



# Nothing New Under The Sun

**SUMMER**

AT NEW HOPE WINDWARD

## **SMALL GROUP GUIDE**

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## TIPS FOR ONLINE SMALL GROUP

1. **HOSTING A SMALL GROUP MEETING ON ZOOM.** If you are interested in hosting a small group on zoom through New Hope Windward, let us know. Our small group team will help you get started. Zoom training is available.
2. **EMAIL INVITE.** Ensure to send out a calendar invite with the meeting details and how to connect to the meeting platform on zoom.
3. **REMINDER DURING THE WEEK.** Keep everyone in your group connected by sending a reminder during the week of your upcoming small group meeting.
4. **START ON TIME & STICK TO YOUR TIME SCHEDULE.** For your scheduled meetings, it's recommended to get started within 5 minutes of your scheduled start time. Most small group meetings are held for about 60 minutes.
5. **ZOOM'S BEST PRACTICE.** Familiarize yourself with the Zoom features on your electronic device. It is helpful for everyone to know where the mute button is located. Ask the attendees to self-mute to avoid environmental noise when someone else is talking & sharing. Doing this will help with the flow of your SG discussion time.
6. **DOWNLOAD ZOOM APP.** In order to participate in the Online Small Group, download the Zoom App from your iPhone or Android. You may also download the Zoom App from your laptop PC or iPad device.

## TIPS TO IN-PERSON GROUP

1. **START & FINISH ON TIME.** Doing this will show your small group you value their time.
2. **BE COMFORTABLE WITH SILENCE.** Uncomfortable silences are bound to happen. It's okay! A long pause during a group discussion can be powerful. A *pause* gives space for quieter people to break into the conversation; silence allows people to figure out exactly what they would like to say.
3. **CONFIDENTIALITY IS IMPORTANT.** Confidentiality is the key to building trust in relationships. Here are a few mottos to remember to be confidential: "What is said in small group, stays in small group." **Nothing, nobody, never...** *"Share nothing, to nobody, never"* outside of the group.
4. **MAKE GROUP A PRIORITY.** Communicate in advance when you will be unable to attend by either calling and/or texting your host or responding to the zoom email invitation by accepting or declining. This will help your host to plan accordingly especially if it is an in person small group gathering.
5. **AVOID TALKING or TEACHING TOO MUCH.** Small groups are designed for everyone to share and grow together.
6. **ASK FOR HELP.** The Small Group Ministry is here to help. Email [smallgroups@nhww.org](mailto:smallgroups@nhww.org) to ask any questions, request training or other assistance for your Small Group.

# Nothing New Under The Sun

## Week 1: God Created Everything

### ICEBREAKER

What is the most beautiful location you have ever visited?

### INTRODUCTION

Have you ever looked outside at the wonder of God's creation and marveled at the beauty and function of His design? To begin our summer series we will be taking time to appreciate the glory of God's creation and our place in the wonderful existence he created for us.

### READ |

God the father, creator of heavens and earth, the great architect of everything made our world perfectly for us as His people to exist and thrive. His intelligent design is so perfectly in order that it takes far more faith to believe that it all happened by accident.

*In the beginning, God created the heavens and the earth. The earth was without form and void, and darkness was over the face of the deep. And the Spirit of God was hovering over the face of the waters. And God said, "Let there be light," and there was light. And God saw that the light was good. And God separated the light from the darkness.*  
--Genesis 1:1-4 (ESV)

We could spend this whole series unpacking these four verses in all its complexity and deep meaning but one thing is made loud and clear: God loves order. From the chaos of the void God spoke light to give the world balance and then separated light from darkness to ensure that balance was maintained. Being created in God's image, we are made to create order and seek balance in our lives, families, communities and society.

**What is one area of your life that you have created order in? How has that order brought more balance to your life? Where could you use more balance?**



## READ |

Proof of God's order and desire for balance are shown in the laws of nature which can be observed but never broken and are always true. One of these truths is that nothing can be created or destroyed, only repurposed. Biblically we learn this with "nothing new under the sun", but it still took science thousands of years to "prove".

