

Heart to Heart
HEART TRACK
Collection 2, Week 5
A Heart Forgiven

HEAR:

What did the battle look like for you this past week?
Were you hurt by anyone? If yes, what happened? What was that like?

EXPLORE:

Watch Treasure from Jean

Journal the reflection questions at the end of each video & Discuss

Time In God's Word

Read 1 John 1:5-15 and Matthew 6:5-15, underlining what stands out to you.
Then select one verse and share a quiet time using Look, Listen, Live It Out

Or do chapter four in Tackle n Trust

Creatively Process: The Great Exchange

a. Materials:

- i. Four blank pieces of paper (I prefer for two of them to be cardstock if possible - easier to glue onto when the paper has some substance, but this is not necessary)
- ii. Two glue sticks (or you can share if you only have one)
- iii. Two pens
- iv. Red Marker

b. Directions:

- i. Fold the paper in half vertically, in the middle
- ii. Fold the paper horizontally about an inch down from the top -
- iii. Draw lines on the creases to create two columns
- iv. Write your name at the top of one column, and Jesus' name at the top of the second column
- v. Underneath your name write down the sin you've committed this past week. You can pray and invite God to search your hearts to bring this to mind.
- vi. Then underneath Jesus' name write Perfect obedience for 33 years
- vii. Separate the paper along each of the folds, both horizontal and vertical

- viii. On the piece of cardstock glue your name and Jesus' name at the top of the page.
 - ix. Underneath Jesus' name glue the column of your sins.
 - x. Then take the red marker and write on top of it PAID IN FULL!
 - xi. Underneath your name glue the column that says Perfect obedience for 33 years. Then write, "Because of Jesus"
 - xii. This is what justification means, "Just as if I never sinned. Just as if I did everything right, this is how God sees me even on my worse day."
- c. Discuss
- i. How did it feel to do this?
 - ii. Christ died for sins once for all, but when we confess, agreeing with him what we've done is wrong we have opportunity to experience the great exchange and appreciate even more what Jesus has done for us.

APPLY:

What do you sense Jesus inviting you to do in response?

One suggestion: You could confess your sins every day this week, taking Jesus up on his offer in 1 John 1:9

REMEMBER :

What Highlights stood out to you today

TELL A FRIEND:

Who might you be able to share this with?

What could it look like for you to do this?

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EXTRA: Share the story The Princess and The Pig - Read and Discuss

<https://docs.google.com/document/d/1i9JVzpKQrqE4XQCWEoUPw1bJeRDBBOph-P9IC4eLHbA/edit?usp=sharing>

What do you learn about forgiveness from this story?