

# Toolbox

Week 4 – October 4

Scripture: Revelation 3:20 and Proverbs 4:23

*Grab your Bible and a few people to connect with. Look up the verses below and share your thoughts. It's that easy!*

**Share:** Think about the last time you felt overwhelmed. It could be about anything. What did you do or how did you feel?

**Read Revelation 3:20 & Proverbs 4:23 together:** Take turns reading if you prefer. Enjoy the different Bible translations we each read.

**Discuss the following context:**

Following Jesus is an ongoing journey in moving from avoidance to admitting and addressing the pain in our lives. When we realize God is knocking on the door of our heart and choose to let Him in, we experience a “renovation of our heart”. Our heart is the wellspring of our life; it leads us in direction, decisions and daily rhythms. It is from our hearts that we overflow. It is in our hearts that we recognize the need for God’s ongoing grace AND receive it again and again.

In his book “Renovation of the Heart” Dallas Willard said, “*To ‘grow in grace’ means to utilize more and more grace, until everything we do is assisted by grace.*” He adds, “*The greatest saints are not those who need less grace, but those who consume more grace...*” If we allow God to renovate some of the spaces that are hidden away we could experience the restoration we long for. God brings us grace, hope and healing when we open the door.

**Share your thoughts about the following questions:**

1. We all have rooms in our heart. These spaces are protected, vulnerable, and sometimes housing insecurities or past pain. Why do we do this? What can happen as a result of not dealing with these spaces?
2. Meditate on Proverbs 4:23 from three Bible translations. When we move from avoidance to acknowledgement, how we can take an action step to awaken our hearts?
  - a. “Guard your heart above all else, for it determines the course of your life.” (NLT)
  - b. “Watch over your heart with all diligence, for from it flow the springs of life.” (AMP)
  - c. “Above all else, guard your heart, for everything you do flows from it.” (NIV)
3. Writer and teaching pastor Ashlee Eiland said, “*The hidden work is the heart work is the hard work.*” Consider where you are right now and identify one of the rooms in your heart (for example: family of origin, bitterness, approval, emotional, physical, relationships, perfection, etc). If you are comfortable, share with the group what your “heart work” could include.

**Pray together:** Ask each other to share what is on your heart today. Pray the beautiful “Prayer of Serenity” as a group.

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time; accepting hardship as a pathway to peace; taking, as Jesus did, this sinful world as it is, not as I would have it; trusting that You will make all things right if I surrender to Your will; so that I may be reasonably happy in this life and supremely happy with You forever in the next. Amen.