

Devotional

RENEWED HEARTS, TRANSFORMED LIVES

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Introduction



Guard your heart above all else, for it determines the course of your life.
Proverbs 4:23 (NLT)

We're so glad you're here.

Whether you're part of our local church or from somewhere else, thank you for joining us on this Heart Discipleship journey. We're excited about what God is going to do in your life, because we believe this journey has the potential to shape your walk with Him in deep, lasting and transformative ways.

At Clayton Church of Christ, we've seen that following Jesus isn't just about head knowledge or outward actions - it's about letting God change us from the inside out. **Our prayer is simple: we want you to recognise and respond to the Holy Spirit's life changing work in your heart in the everyday moments of your life.** Through these sessions, you'll grow in how you walk with God through ordinary moments, tough seasons, and everything in between. As Ephesians 3:20 reminds us, God is "more than able" to do far more than we can imagine—and that starts in our hearts.

But how does God actually change our hearts? What's the Holy Spirit's role? And what's ours? This guide gives you a practical, Spirit-led framework to understand how God shapes your heart and life unique to you, your story and your season. As you allow God to renew your heart, it will determine the direction of your life.

I've seen this in my own life—through family breakdown, cancer, grief, career changes, single parenting, and finding love again. People often call me resilient, but really, I've just learned to recognise and respond to the Holy Spirit's work in my heart through all these situations. He is the one who brings real change—turning grief into joy, fear into faith, and disappointment into hope.

This 7-session devotional is here to help you reflect, pray, and open your heart to what God is doing. The more you lean in, the more you'll get out of it. So take your time, be honest with God, and trust that He is at work.

Let's take this journey together—becoming disciples who reflect Jesus to everyone, everywhere, with everything.

Blessings,
Pastor Chee Fah
(Senior Pastor of Clayton Church of Christ)



What is Heart Discipleship?

It is a way of following Jesus that helps you to pay attention and respond to what the Holy Spirit is doing in your hearts in your everyday moments of life.

God changes you to become like Jesus from the inside out, but it looks different for each person because the Holy Spirit leads you in a way that is unique to you, your life and your season.



Guard your heart above all else, for it determines the course of your life.

Proverbs 4:23



For **God is working in you**, giving you the desire and the power to do what pleases Him.

Philippians 2:13 (NLT)



And I am sure of this, that **[God] who began a good work in you** will bring it to completion at the day of Jesus Christ

Phil 1:6 (ESV)

Why is Heart Discipleship important?

Many of us are searching for a discipleship that actually changes us—not just in church, but in the mess and beauty of real life—and the transformation we long for begins not with doing more, but with the Holy Spirit's work in our hearts.

That's why we've created the Heart Discipleship framework. It's a simple 4-step journey to help you understand how the Holy Spirit is already at work in your heart, and how you can partner with Him to experience real, lasting transformation from the inside out.

This isn't about trying harder, or adding more to your to-do list. It's about learning to notice and respond to the Holy Spirit as you go about everyday life, read your Bible, spend time in prayer and as you stay active in your faith community. Together, these help us grow as disciples on mission. As we become more aware and responsive to the Spirit's prompting, we begin to change as God's Word makes an impact in our real lives. Our hearts soften, and our lives start to reflect Jesus in every part of our lives, with everyone we meet and in everything we do.

The 4-Step Heart Discipleship Framework

1. RECOGNISE

Your disciple-making moments in everyday life

4. LIVE ON MISSION

Show and share your faith in that area of life



2. START WITH THE HEART

(use the 4 Heart Habits)

Cultivate the heart habits of invitation, conviction, surrender, belief

3. DEVELOP SKILLS

To align your actions with a renewed heart

How to Use this Booklet



This devotional goes hand in hand with the sermon series. Each element is designed to help shape your experience:

- **Sermons** - offer biblical teaching to shape your understanding and perspectives.
- **Devotions & Reflection Questions** – help you process and personalise what you've heard.

Print out this guide and write down your insights.

This is also available on our website: claytonchurch.org.au/heart-discipleship

1

Start by Listening to the 9 Sermon Messages:

These sermons lay the foundation for this journey, offering biblical teaching that complement each devotional session. Before starting a session, listen to the corresponding sermon(s) as outlined in the table below. Some sessions are linked to more than one sermon - so be sure to follow the sequence carefully.
e.g. listen to Sermon #3 & #4 before beginning Session 3 in this guide

2

Engage in the 7-Session Devotion & Reflection Questions:

Journey through the 7-session devotional, each filled with reflection questions to help you personally apply God's Word to your life. This journey isn't about consuming a lot of information - it's about creating space for deep reflection with the Holy Spirit. So take your time. Don't just read—pause, pray, and invite God to speak His truths into your life.

3

Share Your Stories of Life Change:

As you journey through this process, we'd love to hear how God is working in your life. Your story matters - don't keep it to yourself! You can share that through this QR code or bit.ly/hdstories





SERMON	PERSONAL DEVOTION & REFLECTION
Sermon #1: Your Whole Life Matters To God	Session 1: Devotion Reflection
Sermon #2: God In the Everyday Moments of Life	Session 2: Devotion Reflection
Sermon #3: Our Heart & Sin Sermon #4: God Is After Your Heart	Session 3: Devotion Reflection
Sermon #5: Heart Discipleship	Session 4: Devotion Reflection
Sermon #6: Heart Habits #1 : Invitation Sermon #7: Heart Habits #2: Conviction	Session 5: Devotion Reflection
Sermon #8: Heart Habits #3 & 4: Surrender & Belief	Session 6: Devotion Reflection
Sermon #9: Representing Jesus in Everyday Life	Session 7: Devotion Reflection



Session 1

Your Whole Life Matters to God

YOUR WHOLE LIFE MATTERS TO GOD

*"So God created human beings in his own image. **In the image of God he created them;** male and female he created them. Then God blessed them and said, "Be fruitful and multiply. **Fill the earth and govern it.** Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground."*

Genesis 1:27-28 NLT

*"For God in all his fullness was pleased to live in Christ, and through him **God reconciled everything to himself.** He made peace with everything in heaven and on earth by means of Christ's blood on the cross."*

Colossians 1:19-20 NLT



Watch this [video](#)

The story of creation in Genesis, shows us that God made us to reflect His image and take care of the world. But when sin entered the world, everything got messed up and distorted. It ruined how we relate to one another, it made our work harder, and confused our purpose. But God didn't leave us alone in our mess. In His infinite love and mercy, He sent Jesus Christ to redeem **ALL** areas of our lives. Through His death and resurrection, Jesus restored what was broken by sin and made it possible for us to make things right with God, with each other, and with the world around us.

In Colossians 1:19-20, we are reminded of the profound truth that your whole life matters to God. God didn't just save our soul, but He reconciled everything to Himself. In other words, God desires to be the Lord over every aspect of life, and that includes all of your life. God created and cares about every detail of your life, from the smallest moments to the grandest achievements. Your whole life matters to God!

