

Church Camp Guide

RENEWED HEARTS, TRANSFORMED LIVES

Acknowledgement

Heart Discipleship is a ministry of Clayton Church Of Christ.

CLAYTONCHURCH OF CHRIST

It has been developed by their Senior Pastor, Chee

Seng Fah.



For a complete list of Heart Discipleship resources, please go to claytonchurch.org.au/heart-discipleship



Heart Discipleship



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)

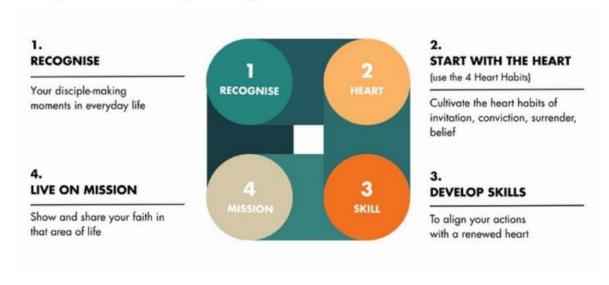
Why is Heart Discipleship important?

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



Session 1 (At Home)

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.

Draw the vision wheel for 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.

Who is your everyone ? List specific names of people	Where is your everywhere? List the specific places where you work, rest and play.
What is your everything? List your finances, sexuality, gifts/talents, assets, hobbies etc.	DUT Eg
What would representing Jesus to your everyone, everywhere, ar	nd everything look like?
Write your prayer to God:	

Session 2

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

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

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



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

What does discipleship mean to you?

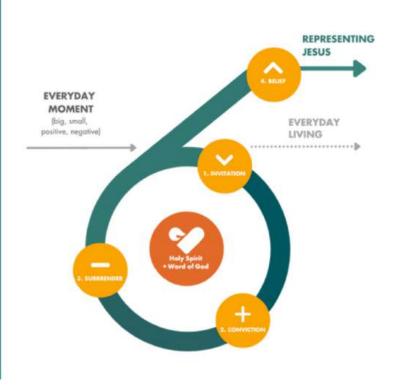
Does this 4 step journey change the way you think about discipleship? How and Why?

Session 3

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).





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

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GOD'S WORK IN YOUR HEART			MY RESPONSE
1. INVITATION Your everyday moment becomes a disciplemaking 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: attentive & open 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 to 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: humble & seeking 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 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: responsible & willing 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 to 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: trusting & obedient Take a step of obedience to have faith in God's way Be missional by sharing about Jesus' work in this area of life

Extra Devotion & Reflection



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 discipled 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.



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	An issue to resolve	• God uses everyday	Heart Posture: attentive & open
Your everyday moment becomes a disciple-making moment when you recognise and respond to the Holy Spirit's invitation.	to God's invitation for discipleship	moments to bring Christ like change into your heart and life	 Recognise His invitation Respond to His invitation

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

•	examples - 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?"
Wh	at does the Holy Spirit's invitation to you look like? Reflecting on past experiences, can you think time when you missed recognising the Holy Spirit's invitation into a disciple-making moment?
	nere a disciple making moment the Holy Spirit is inviting you into right now?

Extra Devotion & Reflection



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 CAN I TELL WHEN THE HOLY SPIRIT IS CONVICTING ME?

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

GOD'S WORK	PARADIGM	HOLY SPIRIT'S	MY
IN YOUR HEART	SHIFT	WORK	RESPONSE
2. CONVICTION The Holy Spirit helps you identify and name what is ruling your heart.	The issue is my circumstance and other people to 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: humble & seeking Take active steps to seek God's voice for that area of life

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. Come to Life Group ready to discuss and share your insights.

Extra Devotion & Reflection

Devotion



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.



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

GOD'S WORK	PARADIGM	HOLY SPIRIT'S	MY
IN MY HEART	SHIFT	WORK	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: willing & responsible 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 v	ways has surrenderir	ng to God brought po	ositive changes into y	our 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?

Extra Devotion & Reflection

Devotion



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 SHOWING ME ABOUT GOD SO THAT I CAN TRUST AND OBEY HIM IN THIS AREA OF MY LIFE?

GOD'S WORK	PARADIGM	HOLY SPIRIT'S	MY RESPONSE
IN MY HEART	SHIFT	WORK	
4. BEUEF 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: trusting & obedient 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?			
How does belief in God's love impact a person's ability to obey His commands?			

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?

Appendix

Scripture



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?



Worship



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.



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?





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:

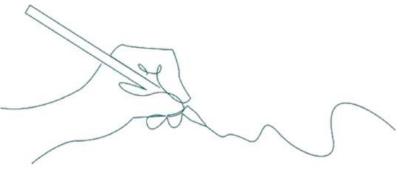
What happened?	What were you thinking and feeling?	What did you do?	What did you want? What was your desired situation?	What was the result?
My teenager was disrespectful to me.	Angry. "Here we go again. Why can't he just listen?!"	I took away his phone for the day.	I just wanted to come home from work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



Creative



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 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 clockwatching, 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).

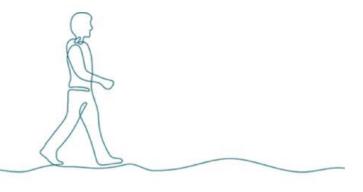
As you walk, start sharing with God what's on your heart relating to your everyday moment. Share your thoughts, and feelings. Don't judge or control what comes out. Just be real and honest before God.

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



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

c. Mark 15:21-29

e. 1 Corinthians 15:1-8

g. Ephesians 2:1-10

b. Isaiah 53

d. John 19

f. Galatians 2:16-21

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!



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