Another of God's truths is the Law of Rhythm which states that everything changes and goes through cycles. People go through cycles too, so while history doesn't repeat itself, it sure does rhyme. All patterns of thoughts and actions are created by God.

*For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him.*  
--Colossians 1:16 (ESV)

Jesus is the order to life; all things were created by Him, for Him and in Him they hold together. As we learn to recognize our own patterns and how God created us, we can apply Christ's teachings to unlock the full potential for our life. God gave us His Word to help us choose to live in rhythm with Christ and find order and balance for our life.

**What pattern of behavior have you noticed about yourself that you would like to change? What is one way you can grow closer to Christ to help with that change?**

## READ |

*For everything there is a season, and a time for every matter under heaven:*

*a time to be born, and a time to die;  
a time to plant, and a time to pluck up what is planted;  
a time to kill, and a time to heal;  
a time to break down, and a time to build up;  
a time to weep, and a time to laugh;  
a time to mourn, and a time to dance;  
a time to cast away stones, and a time to gather stones together;  
a time to embrace, and a time to refrain from embracing;  
a time to seek, and a time to lose;  
time to keep, and a time to cast away;  
a time to tear, and a time to sew;  
a time to keep silence, and a time to speak;  
a time to love, and a time to hate;  
a time for war, and a time for peace.*      --Ecclesiastes 3:1-8 (ESV)

Much of the Wisdom in Ecclesiastes is understanding God's patterns and orders to life. God created everything for a season and for a reason. As believers in God's divine creation we must pray for and seek discernment in our walk.

When we are connected to our faith we can see how God is moving in our lives. When we understand the season He has us in we can be more discerning in not forcing our own timing or will. When we work in God's time we can accomplish all He has for us in our season.

A great way to determine what season you are in and identify the reason God has you there is by coming to church each week. Even with summer distractions we should stay connected because each week God may be sending a sermon just for you. However, if you are too busy with your own plans you might miss the message God is trying to deliver. Stay plugged in with a grateful heart and see how God moves in your life this summer.

*For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving,  
--1 Timothy 4:4 (ESV)*

**What line from Ecclesiastes 3 stands out the most to you? Why? Are you willing to commit to attending church each week this summer? Why / Why not?**

#### **WHAT WILL YOU DO**

- Evaluate where you can have more order in your life this summer and make a plan to address it.
- Take some personal time to better understand how God wired you and see what needs to be changed.
- Make a plan with loved ones to attend service together this summer.

**PRAYER:** All mighty God, maker of heavens and earth, thank you for creating everything in this world with order and purpose. Thank you for giving me a mind to reflect, interpret and grow in who you made me to be through the experiences of my life. Give me peace and purpose this summer to explore your Will for my life to unlock my full potential in Christ. In Jesus' name, Amen.

## **READ GOD'S WORD DAILY using S.O.A.P.**

### **Day 1:**

*For every house is built by someone, but God is the builder of everything.*

*Hebrews 3:4 (NIV)*

### **Day 2:**

*For from him and through him and to him are all things. To him be glory forever. Amen.*

*Romans 11:36 (ESV)*

### **Day 3:**

*Yet God has made everything beautiful for its own time. He has planted eternity in the human heart, but even so, people cannot see the whole scope of God's work from beginning to end.*

*Ecclesiastes 3:11 (NLT)*

### **Day 4:**

*Our help is from the Lord, who made heaven and earth.*

*Psalms 124:8 (NLT)*

### **Day 5:**

*Woe to those who quarrel with their Maker, those who are nothing but potsherds among the potsherds on the ground. Does the clay say to the potter,*

*'What are you making?'*

*Does your work say,*

*'The potter has no hands?'*

*Isaiah 45:9 (NIV)*

# Nothing New Under The Sun

## Week 2: No Worries - God is in Control

### ICEBREAKER

What is something you enjoy leading or having control over?

