

Heart to Heart
Collection 3: Week 5

1. Connecting

- a. Prayer is Responding To God
- b. Everything begins with God!
 - i. Read Genesis 1
 - 1. Highlight or underline anything you observe about God that stands out to you
 - 2. Share what captured your attention
 - 3. Can you think of a story where you experienced this aspect of God? (eg., God hovered - Can you think of a time when you were aware of God's presence when you were a mess and didn't look like much? God set - Can you think of a time when God placed you exactly where you needed to be? God gave - can you think of a story when God provided exactly what you needed?)
 - 4. Pray about this, praising God for what you've observed in His Word and experienced in your life about him.
- c. Being teachable doesn't mean you like to learn, it means you are open to learning whatever God wants you to learn - especially about Himself!

2. A Weekly Inventory

- a. Use the Weekly Meal Plan Review or a Blank piece of paper to reflect
 - i. Take ten minutes to go back through this past week in Get F.A.T., Be Beautiful. Record the main thing that stood out to you each day as well as what you did in response. (if you don't have the chart printed out you can use a blank piece of paper - bend it down the middle creating two long columns and draw seven boxes on each side of the page to record your highlights and applications). You may find it helpful to star one of the days you really want to share about.
 - ii. What did you learn this week about being teachable?
 - 1. Share your highlights and key day.
 - iii. At the top of the page Title your week to reflect the main theme you sense the Lord is highlighting for you. How does this theme connect with your life?

3. Becoming Like Your Daddy

- a. Faithful -
 - i. quickly go through the verses on page 85, alternate reading them
 - ii. Write down one word or a quick summary of what stands out to you as you read or hear each verse.
 - iii. How does it make you feel to know this about God?
 - iv. In light of this why is it important for you to be faithful?
 - 1. Can you be faithful as God is faithful?
 - 2. So what difference does it make whether you are faithful or not?
- b. Teachable
 - i. quickly go through the verses on page 86, alternate reading them
 - ii. Write down one word or a quick summary of what stands out to you as you read or hear each verse.

- iii. How does it make you feel to know this about God?
- iv. In light of this why is it important for you to be available?
 - 1. Can you be as available as God?
 - 2. What happens if you try to be?
 - 3. So what difference does it make whether you are available or not?

4. Are You Going to Help Me? (optional)

- a. Read
- b. discuss

5. God's Promise: Psalm 32:5

- a. What does God promise in Psalm 32:5?
- b. Does this mean everyone is going to learn and grow?
- c. What can get in the way of God teaching us?

6. Born To Reproduce excerpt (optional)

- a. Read and highlight what stands out to you
- b. discuss

7. Assess Your Teachability

- a. Work through this assessment separately
- b. Then share key thoughts that came to mind as you did this
- c. How teachable are you?

8. Shared Quiet Time

- a. Pray
- b. Turn to page 94. You are doing **day 29** together.
- c. Read **1 Corinthians 8:2**
- d. Separately journal:
 - i. **Feast** -
 - 1. Recording the verse or phrase that caught your attention (no more than one verse)
 - 2. Looking first to see what you learn about God from this
 - ii. **Chew** - dialoguing with God as you record observations, questions, thoughts that come to mind regarding the passage
 - iii. **Exercise**- ask God how He wants you to respond to what He highlighted for you
- e. Hold up your pen when you are finished.
- f. Share together from what you journaled (eg., the verse you selected, the thoughts that came to mind regarding it, especially how this relates to be faithful and available, as well as your intended responses.)
- g. Pray for each other

9. Creatively Process

- a. Draw a simple picture related to the highlight from your quiet time
- b. Doodle around it as you ponder what the Lord's communicated to you!

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

- a. Enjoy time with Jesus each day this week continuing to work through Days 30-35 in Get F.A.T., Be Beautiful

11. Feedback:

- a. I liked...
- b. I wish...
- c. I wonder...

Note: I like to give a 3x5 card to have her fill this out (as she does I make notes in my discipleship record book or app about what we did.)

12. Pray!

- a. Commit your plans to the Lord praying together (Proverbs 16:3)