God is in the ministry of life, and when you let Him lead you, your whole life becomes a way of serving Him; your relationships, your work, your money, your sexuality, your family, your education and much more. As followers of Jesus, you are called to be disciples not just within the four walls of the church, but also in your everyday world.

So let's offer every part of our lives — our work, relationships, dreams, and ambitions — up to God as an act of worship. Let His power change us inside out, shaping our character, guiding our decisions and directing our path. As we walk in obedience to His will, we discover the true richness and fulfillment that comes from living a life wholly surrendered to the Lordship of Jesus Christ.

God wants to be Lord over all areas of your life.

A VISION OF YOUR LIFE

This circle is a visual representation of your life. When you become a Christian, you receive the Holy Spirit in you. This is represented by the Cross in the middle. The outer parts of the circle represents the relationships, the places, and the things in your life which God wants to be Lord over.

Draw the vision wheel for your life:

Who is your **everyone**?

List specific names of people

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Where is your **everywhere**?

List the specific places where
you work, rest and play.

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What is your **everything**?

List your finances, sexuality,
gifts/talents, assets, hobbies
etc.



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What would representing Jesus to your everyone, everywhere, and everything look like?

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Write your prayer to God:

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Session 2

God in the Everyday
Moments of Life

GOD IN THE EVERYDAY MOMENTS OF LIFE

*"So here's what I want you to do, God helping you: **Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering.** Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you."*

Romans 12:1-2 (MSG)

Paul Tripp says, "Our lives are not lived from big moments to big moments. In fact we all live in the utterly mundane. Most of us make three to four momentous decisions in our lives, but most of our lives are lived in 10,000 little moments."

When I first heard this, it changed my life and the way I experienced God. I used to live my life looking for God in the big moments of life, but this mindset made me overlook the significance of seeing His work in the little moments of my life. Now, I've realized that it's in these everyday moments where I can truly meet God and experience His life changing power, because our lives aren't just defined by a few big moments, but by many ordinary ones. When we talk about Jesus being 'God With Us', it's not just about His time on Earth but also about how He lives within us through His Holy Spirit, present and active in every mundane moment of our lives.

It's in these 10,000 everyday moments that God is fulfilling His promise to redeem us. God is actively working to rescue you from yourself and making you more like Jesus. Our Jesus-like character isn't built in a couple of big moments, but in the countless small ones:

- It's confessing to God in 10,000 moments of conviction of sin
- It's obeying God in 10,000 moments of faith
- It's choosing righteousness in 10,000 moments of temptations
- It's seeking God's will in 10,000 moments of decision making

It's in these moments where you get to choose the kingdom of God over the kingdom of self in 10,000 moments of desire. How we respond to God in those little moments is what shapes our heart to become more and more like Jesus each day (sanctification).

By His sovereign grace, God uses your everyday moments to challenge you to grow and rely on Him more. It's a lifelong journey of change as God shapes us into who we're meant to be. So let's wake up each day, ready to live in the small, everyday moments with open eyes, humble hearts and a desire to see God in every part of our lives as our act of worship.

God is at work in the 10,000 everyday moments of your life.

Identify two moments in your life where God was at work in changing you to become more like Jesus. List one positive and one negative. It can a big or a small moment. Try to use a recent event that occurred in the past 2 years.

A Positive Moment

1. List the facts.

Example - I spent a few weeks in the US for a sponsored trip to Denver Colorado for a faith and work learning community as well as a holiday in New York in December 2019.

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2. Add the detail and emotions.

Example - It was really exciting how the chance came up, and I felt thankful to God for giving me this amazing opportunity. Going on my first trip overseas without Wei was a mix of excitement, sadness, healing, and renewal for my soul. Doing something on my own showed me that I could start over and build a life, even without her by my side.

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3. How did God use that moment to change you to become more like Christ?

Example - God used the moment to help me reimagine life with Him again. Being chosen for the trip helped me see that God’s hand was still on my life, and the trauma of losing Wei did not stop God’s purpose for my life. During my holiday in New York, having time alone allowed me to grieve and heal. I realised I wasn't alone; God was with me, and I could start reimaging a new life with Him.

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Identify two moments in your life where God was at work in changing you to become more like Jesus. List one positive and one negative. It can a big or a small moment. Try to use a recent event that occurred in the past 2 years.

A Negative Moment

1. List the facts.

Example - My parents went through a divorce when I had graduated out of university.

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2. Add the detail and emotions.

Example - It was a tough period filled with confusion, frustration, anger, and sadness. Being the youngest and least experienced in my family made it even harder. I often felt caught in the middle of conflicts. Watching my home fall apart made me crave stability and certainty as I started to navigate adulthood.

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3. How did God use that moment to change you to become more like Christ?

Example - I learnt the importance of not taking sides, and Jesus showed me to speak His truth with love to both my parents. I saw how important truth, grace and forgiveness are to restoring relationships. When I wanted stability, I realised I could rely on the teachings of the Bible with confidence and courage, instead of just following my parents' advice. That's when I truly put my trust in the Word of God for my life.

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Session 3

Our Heart & Sin

GOD IS AFTER YOUR HEART

*For I will gather you up from all the nations and bring you home again to your land. "Then I will sprinkle clean water on you, and you will be clean. Your filth will be washed away, and you will no longer worship idols. And **I will give you a new heart**, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart. And I will put my Spirit in you so that you will follow my decrees and be careful to obey my regulations*

Ezekiel 36:24-27

Have you ever tried really hard to change something about yourself, only to end up going back to your old ways? Maybe you've used self-help tips, tried to learn more, set rules for yourself, or asked for advice, but nothing seems to stick for long. You might see a little improvement at first, but deep down, you know that real, lasting change is still a challenge. It can leave you feeling frustrated, disappointed, and stuck in a cycle of repeating the same mistakes, dealing with the same weaknesses, and feeling like you can't break free from bad habits.

In the Bible, God saw that His people struggled too. He gave them rules to follow, leaders to guide them, prophets to warn them and wise teachings to help them, but they kept turning away to worship idols. In Ezekiel 36:24-27, God talks through the prophet Ezekiel about His plan to change His people from the inside out. He knew that they were living sinful lives, because they had sinful hearts. God understands that just changing on the outside isn't enough; they need a complete heart makeover. God is after our hearts!

God promises to clean His people with pure water, not just to wash them physically but to renew them spiritually. He goes to the root of the problem—the heart. God promises to give us a new heart and a new spirit (regeneration). This isn't just a small change; it's a big, life-changing transformation. He replaces our stubborn, hard hearts with ones that are soft and responsive to Him. It is a work of God's grace and power, not something we can achieve through our own efforts alone. Only Jesus offers a cure for the deep problems in our hearts. We receive this new heart when we have faith in the finished work of Jesus Christ on the Cross! When God regenerates our hearts, He brings about a profound and lasting change from within. We need more than education, practical strategies, or self-help; we need a new heart. We need saving from sin. We need to be born again.

