

SEASON 03

APRIL 2024

**BECOMING**  
**HEARTSTRONG**  
Genesis - Leviticus



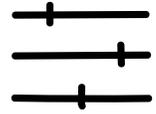


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# Gather Grow Go



We invite you to honestly reflect on how you are following Jesus alongside others in this season of life. To do so, we hope you honestly answer our More Like Jesus questions. Share your results with someone you trust or your Heartstrong Group. The heart isn't to overthink but to pause and reflect upon how you are actively following Jesus.

One being non-existent, and ten wholeheartedly engaged; where do you believe you are actively following Jesus using our Gather, Grow, and Go self-assessment questions?

## In Each Season, Become More Like Jesus.

**GATHER** for weekly worship. How often did I attend church? While present, was I engaged? Listening to the Holy Spirit and others to live more like Jesus?

1 2 3 4 5 6 7 8 9 10

**GROW** by investing in my lifelong spiritual formation with others. Do I belong to a Group? Bible School? Am I being confessional? Encouraging? I trust that I can foster emotionally healthy and Christlike relationships with others.

1 2 3 4 5 6 7 8 9 10

**GO** make a Jesus-sized difference in the world. How am I actively serving the church and city?

1 2 3 4 5 6 7 8 9 10

*Share your assessment with someone you trust.*



# Becoming **HEARTSTRONG**

Our 2023-24 Ministry Year shared adventure will take us through the entire New Testament before rounding the turn toward the Torah. In addition, our partnership with Practicing the Way will see us dive deeply into the spiritual practices of sabbath, fasting, and prayer.

Becoming Heartstrong is both daily online and weekly in our LifeGroups. We desire to see an increase in the number of LifeGroups, period. But also each Group using our Becoming Heartstrong material.



## SEASON ONE

Bible Reading: Matthew - Acts  
*Spiritual Practice: Sabbath*



## SEASON TWO

Bible Reading: Romans - Revelation  
*Spiritual Practice: Prayer*



APR-JUN

## SEASON THREE

Bible Reading: Genesis - Leviticus  
*Spiritual Practice: Fasting*



# Worship: The Call To Witness

In season two, we led with our hearts. As followers of Jesus, our doing flows from our being. For the health of our souls, it is best not to reverse this order. Life will often pull you to reverse this order, but the power of the Holy Spirit, coupled with your spiritual disciplines, is essential to hold your heart in Jesus.

The call to do is about you. So, too, is the call to be. Yet the call to witness fully involves you but is about others.

Jesus calls us to love others as we love ourselves. He challenges us to have a life-long posture of service to others. Finally, he commands us to go and make disciples of all nations. The call to witness is precisely this: it is a call, a challenge, and a command - it's not negotiable.

Now, some of you have the spiritual gift of evangelism - it is your superpower. Yet each of us, whether or not we've been given a spirit-empowered gift of sharing our faith, is called, challenged, and commanded to make disciples, which begins with sharing our faith.

During this season, invite the Holy Spirit to show you how you are wired to share Christ and assume the posture of a servant by sharing your faith with those in your sphere of influence, even strangers, who need to find Jesus.

You following and helping others find Jesus is the adventure of a lifetime!



In our partnership with Practicing the Way, we invite you into a deeper Call To Witness through developing the spiritual practice of fasting.

Should you choose to engage, what can you expect? Fasting has four session videos, weekly exercises and readings, and additional resources to help your LifeGroup create life-changing daily rhythms as you apprentice under Jesus. Transformation happens in community. Running the practice of fasting together looks like setting a time each week to gather with a LifeGroup to watch the session video and then discuss, reflect, and pray.

Using the Fasting Companion Guide, you'll practice it through the weekly reach exercises and have a chance to dive deeper through the assigned readings and podcast episodes. The following week, you'll reflect on how it went. Remember: the goal is growth, not perfection.



## Way

Each season, we select a specific Spiritual Practice. Season Three is Fasting. Fasting is one of the most essential and influential of all the practices of Jesus and one of the best ways to integrate our entire person, including our body, around God. Access the Fasting Companion Guide, which contains weekly exercises, readings, and resources to help your group create life-changing daily rhythms as you apprentice under Jesus together.



## Worship

You were made for worship.

We believe a lifelong adventure in following Jesus is precisely how your heart is formed to be consistently made strong in Christ.

This season, we will lead you through The Call To Witness, a Spiritual Discipline of Fasting, and teach Genesis - Leviticus from God's Word.

Finally, we hope you answer our More Like Jesus questions honestly. Share your results with someone you trust or your Group.