### INTRODUCTION

Life can be hard, especially if you are chasing the expectations of an ever changing world. Part of enjoying God's creation is slowing down and letting life come to you instead of constantly trying to blaze your own trail. This week we will look at scripture for how we can stop worrying about the future to be more present in what God is trying to show us. God is in control of life but we are in control of our choices and how we live.

### READ |

Worry and anxiety comes from a fear of the future and the uncertainty of things that are out of our control. This anxiety can cloud our ability to enjoy the moment and take away the peace that Christ wants for us. Luckily Paul gives us a remedy to apply to our lives.

*Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

*--Philippians 4:6-7 (NLT)*

The opposite of anxiety is anticipation which comes from excitement for the future. To get to anticipation we are to pray in gratitude for all God has done in our lives and for God to provide us with what we need. This produces a peace that allows life to come to us and for us to be more ready to take advantage of the opportunities God will bring.

**Have you felt God's peace in your life? How can you focus more on gratitude for what God has done in your life so He can provide you with what you need?**

## READ |

We all want to live comfortably and the world teaches us to chase riches and fame in order to be fulfilled. However, we will never be content when our focus is on what we don't have. When we always think that something "new" will bring us happiness, we are setting ourselves up for disappointment when it falls short.

*But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that. People who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge men into ruin and destruction.*

*--1 Timothy 6:6-9 (NIV)*

Temptation is inherent in our nature, from the time of Adam and Eve we as people have always been tempted by what we don't or can't have. When we put our focus on our temptations, it takes away from our trust in God's provision. When we are content with what we have and put our trust in God, He will provide more than we need.

*"Blessed is the man who trusts in the Lord, whose trust is the Lord. He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit."*

*--Jeremiah 17:7-8 (NIV)*

God is the source of everything that has been and will be. When we plant ourselves close to the source we are able to receive all God's blessings. The further we plant ourselves from God, the more anxiety and fear have power over our lives.

**Discuss a time you thought money or material would bring you happiness only to find you still weren't content once you got what you wanted. How has your trust in God brought blessing and benefit to your life?**

## READ |

God is in control but that doesn't take away our choices. It is our life, given to us by God but we choose how we live it and who we follow. We can choose the world or we can choose the spirit. However, God made the first move and gave us Jesus and the Holy Spirit because He wants a relationship with us.

*"Behold, I stand at the door and knock; if anyone hears My voice and opens the door, I will come in to him and will dine with him, and he with Me."*

*--Revelation 3:20 (NASB)*



Choosing a relationship with Christ in an increasingly "anti-God" material world is not easy. To hear His voice over the distractions of the world requires us to stay in God's Word to discern how He is moving in our lives.

*"Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it.*

*--Matthew 7:13-14 (NIV)*

To find and stay on the road He has for you takes daily devotion. That starts with staying in the Word and applying it to your life. When you do, you can see how God is moving in your life to better choose and serve Him. The question is; who will you serve?

*"But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether the gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the Lord."*

*--Joshua 24:15 (NIV)*

**Discuss a time you chose God's way over the way of the world? How did it make you feel? Do you think you would choose God's way even if it made life harder?**

### **WHAT WILL YOU DO**

- Practice gratitude daily for God's blessings.
- Pray daily for God to give you what you need.
- Fight temptation to remain content in what you have.
- Trust God with your fears and anxieties.
- Stay in God's Word daily with devotional S.O.A.P.
- Choose God with every opportunity He gives you.

**PRAYER:** Dear Heavenly Father, thank You for Your Word and the wisdom it teaches me to find peace. Make me content in my circumstances and grateful for Your love. Turn my anxieties for the future into anticipation for your blessings. Speak to me through your Word so I can hear your voice and find the path You want me to be on. In Jesus' name, Amen.