If you are born again, you can find great comfort and hope in God's promise to transform your heart. It's a reminder that your struggles with sin and shortcomings can be overcome not by your own efforts alone but by God's power working in you. You just need to surrender your hearts to Him daily, letting the Holy Spirit do God's work in you.

God changes your life by first giving you a new heart.

OUR HEART & SIN

*Then Peter said to Jesus, “Explain to us the parable that says people aren’t defiled by what they eat.” “Don’t you understand yet?” Jesus asked. “Anything you eat passes through the stomach and then goes into the sewer. But the words you speak come from the heart—that’s what defiles you. **For from the heart come evil thoughts, murder, adultery, all sexual immorality, theft, lying, and slander.** These are what defile you. Eating with unwashed hands will never defile you.”*

Matthew 15:16-20 (read vs 1-20)



Watch this [video](#)

When I was younger in my faith, I thought of sin as just doing wrong things, like breaking rules. I thought it was about my behaviour, like lying or stealing. But as I grew in my understanding, I realised that sin goes much deeper than that. It’s not just about what I do; it’s about the condition of my heart before God saved me. And even now, sin still has a big impact on me.

Sin makes me selfish. It makes me think mostly about myself, putting my needs, my wants, my feelings above everything else. I become focused on what I lack instead of being thankful for what I have. It’s like a disease that makes everything revolve around me.

Sin makes me weak. It stops me from doing what’s right and what God wants me to do. It kidnaps my desires and tempts me to do things I know are wrong but feel powerless to resist.

Sin makes me seek in the wrong places. Instead of finding true fulfilment in God, sin makes me look to other things - like material possessions, success, or relationships - for satisfaction, purpose, identity, contentment and peace (Romans 1:23, 25). But these things can never truly satisfy my heart; they’re like signs pointing me back to God, who alone can satisfy my heart.

Sin blinds me. Just like the Pharisees in this story, who blamed others for not following the rules, I sometimes focus on external things, like people's actions, as the cause of my problems. But sin blinds me to the real issue, which is the sin in my own heart. I used to blame others for my anger or impatience, but I've realized that the biggest challenges in my life come from within me, not from outside sources.

God saw how deeply sin affected me, and He didn’t just forgive me; He came to live inside me through His Spirit. I need the Holy Spirit’s presence and power to live the way God intends for me. Sin is a big problem, but God’s Spirit helps me see right from wrong, gives me the desire to do good and strengthens me to live a life that honours Him.

**Life’s biggest struggle isn’t merely what happens around you,
but what’s happening within you—the sin in your heart.**

GUARD YOUR HEART

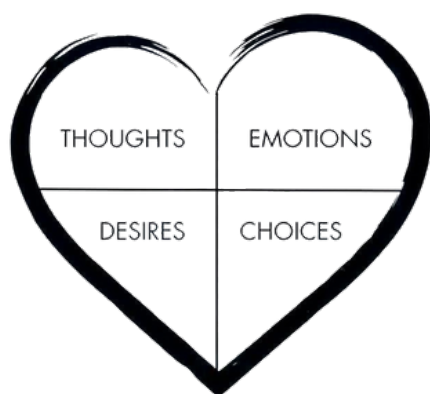
Guard your heart above all else, for it determines the course of your life.

Proverbs 4:23 (NLT)

Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths.

Proverbs 3:5-6 (NLT)

We spend much of our time and effort to safeguard various aspects of our lives; our families, marriage, finances and possessions. But how much time have you devoted to guarding your heart?



Your heart is more than just a physical organ. **The Bible describes the heart as the control centre of who you are and your life. It's the centre of your thoughts, desires, emotions, choices.** Your heart is the REAL YOU! Your heart accompanies you everywhere and influences every aspect of your life be it relationships, work, aspirations, leadership, finances, diet and even rest. It drives your actions, shapes your decisions and the direction of your life and that's why the Bible tells you to guard your heart.

In fact, whatever rules and controls your heart also controls your life. If your heart is impure, you will do the wrong things with the wrong motives. If your heart is angry, angry words will come out of your mouth. If your heart is fearful, your thoughts will be dominated by worry. Your life always lives under the control of what rules your heart. Even as Christians, we can outwardly appear righteous but we can do the 'right things' with the wrong heart. We can outwardly seek God but inwardly be driven by selfish motives, personal gain or misguided purposes. **If you want to seek lasting change in your life, it always begins with the heart.**

Proverbs 4:23 reminds us that our lives reflect what's in our hearts. It emphasises our need to guard our heart because it shapes how we live our lives. Proverbs 3:5-6 teaches us that the best way to guard your heart is to have a Godward heart, surrendering to His will, His way, His presence and His glory. When we give our hearts to God, even when life feels confusing or difficult, God will guide us in the right direction. The biggest issues in our lives don't just come from others or our circumstances but from the thoughts, desires and things that rule our own heart. Often we put ourselves at the centre, when it should be God at the centre and most important to us. When we let God have our heart, we begin to live, act and talk more like Jesus every day.

**Whatever rules your heart rules your life.
When God has your heart, He has your life.**

PERSONAL REFLECTIONS

Have you ever tried to change things on the outside but found that it didn't really last?
What problems did you face when you tried to change from the outside?

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How has the devotion challenged your understanding of sin and its impact in your life?
Which aspect of sin can you see at work in your life e.g. selfishness, weakness, seeking in wrong places, blindness?

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Can you think of a time in your life when you believed that people or situations were the main problem, only to realise later that the real issue was within your heart?

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How do you currently prioritise guarding your heart in comparison to other aspects of your life like family, career or finances? How would you practically 'guard your heart'?

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Write down an everyday moment (good, bad, big, small) that is currently occupying you. 'The biggest problem you face in life exists inside of you, not outside of you.' How would this insight change your perspective on something you are dealing with right now? Write this as your prayer to God:

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You can share your stories using this link: bit.ly/hdstories 



Session 4

Heart Discipleship

DISCIPLE-MAKING MOMENTS

*Work hard to show the results of your salvation, obeying God with deep reverence and fear.
For God is working in you, giving you the desire and the power to do what pleases him.*

Philippians 2:12-13 (NLT)

*And we know that **God causes everything to work together** for the good of those who love God and are called according to his purpose for them. For God knew his people in advance, and **he chose them to become like his Son.***

Romans 8:28-29 (NLT)

When I first gave my life to Jesus, I began my discipleship journey with a new believers course. It taught me knowledge about God, Jesus, salvation, the Bible, and prayer. Over time, I took various discipleship courses that deepened my understanding of spiritual gifts, sharing my faith, and reading the Bible. However, reflecting on my journey, I realised that while classes taught me **knowledge about Jesus**, God used the messiness and circumstances of everyday life to shape my character to **become more like Jesus**. God used an opportunity provided by my employer to help me discover the gifts He had placed within me. He used the praises of people to expose my pride and foster humility. God used challenges like hurtful words from friends to cultivate forgiveness or miscommunication in my marriage to help me become quick to listen and slow to speak.

