Jesus? This can be a helpful way to determine this.
- iii. Then share the story of your answer to this question.

EXPLORE

Watch Jean's videos

How do you grow in trusting someone?

Intro to God's Promises and how they can help close the gap

- iv. See article Promise based Follow Up for background info on this.

Share a quiet time in 2 Peter 1:3-4

Creatively Process: Draw a quick picture illustrating the main thing that stood out to each of you. Share your pictures with each other.

APPLY

Ask how she senses the Lord is inviting her to respond to what He's laid on her heart today. What could it look like practically for her to do this?

Or ask if she'd like to spend the next five weeks learning a promise from God each week and taking Him up on it.

Introduce Tackle and Trust.

Read pages 5-8 together

If she wants to keep meeting make arrangements to continue

REMEMBER

What highlights stood out to you today?

TELL A FRIEND

First, Tell Jesus what you appreciated about your time with Him today.

Then with whom could you share what you learned today? What could that look like?