## **READ GOD'S WORD DAILY using S.O.A.P.**

### **Day 1:**

*Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.*

*John 14:27 (NIV)*

### **Day 2:**

*So refuse to worry, and keep your body healthy. But remember that youth, with a whole life before you, is meaningless.*

*Ecclesiastes 11:10 (ESV)*

### **Day 3:**

*Look at the ravens. They don't plant or harvest or store food in barns, for God feeds them. And you are far more valuable to him than any birds!*

*Luke 12:24 (NLT)*

### **Day 4:**

*When doubts filled my mind, your comfort gave me renewed hope and cheer.*

*Psalms 94:19 (NLT)*

### **Day 5:**

*The seed falling among the thorns refers to someone who hears the word, but the worries of this life and the deceitfulness of wealth choke the word, making it unfruitful.*

*Matthew 13:22 (NIV)*

# Nothing New Under The Sun

## Week 3: Don't Recreate The Wheel

### ICEBREAKER

What mentor has had the biggest impact on your life? Why?

### INTRODUCTION

God created us in His image with amazing minds and intelligence to interpret the world around us. However, this gift also creates in us the ability to deceive ourselves of our own greatness in making "new" things. This week we will focus on how there is nothing "new" under the sun and how we can best discover and reveal God's truth in our lives.

### READ |

If God created everything that has been and will be then there is nothing we can do that is not made in the patterns of God's truth. Just as man discovered that mass cannot be created or destroyed only reshaped and repurposed we can also only recycle ideas and inventions. Everything has been done, there is nothing new under the sun.

*What has been will be again,  
what has been done will be done again;  
there is nothing new under the sun.*                      --Ecclesiastes 1:9 (NIV)

The wisdom of the Teacher in Ecclesiastes takes much time in exposing the vanity or meaninglessness of man's toil/work in this life. We are not meant to glorify ourselves and our own accomplishments in this life. We are meant to give glory and praise to the God that designed and created this world for us to explore, find our purpose, and thrive. Ultimately, if we spend all our time focusing on our own plans, toils and the vanity of our own greatness, we will miss the glory of what God has planned for our life.

**Does it give you comfort or stress to hear that there is nothing "new" in this world?  
How can you spend more time discovering God's plans for your life?**

## READ |

Part of understanding that there is nothing new under the sun is appreciating those who came before us. Respecting and learning from spiritual elders is an important aspect of being a Christian and developing into who God made you to be.

*In the same way, you who are younger, submit yourselves to your elders. All of you, clothe yourselves with humility toward one another, because, "God opposes the proud but shows favor to the humble."*  
--1 Peter 5:5 (NIV)

One of the biggest things to slow our learning is pride and thinking that we already know it all. As we grow in our faith we must continuously humble ourselves to be open to what God wants to reveal to us through others. This includes looking for believers who inspire us to want to do better.

*Remember your leaders, those who spoke to you the word of God. Consider the outcome of their way of life, and imitate their faith.*  
--Hebrews 13:7 (ESV)

Since everything has already been learned and done before, following the examples of successful believers can help to reveal God's plan for your life. As we learn from others we grow our perspective which allows us to better see God's truth.

**Who do you spiritually admire? How can you follow their example to grow your faith?**

## READ |

The next verse of the scripture above is "Jesus Christ is the same yesterday and today and forever", While we have much to learn from our elders and others we must always look to the consistent teachings of Jesus and the example he left us in scripture.

*Then Jesus said to his disciples, "If any of you wants to be my follower, you must turn from your selfish ways, take up your cross, and follow me."*  
--Matthew 16:24 (NLT)

When we follow Jesus and strive to be Christ like, we are making the decision to choose God's Will for our lives. Jesus teaches us to forgive ourselves, our mistakes and the failures of our actions made while following the world and our own way.

Believing in Christ's sacrifice on the cross makes us all equal in the eyes of God and allows us to have a fresh start in our pursuit of the truth. Learning from Jesus means learning how to sacrifice our old ways in order to receive His grace and mercy.

**What is the most valuable lesson you have learned by following Jesus?**

## READ I

Learning will grow your knowledge but it won't change your life until you put the lessons into practice. You can't be a vessel for God's Will if you never leave the dock, so we must walk boldly in faith to find out where it leads us.

God created you special with unique strengths and weaknesses. To discover how God wants to use you we need to understand how God made you.

One of the best and safest ways to walk in faith and discover who you are in Christ is to serve in church. Serving alongside other believers will allow God to refine you and move you into His plans and purposes.