In Romans 8, Paul reminds us that God can use everyday moments, whether good or bad, big or small, to make us more like Jesus. These moments aren't just random; God is at work in them to help us grow if we let Him. Whenever I cooperated with God's work in these moments, He turned those everyday moments into my unique discipleship pathway. That's why at our church we value everyday moments because the Holy Spirit uses everyday moments to shape us to become more like Jesus.

Through my years as a pastor, I've learnt that people are incredibly complex, diverse and unique. Our backgrounds, personalities, cultures, circumstances and stories are all different, making a one-size-fits-all approach to how God shapes us nearly impossible. But I realised the brilliance of God in giving each of us His Holy Spirit uniquely. **The Holy Spirit knows our stories, our hidden desires, our fears, and how to speak to our hearts in a way that connects deeply. The Holy Spirit is THE disciplemaker in your life!**

God's promise in Philippians is that no matter what happens in life, God is actively working IN you, giving you the desire and the strength to do what pleases him. Our hope is for each of you to recognise how the Holy Spirit relates uniquely to you and encourage your active participation in His life-changing work in your hearts.

The Holy Spirit is THE disciple maker.

He is at work in you to change your desire and your will to become more like Jesus.

THE 4 STEP
HEART DISCIPLESHIP JOURNEY

1. RECOGNISE

Your disciple-making moments in everyday life

2. START WITH THE HEART
(use the 4 Heart Habits)

Cultivate the heart habits of invitation, conviction, surrender, belief

3. DEVELOP SKILLS

To align your actions with a renewed heart

4. LIVE ON MISSION

Show and share your faith in that area of life

1
RECOGNISE

2
HEART

3
SKILL

4
MISSION

EXAMPLE
WORK/LIFE BALANCE

1. RECOGNISE

A pattern of being overwhelmed and overcommitted

2. START WITH THE HEART
(use the 4 Heart Habits)

The Holy Spirit revealed an idol of success was ruling my heart

3. DEVELOP SKILLS

Practice Sabbath, practice getting soul rest

4. LIVE ON MISSION

Show and share about how I manage work/life balance as a Christian

1
RECOGNISE

2
HEART

3
SKILLS

4
MISSION

What does discipleship mean to you?

Does this 4 step journey change the way you think about discipleship? How and Why?

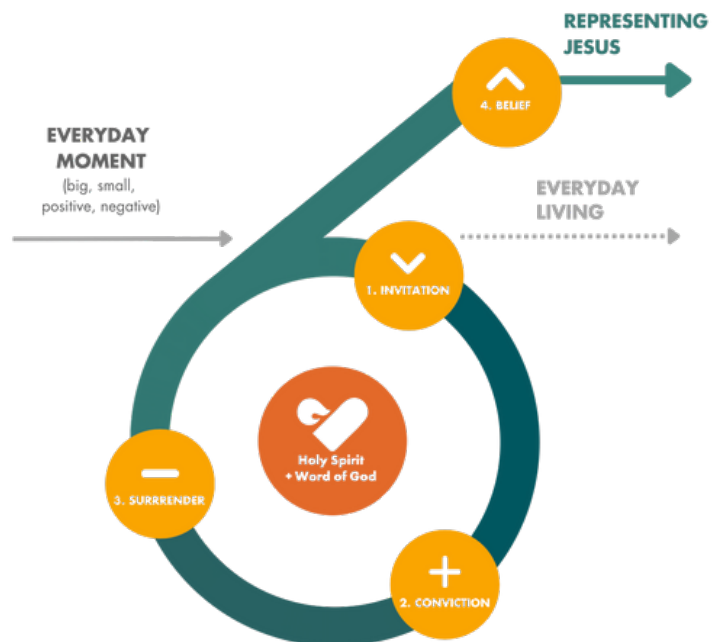


You can share your stories using this link: bit.ly/hdstories

THE 4 HEART HABITS

To take **Step 2 (Start With The Heart)** in the Heart Discipleship Journey, we need to begin with **4 Heart Habits**. These habits help us recognise how the Holy Spirit is working in our hearts - turning everyday moments into disciple-making opportunities where we can represent Jesus. This journey includes spiritual practices like prayer, engaging with Scripture, walking closely with God and being part of a faith community. But most importantly, it requires a posture of your heart that recognises and responds to the Spirit's work. As we embrace these habits, this is how God is at working in you, giving you the desire and the power to do what pleases Him (Philippians 2:13).

-  **Invitation** – Is the Holy Spirit inviting me into a disciple-making moment right now?
-  **Conviction** – How is the Holy Spirit convicting me to respond? What is the Holy Spirit revealing about what is ruling my heart?
-  **Surrender** – What is the Holy Spirit asking me to surrender? How is He helping me do that?
-  **Belief** – What is the Holy Spirit showing me about God's character that helps me trust and obey Him in this area of my life?



What are some everyday moments where you've seen God at work in your life recently?
Can you recognise any of these 4 habits in your faith journey?



You can share your stories using this link: bit.ly/hdstories





Session 5

Heart Habits #1:
Invitation

Heart Habits #2:
Conviction

Summary - The 4 Heart Habits



GOD'S WORK IN YOUR HEART	PARADIGM SHIFT	HOLY SPIRIT'S WORK	MY RESPONSE
1. INVITATION Your everyday moment becomes a disciple-making moment when you recognise and respond to the Holy Spirit's invitation.	An issue to resolve <i>to</i> God's invitation for discipleship	God uses everyday moments to bring Christ-like change into your heart and life	Heart Posture: <i>attentive & open</i> - Recognise His invitation - Respond to His invitation
2. CONVICTION The Holy Spirit helps you identify and name what is ruling your heart.	The issue is my circumstance and other people <i>to</i> The issue is something is ruling my heart other than God	- The Holy Spirit brings self awareness - He convicts my heart of what I need to change (a false belief or an idol in our life)	Heart Posture: <i>humble & seeking</i> Take active steps to seek God's voice for that area of life
3. SURRENDER The Holy Spirit asks you to surrender something in your heart, so that He can bring about Christ like change, transformation and life.	I need to change my behaviour <i>to</i> I surrender the idol in my heart that drives my behaviour	- The Holy Spirit works to change your desire to want God more than anything else - He shows you what God wants you to surrender so you can love God with all your heart	Heart Posture: <i>responsible & willing</i> - Take responsibility for your part - Be willing and committed to Christ-like change - Repent of any false beliefs
4. BELIEF The Holy Spirit gives you a revelation of the love of God that helps you have the faith to obey.	I obey from my self-will and strength <i>to</i> I can obey because I have a renewed faith in God that helps me trust and obey Him	- The Holy Spirit brings a renewed vision of God - He empowers you with the faith to trust and obey	Heart Posture: <i>trusting & obedient</i> - Take a step of obedience to have faith in God's way - Be missional by sharing about Jesus' work in this area of life

HEART HABITS #1 - INVITATION

Search me [thoroughly], O God, and know my heart! Try me and know my thoughts! And see if there is any wicked or hurtful way in me, and lead me in the way everlasting.

