

Discovering Your SHAPE

Session 4 : Heart- Identifying your God-given passion

This session is about serving God and others with an understanding of our heart and passions.

Here's a quote from the purpose driven life:

“The bible uses the term heart to describe the bundle of desires, hopes, interests, ambitions, dreams, and affections you have. Your heart represents the source of all your motivations- what you love to do and what you care about most’.

What are the things in your heart? What are things that interest you or that you are passionate about? These are in you for a reason and they make you unique.

Just as we have unique physical attributes such as our unique DNA, eyes, fingerprints and voices, even our heartbeat is unique!

This session is to help you explore and identify your unique spiritual and emotional “heartbeat” in a group setting. Our hope is that this will lead to creative ideas and opportunities to serve God and others with that heartbeat.

Consider Moses who had a passion for the injustice of his people. In God's timing, he was able to serve God and the Israelites in a way that connected profoundly with that passion.

How about David who had a passion for music and worship of God as a young shepherd boy. Much later when he became king, he used that passion to inspire generations of honest and heart-felt worship of God through the writing of the psalms.

How might God use your passion/s to serve Him and others?

Group Exercise

Read, Discuss & Discern

1. Read Colossians 3:17 & 23-24. How do these scriptures personally encourage you to serve God? What other biblical examples encourage you?
2. What would you be drawn to at the magazine rack or library? How about at a Christian bookstore or podcast library? (Consider at least 3).
(If you're stuck, what would your friends say you are passionate about?)
3. If you could do something and knew you would not fail, what would you do?
4. At the end of your life, what would you like to know you did something about?
5. The people I would most like to help/serve are:

<input type="checkbox"/> Infants	<input type="checkbox"/> Widowed	<input type="checkbox"/> Refugees
<input type="checkbox"/> Young mums	<input type="checkbox"/> Young married	<input type="checkbox"/> Homeless
<input type="checkbox"/> Divorced	<input type="checkbox"/> Empty nesters	<input type="checkbox"/> Disabled
<input type="checkbox"/> Career women	<input type="checkbox"/> Elderly	<input type="checkbox"/> Hospitalised
<input type="checkbox"/> Parents	<input type="checkbox"/> Poor	<input type="checkbox"/> Singles
<input type="checkbox"/> Unemployed	<input type="checkbox"/> Youth	<input type="checkbox"/> Uni Students
<input type="checkbox"/> Prisoners	<input type="checkbox"/> Single Parents	<input type="checkbox"/> Children
<input type="checkbox"/> Other _____		

6. The issues or causes I feel strongly about are:
- | | | |
|--|--|--|
| <input type="checkbox"/> Environment | <input type="checkbox"/> Child care | <input type="checkbox"/> Diaspora |
| <input type="checkbox"/> Discipleship | <input type="checkbox"/> Human trafficking | <input type="checkbox"/> Politics |
| <input type="checkbox"/> Domestic violence | <input type="checkbox"/> Injustice | <input type="checkbox"/> Racism |
| <input type="checkbox"/> Education | <input type="checkbox"/> Addictions | <input type="checkbox"/> Creation care |
| <input type="checkbox"/> Economic | <input type="checkbox"/> Reaching the lost | <input type="checkbox"/> Technology |
| <input type="checkbox"/> Health care | <input type="checkbox"/> Poverty | <input type="checkbox"/> Family issues |
| <input type="checkbox"/> Womens issues | <input type="checkbox"/> Hunger | |
| <input type="checkbox"/> Other _____ | | |
7. Reflecting on the above responses are there some common themes or insights about connecting your heart/passions to serving God and others?
8. What area/s would you like to explore further and what is a step you can take?

Pray

Spend time praying for each other and the passions/areas of need that have arisen. Ask God for a breakthrough that the good desires in your heart will come to fruition so that you might serve God and others with all your “heart”.