*As iron sharpens iron, so one person sharpens another.*  
--Proverbs 27:17 (NIV)

Growing in Christ with others will unlock in you God's power and peace to change your life and make you into testimony for God's goodness.

**Where can you see yourself serving in church? Who can you speak to within the church to get connected?**

## WHAT WILL YOU DO

- Examine your ways to see where God is moving in your life and where you are forcing your own will.
- Pray for Him to reveal the knowledge needed to understand His plans and purposes for your life.
- Start a conversation with a spiritual elder for guidance.
- Apply Jesus' teachings to renew your heart and mind.
- Serve in church to discover who you are in Christ.

**PRAYER:** God, thank You for creating me with a plan and a purpose for my life so that I don't have to invent my own. Reveal to me through others the knowledge and understanding I need to prepare for your plans. Bring people into my life who will speak wisdom and life as I grow into who you made me in Christ. Lead me into opportunities to serve at church that will help me find my purpose and glorify You. In Jesus' name Amen.

## READ GOD'S WORD DAILY using S.O.A.P.

### Day 1:

*I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you.*

*Psalms 32:8 (NIV)*

### Day 2:

*The fear of the Lord is the beginning of knowledge; fools despise wisdom and instruction.*

*Proverbs 1:7 (ESV)*

### Day 3:

*For to this you have been called, because Christ also suffered for you, leaving you an example, so that you might follow in his steps.*

*1 Peter 2:21 (NIV)*

### Day 4:

*And every day, in the temple and from house to house, they did not cease teaching and preaching that the Christ is Jesus.*

*Acts 5:42 (ESV)*

### Day 5:

*But when the Father sends the Advocate as my representative—that is, the Holy Spirit—he will teach you everything and will remind you of everything I have told you.*

*John 14:26 (NLT)*

# Nothing New Under The Sun

## Week 4: Life is Better Together

### ICEBREAKER

What is the best team or group you have ever been a part of?

### INTRODUCTION

No one is an island and we are not designed to go through life alone. God created us to be part of families and tribes that work together to accomplish the tasks He desires for His people. This week we will focus on God's desire for us to accomplish great things as a team and how we can work better together to go far in our faith.

### READ |

Life is a team sport and just like in sports we are called to fill different positions based on our talents and how God made us. While the roles of each position may be different, they work together in the hopes of helping your team win. As we learn about our teammates and they learn about us, we find ways to compliment each other and make our team stronger. Living as a Christian is very similar as we work together to glorify God.

*But God has put together all the parts of the body. And he has given more honor to the parts that didn't have any. In that way, the parts of the body will not take sides. All of them will take care of one another. If one part suffers, every part suffers with it. If one part is honored, every part shares in its joy. You are the body of Christ. Each one of you is a part of it.*  
--1 Corinthians 12:24-27 (NIRV)

We are not meant to compete against other Christians, rather we are meant to play our position to the best of our ability in support of how God is moving in our communities. When we move together for God's glory there is no limit to what we can accomplish.

**Discuss a time you worked as a team to get a collective win. What is one thing you can do together with other Christians for God's glory in your community?**



## READ |

The best part about being on Team Jesus is that we are playing for the greatest coach of all time. There is nothing that cannot be accomplished with the encouragement, love and supernatural power we receive from trusting in God. One of the greatest examples of this is found in the book of Nehemiah and the rebuilding of the walls of Jerusalem.

*But now I said to them, "You know very well what trouble we are in. Jerusalem lies in ruins, and its gates have been destroyed by fire. Let us rebuild the wall of Jerusalem and end this disgrace!" Then I told them about how the gracious hand of God had been on me, and about my conversation with the king. --Nehemiah 2:17-18 (NIV)*

God appointed Nehemiah as the captain of the team effort to rebuild the walls. He gave Nehemiah the courage to ask for help for the benefit of the team. When he got to Jerusalem, even with God and the King's blessing, he didn't immediately start building. Instead he took the time to walk around the walls and city to better understand the opponent and his team to determine the best strategy.