Psalm 139:23-24 (AMPC)



Watch this [video](#)

When I watched this video, it really hit home because I often see myself in those situations. I used to pray to God, asking Him to fix my problems, change my situation, or change the people around me. But now, looking back, I realise that what really needed to change first was my heart. It took me a long time to recognise that the Holy Spirit was in those moments inviting me to be disciplined by it. In my years of pastoral ministry, **I've seen many people go through everyday moments, but not everyone is shaped to become more like Jesus through it.**

Paul Tripp reinforces the same truth in his book about marriage called, 'What Do You Expect?'. He explains how marriage exposes us to the sin, weakness or failure of our spouse. **Yet these aren't just moments of conflict, but they are moments of God's life-transforming, rescuing and redeeming grace coming into our lives.** If we can see His invitation in those moments, we can turn those moments of conflict into moments of ministry to show the grace of God to one another and to be rescued from our own self-centeredness. This was one of the most life-changing truths because it helped me connect God's redeeming grace with my daily realities of life. Now I've seen my prayers change from asking God to deliver me from situations to seeking God to disciple me through it.

I love the posture of King David in this Psalm. He was a man after God's heart, and yet he had the humility to ask God to search him thoroughly, to know what was in his heart and to reveal it to him and restore it to God's ways. In the same way, we can ask the Holy Spirit to search our hearts in those daily moments of promotion, of frustration with our children, our anxiety with our work or our inability to switch off and rest.

Can you recognise the Holy Spirit's invitation to disciple-making moments in your life? Have you missed the character-shaping moments of the Holy Spirit in your life? Are you going through an everyday moment right now? Don't shortchange this moment. Don't just see it as a problem to overcome, or a situation to avoid...but let it become a character-shaping moment. Don't miss the divine opportunity in your everyday moment to become more like Jesus. Let it become a Jesus-shaping moment. Will you let Him? Because the Holy Spirit's invitation is there.

**Your everyday moment becomes a disciple-making moment
when you recognise and respond to the Holy Spirit's invitation.**

HEART HABITS #2 - CONVICTION

*And when [the Holy Spirit] comes, **he will convict the world of its sin**, and of God's righteousness, and of the coming judgment. The world's sin is that it refuses to believe in me. Righteousness is available because I go to the Father, and you will see me no more. Judgment will come because the ruler of this world has already been judged.*

John 16:8-11 (NLT)

For many years during my time as a pastor, I struggled with managing my time well. I always had a tendency to overcommit and overschedule. No matter how many time management practices I tried, I kept falling into the same patterns. I remember a clear instance when my first son was born—I should have been celebrating with my family, but instead, I was working, attending a meeting the same day he was born and going to a wedding that week. Looking back, I realise how absurd that was! Then one day, something changed. The Holy Spirit showed me that success had become an idol in my life, and I was using Bible studies, pastoral visits and preaching engagements as the stones to build that altar. It wasn't just about achieving goals anymore; it had become the measure of my worth and value. This idol of success was making me prioritise work at the expense of my own family.

Tim Keller, a well-known Christian leader, has talked a lot about idolatry in modern life. He says idols aren't just statues like in ancient times; they're anything that becomes more important to us than God. It is anything that absorbs your heart and imagination more than God, and anything you seek to give you what only God can give. **Idolatry is loving anything more than Jesus Christ. Idolatry is treating anything as more important than Jesus Christ for your meaning in life, for your happiness, for your security and hope, or for your self-regard.** The Bible describes our hearts as "idol factories," taking good things and turning them into idols that control us (Romans 1:23-26).

When I look around, I see people's lives being controlled by hidden idols of the heart. Some are controlled by the idol of control, always needing to be in charge because they're afraid or insecure. Others chase after the idol of approval, constantly seeking validation from others or seeking likes and comments on social media to feel good about themselves. Others have the idol of comfort, keeping people stuck in routines and afraid of anything new or challenging. These idols shape our decisions and priorities without us even realising it. Just like my struggle with time management, it wasn't just about changing my behaviour; it was about realising what was ruling my heart. **I needed the Holy Spirit to convict me. I needed Him to help me see and name the idol that was ruling my heart.** Only then could I experience a transformation in that area of my life.

Do you recognise the convicting work of the Holy Spirit in your life?

The Holy Spirit helps you identify and name the idol that is ruling your heart.

HOW DO I RECOGNISE WHEN THE HOLY SPIRIT IS INVITING ME INTO A DISCIPLE-MAKING MOMENT?

GOD'S WORK IN MY HEART	PARADIGM SHIFT	HOLY SPIRIT'S WORK	MY RESPONSE
1. INVITATION Your everyday moment becomes a disciple-making moment when you recognise and respond to the Holy Spirit's invitation.	An issue to resolve to God's invitation for discipleship	• God uses everyday moments to bring Christ like change into your heart and life	Heart Posture: <i>attentive & open</i> • Recognise His invitation • Respond to His invitation

Reflect on your positive and negative moments from Part 2 (page 15 & 16)

- **Invitation:** How did you recognise the Holy Spirit's invitation in that everyday moment? In your examples - how did you shift from *"this is something happening to me/problem I have to deal with"* to *"maybe there is something here that God wants to show, teach, change in me?"*

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What does the Holy Spirit's invitation to you look like? Reflecting on past experiences, can you think of a time when you missed recognising the Holy Spirit's invitation into a disciple-making moment?

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Is there a disciple making moment the Holy Spirit is inviting you into right now?

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HOW DOES HE HELP ME FIGURE OUT WHAT IS RULING MY HEART?

To put this into practice, we have prepared 6 common spiritual disciplines to help guide you in seeking the Holy Spirit's conviction. You can find these in the Appendix of this guide. These help you listen to God and discern what the Holy Spirit is showing you - because He always speaks in a way that is aligned with the Word of God and the character of Jesus. Choose 1-2 practices and spend a week practicing them bringing your everyday moment before God.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.