When it was finally time to start building, everyone knew their roles and used their skills to work together to complete the tasks needed for the wall to come together. As God's team started to pull away the enemy changed its tactics, as it always will, to try and throw Nehemiah and his team off track. However, with the encouragement and strength of God the builders adapted to overcome the enemy's resistance.

*...Those who carried materials did their work with one hand and held a weapon in the other, --Nehemiah 4:17 (NIV)*

In the end, the team, led by Nehemiah was able to accomplish the impossible and rebuild the walls in just 52 days. This would not be possible if it wasn't for God empowering leaders and using everyone in their strengths to identify and fix problems for the benefit of the team's mission. We too must ask God for the discernment to guide us and our leaders in our skills and abilities to accomplish missions for His glory.

**Discuss a time that you had to rely on God and others to overcome adversity and complete a task you couldn't have done on your own. How did you grow from it?**

## READ |

Nehemiah was not the only time that God appointed someone to lead a mission that many considered impossible. Jesus was called upon to start a movement to reconcile people with God based on a relationship of grace, mercy, sacrifice and service. Much of Christ's mission to save the world would be done after He played His part. That meant

He needed to raise up others to carry the mission forward and build communities for God.

*All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.* --Acts 2:42-47 (NIV)

At New Hope Windward we are committed to furthering Jesus' mission by raising up disciples to build their own community around God. One of the most important ways we do this is through Small Group. Meeting outside of church to break bread and praise God with other believers is key to living a fulfilled and God led life.

Invite all those you want to have better and more rewarding relationships to be in a Small Group with you. Whether it is family, friends or co-workers you can never have too much community and you never know how God will use them to do amazing things.

**What Small Group can you create or join to better connect with others? How can church help?**

### **WHAT WILL YOU DO**

- Ask for help and pray to God for encouragement in your ongoing team projects at home, work or church.
- Evaluate the teams in your life to see if their skills are being used appropriately to help each mission.
- Invite others to Small Group or start a new group to build more community around Christ in your life.

**PRAYER:** God, thank You for making me a part of something greater than myself. Thank You for giving me abilities that can be used to further Your kingdom and help the communities in my life. Give me the courage, strength and discernment to help and lead with those around me. Bless my small group and lead me into any new groups for Your glory. In Jesus' name Amen.

## **READ GOD'S WORD DAILY using S.O.A.P.**

### **Day 1:**

*And let us consider how we may spur one another on toward love and good deeds,*  
Hebrews 10:24 (NIV)

### **Day 2:**

*Work willingly at whatever you do, as though you were working for the Lord rather than for people.*  
Colossians 3:23 (NLT)

### **Day 3:**

*Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble.*  
1 Peter 3:8 (NIV)

### **Day 4:**

*May God who gives patience, steadiness, and encouragement help you to live in complete harmony with each other—each with the attitude of Christ toward the other.*  
Romans 15:5 (TLB)

### **Day 5:**

*But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin.*  
1 John 1:7 (ESV)

# Nothing New Under The Sun

## Week 5: Make Your Heart for God

### ICEBREAKER

What is something that always fills your heart with joy?

### INTRODUCTION

For some people the idea that there is nothing new under the sun can be deflating. What is the purpose of life if everything has already been done and mapped out? However, they are missing the point that your life and opportunity is what's new. Your life is unique and God created you in this world in the hopes of winning your heart. This week we will be looking at how our heart directs our experience in life.

### READ |

The bible mentions the heart almost 1,000 times. There is great importance put on our heart as it is considered the engine of thoughts, emotions and desires. Jesus understood that a corrupted heart is capable of doing horrible things, saying:

"For it is from within, out of a person's heart, that evil thoughts come—sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and defile a person."

--Mark 7:21–23 (NIV)

These impure thoughts and actions come when we have a heart problem and it requires us to change our hearts. This change can only occur when we address what is causing our heart to be sick and believe that Christ can heal us from it.