Session 6

Heart Habits #3:
Surrender

Heart Habits #4:
Belief

HEART HABITS #3 - SURRENDER

*And he said to all, "If anyone would come after me, let him **deny himself** and **take up his cross daily and follow me**. For whoever would save his life will lose it, but whoever loses his life for my sake will save it. For what does it profit a man if he gains the whole world and loses or forfeits himself?*

Luke 9:23-25 (ESV)

*I have been crucified with Christ. **It is no longer I who live**, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.*

Galatians 2:20 (ESV)

In my journey of faith, I've learned that one of the most life-changing experiences is when we fully surrender ourselves to God. **Surrendering to Jesus isn't about losing or giving up; instead, it's a powerful step toward real freedom and transformation in Him.** As humans, we often want control and independence, and to rely only on ourselves. But this mindset can keep us stuck and tied to worldly things. The Bible teaches us that true freedom comes from aligning our will with God's.

Jesus's words in Luke 9:23-25 show us how crucial surrender is in following Him. He asks us to let go of our own desires, carry our crosses daily, and follow Him with all our hearts. **Surrender isn't a one-time thing but a daily decision to let God lead every part of our lives.** When we surrender, God starts working in us, changing our desires to match His plans and priorities. He removes harmful habits and selfish ambitions, making space for His grace and power in our lives.

Galatians 2:20 beautifully explains surrender and its power to transform us. When we surrender to Christ, it's not our old selves running the show anymore; it's Christ living in us. This transformation happens through faith in Jesus, who loves us deeply and sacrificed Himself for us. Throughout the Bible, we see people who surrendered to God and saw amazing changes. Abraham left his home at God's command (Genesis 12:1-4), Moses overcame doubts and fears to lead God's people, and Mary accepted God's plan despite challenges.

The call to surrender, and submit, to Jesus is a crucial step in our sanctification, in our growth in holiness. To do this is to voluntarily put myself under Jesus for His leading in my life. It is a step of humility, to admit that I cannot save myself, or change myself, into the person Jesus wants me to be.

**When the Holy Spirit asks me to surrender something in my life,
He is bringing about change, transformation and life.**

HEART HABITS #4 - BELIEF

*I pray that from his glorious, unlimited resources **he will empower you with inner strength** through his Spirit. Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. And may you have the **power to understand, as all God's people should, how wide, how long, how high, and how deep his love is**. May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God. Now all glory to God, who is able, through **his mighty power at work within us**, to accomplish infinitely more than we might ask or think.*

Ephesians 3:16-20 (NLT)

When I began as Senior Pastor in 2017 with our church's vision of building disciples, I believed strongly that our role was to understand how people change and grow. However, one day, I heard a quote that struck me: **"God didn't ask us to change people. He asked us to love people with His love, and it's God's love that changes people."** My initial focus on changing people overlooked the transformative power of God's love.

Reflecting on this, I realised this truth in my own life. In my journey, I encountered moments where I struggled with personal change despite understanding God's will and His call to surrender. It became evident that relying solely on my abilities led to limitations and frustrations. However, in those challenging times, the Holy Spirit intervened. He revealed God's deep, transformative love to me in new and refreshing ways. This revelation didn't just stir my emotions; it ignited a deeper belief and faith and gave me the strength to obey God wholeheartedly. **I began to discover the Holy Spirit is active in showing me and helping me believe a revelation of God's love that somehow gives me the strength to obey Him in that disciple-making moment.**

Through these experiences, I've learned that genuine change and transformation stem from encountering God's love. It's not about coercing change or striving relentlessly but embracing God's mighty power at work within us that helps us experience in our hearts how wide, how long, how high and how deep His love is. It's this divine love that softens hearts, brings healing, and sparks real transformation in individuals and communities.

Today, I continue to lean on the Holy Spirit's guidance and rely on God's love to navigate challenges and lead others effectively. Surrendering to God's love is not a passive act but an active, faith-filled response that ushers in lasting change and genuine growth. May we all be vessels of God's transformative love, impacting lives and representing Jesus in all that we do.

**The Holy Spirit gives you a revelation of the love of God
that helps you have the faith to obey.**

WHAT IS THE HOLY SPIRIT ASKING ME TO SURRENDER? HOW DOES HE HELP ME DO THAT?

GOD'S WORK IN MY HEART	PARADIGM SHIFT	HOLY SPIRIT'S WORK	MY RESPONSE
3. SURRENDER The Holy Spirit asks you to surrender something in your heart, so that He can bring about Christ like change, transformation and life.	I need to change my behaviour to I surrender the idol in my heart that drives my behaviour	• The Holy Spirit works to change your desire to want God more than anything else • He shows you what God wants you to surrender so you can love God with all your heart	Heart Posture: <i>willing & responsible</i> • Take responsibility for your part • Be willing and committed to Christ like change • Repent of any false beliefs

In what areas of your life do you struggle to surrender to God? Why?

In what ways has surrendering to God brought positive changes into your life?

This week, carve out some time to do an activity you enjoy and that will give you time and space to reflect. Some ideas include: nature walk, cafe, beach or any water body, painting/collaging, museum, photo walk, stargazing or watching the sunset/sunrise. Take your bible and journal and spend time reflecting on your disciple-making moment:

- What Bible verse is the Holy Spirit placing in your heart?
- Does the verse help you understand or work out what is the Holy Spirit asking you to surrender?
- Why do you feel like this is difficult to surrender?
- How is the Holy Spirit changing your desire to match His?

WHAT IS THE HOLY SPIRIT SHOWING ME ABOUT GOD SO THAT I CAN TRUST AND OBEY HIM IN THIS AREA OF MY LIFE?

GOD'S WORK IN MY HEART	PARADIGM SHIFT	HOLY SPIRIT'S WORK	MY RESPONSE
4. BELIEF The Holy Spirit gives you a revelation of the love of God that helps you have the faith to obey.	I obey from my self will and strength to I can obey because I have a renewed vision of God that gives me the faith and trust to do so.	• The Holy Spirit brings a renewed vision of God • He empowers you with the faith to trust and obey	Heart Posture: <i>trusting & obedient</i> • Take a step of obedience to have faith in God's way • Be missional by sharing about Jesus' work in this area of life

Have you ever been in a situation where you know what God wants you to do but you have no strength, willingness or desire to do it? How did God give you the power to obey His will?

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How does belief in God's love impact a person's ability to obey His commands?

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As you go about your daily activities this week, take a picture that represents what the love of God means to you. You may have multiple pictures, so when you sit down and do this reflection, sift through them and pick one. Using this picture, reflect on your disciple-making moment:

- Why did you choose this picture and why does it represent the love of God to you?
- How is the Holy Spirit revealing about the love of God for your everyday moment?
- Why does this speak to you? What does it mean to you in your circumstance?
- What does obedience to God look like in your everyday moment?



Session 7

Representing Jesus in
Everyday Life

REPRESENTING JESUS IN EVERYDAY LIFE

*What good is it, dear brothers and sisters, if you say you have faith but don't show it by your actions? Can that kind of faith save anyone? Suppose you see a brother or sister who has no food or clothing, and you say, "Good-bye and have a good day; stay warm and eat well"—but then you don't give that person any food or clothing. What good does that do? So you see, faith by itself isn't enough. Unless it produces good deeds, it is dead and useless. Now someone may argue, "Some people have faith; others have good deeds." But I say, "How can you show me your faith if you don't have good deeds? **I will show you my faith by my good deeds.**"*

James 2:14-18 (NLT)

When I used to think about "sharing my faith," I pictured bold evangelism or inviting someone to church. While that's important, I realised it made me separate "mission" from the rest of my life. I saw it as something I did instead of something I lived. But what if sharing our faith isn't just about big moments? What if it's the small, everyday ones that shape who we are—and how others encounter Jesus through us?

Think about traffic jams, parenting meltdowns, birthday celebrations, workplace gossip, or being misunderstood and criticised. These don't feel like "spiritual" moments. But they're exactly where our faith is meant to show up. We often overlook them because they don't seem big enough or "Christian" enough. Yet they're precisely the opportunities God uses for us to show and share our faith in Jesus.

James 2:14–17 reminds us that faith without works is dead. Real faith doesn't just live in our beliefs—it moves into our behaviour. People may hear our words, but they feel our faith through how we live, impacted by how we treat others, how we handle pressure, how we manage money, and how we respond to conflict. We have a faith that works in real life. God hasn't just called us to believe in Him, but to represent Him—to everyone, everywhere, with everything. When our faith shapes our actions, it produces good works, builds goodwill, and opens hearts to the good news of Jesus.

Everyday moments become sacred opportunities to show and share our faith:

- It is by faith that an accountant turns down unethical work, trusting God to provide.
- It is by faith that an older person offers wisdom, trusting their story still matters and can point others to Christ.
- It is by faith that a young mum chooses patience while parenting her 5 year old toddler.
- It is by faith that a teen chooses to honor God over fitting in resisting pressure for popularity, image, or online approval.
- It is by faith that a spouse chooses reconciliation over pride.

Representing Jesus doesn't require a stage—just a heart aligned with Him and a daily intention to live out our faith and share why Jesus shapes the way we live.

**Faith that works shows up in everyday life—
look for opportunities to show and share your faith.**

PERSONAL REFLECTIONS

Where in my everyday life—whether at work, home, or in relationships—do I struggle to connect my faith with my actions?

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James 4:18 says, “I will show you my faith by my good deeds.” Looking at each examples in the devotion, how do these everyday choices show what it means to trust God—and why is His help essential for us to live that way?

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Why is showing (action) and sharing (words) your faith both equally important in representing Jesus ?

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When was the last time my faith led me to act differently than I naturally would have?

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Here’s an example of how we can follow the 4-step heart journey to show what it means to represent Jesus, using work-life balance as an example. Now think about a moment in your own life where you feel like God might be helping you grow. It could be at school, with your family, or with friends. Write out what each of the 4 steps would look like in that area. Then, get into groups of 3 and take turns sharing your example with each other.

EXAMPLE

WORK/LIFE BALANCE

1.
RECOGNISE

A pattern of being overwhelmed and overcommitted

4.
LIVE ON MISSION

Show and share about how I manage work/life balance as a Christian

1
RECOGNISE

2
HEART

3
SKILLS

4
MISSION

2.
START WITH THE HEART

(use the 4 Heart Habits)

The Holy Spirit revealed an idol of success was ruling my heart

3.
DEVELOP SKILLS

Practice Sabbath, practice getting soul rest

YOUR EXAMPLE

1.
RECOGNISE

4.
LIVE ON MISSION

1
RECOGNISE

2
HEART

3
SKILLS

4
MISSION

2.
START WITH THE HEART

(use the 4 Heart Habits)

3.
DEVELOP SKILLS



Before You Go



Congratulations on completing this Heart Discipleship Journey.

We're so proud of you for taking this step and opening your heart to what God is doing in your life.

My prayer is that God has spoken to you along the way and that you've come to see more clearly how the Holy Spirit is at work in your heart and life. Our prayer is that along the way, you've encountered the Holy Spirit in deeper, more personal ways—that you've begun to understand how God shapes your heart through everyday moments, and how your heart, in turn, shapes the direction of your life.

This isn't the end, but our encouragement is that you embrace this as a lifelong journey of recognising and responding to the Holy Spirit in all areas of your life. Whether it's through joy or sorrow, routine or disruption, God is always at work, inviting you to be changed from the inside out so that you can represent Jesus to everyone, everywhere, with everything.

We know that everyone's journey is different. For some, this may have brought up deeper questions, emotions, or even pain you didn't expect. That's okay. Transformation is often uncomfortable before it's freeing. If you find yourself needing to talk, wanting prayer, considering counselling, or simply desiring a listening ear, please don't hesitate to reach out—to our church leadership team, your life group leaders, or a trusted care professional.

God is with you.

God sees you.

God loves you.

And you are being shaped by the One who knows your heart best. So keep walking. Keep responding. Keep guarding your heart—because from it flows the life God has called you to live.

God bless you,

Ps Chee & Clayton Church of Christ

"Guard your heart above all else, for it determines the course of your life."

Proverbs 4:23



Appendix

1. Share what's on your heart (thoughts, feelings, actions).

Keeping your everyday moment in mind, write down or share with God in prayer what's in your heart. Don't judge or control what comes out. Just be real and honest before God.

2. Seek God's guidance and truth for your everyday moment.

There are three ways you can do this:

- Meditate on any bible verses that spring to mind
- Use the '**Topical Bible Verses**' or the '**Bible Emotions Wheel**' as a helpful starting point
- Google search, "Bible verses on (your everyday moment)". Meditate on the ones that speak the loudest to you.

When you find a Scripture that speaks to you, explore deeper by reading 4 different translations on the YouVersion Bible app.

Reflect on NLT, NASB, AMPC, MSG.



Topical Bible Verses

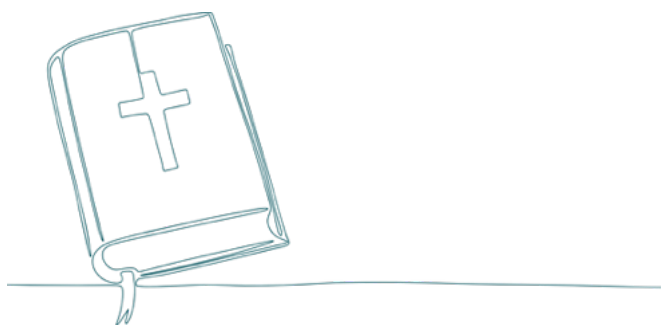


Bible Emotions Wheel

3. Ask the Holy Spirit to reveal what is ruling your heart.

Here are some questions to prompt you to discover the Holy Spirit's conviction. Choose the questions that are relevant to you.