*For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.*

--Romans 10:10 (NIV)

**Do you have any 'heart' problems you can give to Christ? What is holding you back?**

## READ |

God created you as a perfect vessel with the engine needed to discover and fulfill all the wonderful plans and purposes he has for your life.

*For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we would walk in them. --Ephesians 2:10 (ESV)*

However, he also gave us free will and the ability to fill our engine with whatever we want. When we fill our heart with sin, we are filling our engine with fuel that is bad for our vessel and won't get us to our destination. Much like eating junk food, the pleasure of our desires are short lived and leave us uncomfortable and often still hungry. Luckily, scripture gives us the recipe for filling up with clean and nutritious fuel.

*For where your treasure is, there your heart will be also. "The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!" --Matthew 6:21-23 (NIV)*

When we fix our eyes on things that are from God and treasure the relationships and experiences that give our life meaning instead of on material wealth and external approvals, we move our hearts closer to God. There is so much to be grateful for in our families and opportunities that we can always refuel for the next phase of our journey.

**What are you grateful for that fills your tank to keep going in the right direction?  
What 'junk food' can you cut out of your life to help keep your engine strong?**

## READ |

When it comes to getting the most enjoyment and purpose out of life, it doesn't come from chasing fame, fortune or material wisdom. It comes from submitting to the will and desires of God. Much like our thoughts and desires come from our heart, His desires and plans for our life comes from His heart.

*after removing Saul, he made David their king. God testified concerning him: 'I have found David son of Jesse, a man after my own heart; he will do everything I want him to do.'*  
--Acts 13:22 (NIV)

The greatest examples of Godly people in the bible are the ones who put their hearts after God's own heart. When we align our hearts with God's Will for us, He can use us to our fullest potential and allow us to overflow with joy and happiness. He desires nothing more than for us to choose his love and provision for our heart.

Unfortunately finding God's Will in this fallen world is not easy and will take work and effort from you and your family. The best place to start is with what you already have already been given.

*"Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much.*

*--Luke 16:10 (NIV)*

The more you prove your faithfulness to God in what you have been given, the more he will reveal where His heart is for your life. Do not be discouraged because there is nothing the enemy wants more than for you to stop pursuing God's heart and fall back into worldly ways, so:

*Above all else, guard your heart, for everything you do flows from it.*

*--Proverbs 4:23 (NIV)*

We must always be careful of who and what we allow into our lives as we live in obedience to God's Will. We will not be able to help ourselves or others if we allow our heart to be corrupted. Praise God no matter how much we stumble He will be waiting with an open heart.

**What has God given you to be faithful with now? What do you need to guard yourself from to stay on track?**

### **WHAT WILL YOU DO**

- Do a heart check to see what you need to give to God.
- Show gratitude for all the blessings in your life.
- Remove any "junk food" from your spiritual diet.
- Be a good steward of what He has entrusted you with.
- Guard your heart from the enemy to keep it for God.

**PRAYER:** Father God, thank You for Your heart to know, love and provide for me. Clean my heart of any impure thoughts and fortify it in my faith and belief in Jesus Christ. Allow me to be a good steward of all resources under my care and guide me in them for Your glory. Align my heart with your desires for my life and move me into your plans and purposes. Reveal to me what I need to be fulfilled in this season. In Jesus' name, Amen.

## **READ GOD'S WORD DAILY using S.O.A.P.**

### **Day 1:**

*Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.*

*Proverbs 3:5-6 (NIV)*

### **Day 2:**

*But now your kingdom must end, for the Lord has sought out a man after his own heart. The Lord has already appointed him to be the leader of his people, because you have not kept the Lord's command."*

*1 Samuel 13:14 (NLT)*

### **Day 3:**

*Blessed are the pure in heart, for they shall see God.*

*Matthew 5:8 (ESV)*

### **Day 4:**

*"All right then," Joshua said, "destroy the idols among you, and turn your hearts to the Lord, the God of Israel."*

*Joshua 24:23 (NLT)*

### **Day 5:**

*Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God.*

*Hebrews 3:12 (ESV)*





# SUMMER

AT NEW HOPE WINDWARD



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