- What consumes most of my time, attention, and energy?
- What do I prioritise above everything else in my life?
- What am I afraid of losing the most?
- What do I turn to for comfort, security, or fulfilment?
- What do I find myself constantly striving for or pursuing?
- What thoughts or desires often overshadow my relationship with God?
- What am I willing to compromise my values or beliefs for?
- What do I become defensive or defensive about when challenged?
- What brings me the most joy and satisfaction?
- What do I rely on to define my identity or worth?



1. Share what's on your heart (thoughts, feelings, actions).

Keeping your everyday moment in mind, write down or share with God in prayer what's in your heart. Don't judge or control what comes out. Just be real and honest before God.

2. Seek God's guidance and truth for your everyday moment.

You can listen to a song that God brings to your mind, or one that God has used to minister to you in the past. Or you can find songs of the relevant theme from this list of QR codes that link to Youtube/Spotify playlists.

Glorify



Rest



Healing



Surrender



Love



Fear



Devotion



Comfort



Holiness



3. Ask the Holy Spirit to reveal what is ruling your heart.

Start listening. Notice what stands out in words, lyrics, verse that the Holy Spirit is using to speak to you. Ask Him why it speaks to you, and is there something He wants to convict you in your heart? Here are some questions to prompt you to discover the Holy Spirit's conviction. Choose the questions that are relevant to you.

- What consumes most of my time, attention, and energy?
- What do I prioritise above everything else in my life?
- What am I afraid of losing the most?
- What do I turn to for comfort, security, or fulfilment?
- What do I find myself constantly striving for or pursuing?
- What thoughts or desires often overshadow my relationship with God?
- What am I willing to compromise my values or beliefs for?
- What do I become defensive or defensive about when challenged?
- What brings me the most joy and satisfaction?
- What do I rely on to define my identity or worth?



1. Share what's on your heart (thoughts, feelings, actions).

These questions are a tool to help you begin to understand your heart. Here is an example:

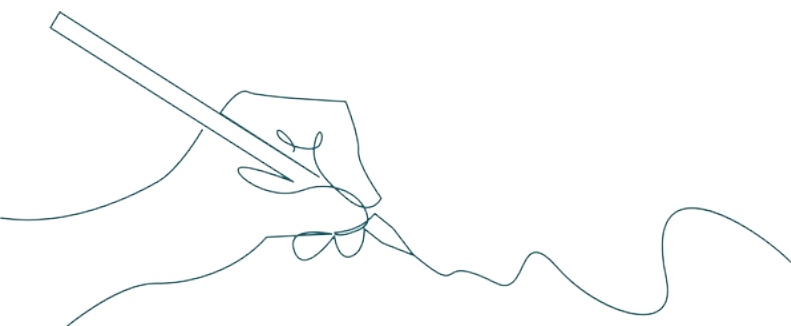
What happened?	What were you thinking and feeling?	What did you do?	What did you want? What was your desired situation?	What was the result?
My teenager was disrespectful to me.	Angry. "Here we go again. Why can't he just listen?!"	I took away his phone for the day.	I just wanted to come home from work and relax.	We were both angry and didn't speak the rest of the night.

2. Seek God's guidance and truth in your everyday moment.

Meditate on any Bible verses that comes to your mind, or Google search, "Bible verses on (your everyday moment)". Meditate on the ones that speaks the loudest to you.

3. Ask the Holy Spirit to reveal what is ruling your heart.

Read and reflect on your journal. Notice what stands out to you - your words, thoughts, patterns of behaviour, emotions. Observe how God's Word connects with your reflections. Are things in your heart that the Holy Spirit is convicting you about?



1. Read

Commit your time to the Lord in prayer. Spend a little time reading **John 15**. The image is potent with the connection and dependence that exists between a believer and their Lord.

2. Draw or Make (Play-Doh)

Allow 15-20 minutes to draw or make your life as it is now, as a tree. What shape tree are you? Roots? Trunk? Branches? Fruit? Are you leafy or bare? Bearing fruit, or in need of pruning? In other words, what season do you see yourself in? How healthy is the tree? Draw what you sense about your tree.

3. Reflect

When you are finished, look at what you have done. Has anything surprised you? What have you learnt about yourself through drawing your tree? Is this something new? What else do you notice, admire or identify?

4. Action

Are there any things about your current circumstances that you might want to address in the light of your drawing? Write down your thoughts in your journal or notebook. Are there things in your heart that the Holy Spirit is convicting you about?

5. Pray

If you learnt something new about yourself today, thank the Holy Spirit. Spend some time in prayer.



1. Prepare for your walk

Before you begin your walk:

- **Set your phone alarm** - set it 10 minutes before your return time to free your mind from clock-watching, allowing full presence with God. Ensure you allocate sufficient time to return.
- **Acknowledge God's presence** - invite God's presence during the walk. For some, it's a continuous conversation; for others, a silent journey. In either case, we welcome God's presence as we walk.
- **Be present** - before walking, find a quiet outdoor spot, be still, and take three deep breaths. Observe your surroundings—the scents, sounds, sunlight, colours, pace, and your breath.

2. Share what's on your heart (thoughts, feelings, actions).

As you walk, start sharing with God what's on your heart relating to your everyday moment. Share your thoughts, and feelings. Don't judge or control what comes out. Just be real and honest before God.

3. Seek God's guidance and truth in your everyday moment.

Meditate on any Bible verses that come to your mind, or Google search, "Bible verses on (your everyday moment)". Meditate on the ones that speak the loudest to you. Or listen to a worship song that God brings to mind and worship Him as you walk.

4. Reflect

Before you end your walk, take notice of how you may have "settled down". How has the Holy Spirit changed your heart? Are there things in your heart that the Holy Spirit is convicting you about?



Communion is a symbolic way to show we belong to Jesus and to remember what He did for us. It's a regular remembrance and celebration of the Lord's sacrificial death.

1. Pause

A big part of communion is remembering and reflecting. Remember the sacrifice and promise that Jesus made. You may want to read a Scripture passage - here are some ideas:

a. Psalm 22

b. Isaiah 53

c. Mark 15:21-29

d. John 19

e. 1 Corinthians 15:1-8

f. Galatians 2:16-21

g. Ephesians 2:1-10

h. Philippians 2:1-11

2. Share what's on your heart (thoughts, feelings, actions).

Communion should also involve personal reflection. It's a time to examine our relationship with the Lord and with others. In your time of reflection:

- Share with God what's on your heart relating to your everyday moment. Share your thoughts and feelings. Don't judge or control what comes out. Just be real and honest before God.
- Ask God to bring His truth to your everyday moment.
- Ask the Holy Spirit if there's something in your heart He is convicting you about.

3. Partake

When you feel ready, partake in the communion. The breaking and eating of bread has to do with Christ's body being broken on the cross. The drinking from the cup has to do with the shedding of Christ's blood, whereby we are forgiven. (Matthew 26:26-28; 1 Corinthians 11:23-24)

4. Praise

Communion should lead to praise. Jesus has made a way for us to receive forgiveness and life!