## Word

This season, we will lead you through Genesis - Leviticus. We typically use the ESV as a Bible translation but feel free to use what you wish.

On the concluding page of this plan, there are links for excellent Bible Reading apps we utilize/recommend.



**Download**  
**Fasting**  
**Companion**  
**Guide**

# Own/Others

# HEARTSTRONG

To assist you in growing in Christ-like maturity, building upon examples from Christian history, we have curated a structure for you to utilize on your own and with others.

Daily you can use the STRONG system to spend time with God. In Groups, you can use the HEART questions to go deeper together.



## STRONG (Own)

**See...**Your day with God's eyes, not merely your own.

**Thank...**God for the forthcoming day: each day is a gift.

**Review...**Your completed day with the Holy Spirit.

**Own...**Your sin/shortcomings: Repent and Confess.

**Necessary...**God's presence to be in your day. Invite Him.

**Give...**Grace to yourself and others to be more like Jesus.



## HEART (Others)

**Honest:** What known sins have I committed?

**Express:** Where am I currently being tempted?

**Ask:** God's grace to cover and truth to set you free.

**Realize:** Where is God at work setting you free?

**Truth:** Is there anywhere I have lied tonight?



# Heartstrong Group

OVERVIEW:  
BOOKS OF THE BIBLE



# Becoming Heartstrong

# Genesis

## Summary, Message, and Purpose

As a book of beginnings, Genesis presents God's creation of the universe, humanity's fall into sin, and God's promise to bring blessing and restoration to His good but corrupted world through the family of Abraham. The book of Genesis is the great book of beginnings in the Bible. True to the meaning of its Hebrew and Greek names, Genesis permits us to view the beginning of a multitude of realities that shape our daily existence: The creation of the universe and the planet earth, the origins of plant and animal life, and the origins of human beings, marriage, families, nations, industry, artistic expression, religious ritual, prophecy, sin, law, crime, conflict, punishment, and death.

God is the sovereign Lord and Creator of all things. Evil and sin did not originate with God. Sin entered the world at a specific place and time, and it resulted in death, both natural and spiritual.

Genesis is also a narrative of relationships.

## Author

Moses

## Genre, Structure

Genesis is chiefly a historical narrative. From a narrative standpoint, God is the only true hero of the Bible, and the book of Genesis has the distinct privilege of introducing Him.

God is the first subject of a verb in the book and is mentioned more frequently than any other character in the Bible. The content of the first eleven chapters is distinct from the patriarchal stories in chapters 12-50. The primary literary device is the catchphrase: "These are the family records."



# Becoming Heartstrong

# Exodus

## Summary, Message, and Purpose

The book of Exodus picks up where the Genesis narrative ended with the death of Joseph around 1805 BC. It jumps forward 300 years to show God at work to have such close fellowship with people that He is described as dwelling among them.

He rescued the Israelites in order to make Himself known, not only by the exercise of His power but also through an ongoing covenant relationship based on His capacity for patience, grace, and forgiveness.

## Author

Moses

## Genre, Structure

Exodus is chiefly a historical narrative, which includes the law. Recording the foundational event for the Israelite nation, the book of Exodus presents God's dramatic and miraculous intervention to save His people from bondage in Egypt for the sake of establishing them as His covenant people.

The title Exodus is an anglicized version of a Greek word that means "departure," in recognition of one of the book's major events - the departure of God's people from Egypt. It is considered part of the law, but it is more historical narrative than law as the book is structured around the life of Moses, establishment of the covenant, and the laws related to the tabernacle and the priesthood.



# Becoming Heartstrong

# Leviticus

## Summary, Message, and Purpose

After the Israelites are constituted as a holy people by God, the book of Leviticus provides instructions for how they are to maintain their holiness morally and ceremonially.

The book's name comes from the Septuagint (the Greek translation of the Old Testament), "relating to the Levites." This third section of the Pentateuch deals primarily with the priests' duties and the Tabernacle's service, but it also contains other laws. Leviticus gives regulations for worship, laws on ceremonial cleanness, moral laws, and holy days.

The message and purpose of Leviticus must be studied in the context of the redemption of Israel from Egypt, the covenant made with Israel, and the building of the tent of meeting, or the Tabernacle. The book's heart is to instruct Israel in holiness so that the Lord might abide among them and bless them.

## Author

Moses

## Genre, Structure

Leviticus is a historical narrative which contains a collection of laws. These laws contained in Leviticus can be divided into two groups. First are the commands, or apodictic law. These are both positive commands ("You must...") and negative commands ("You must not..."). The second type of law is casuistic law. These are case laws using an example of what to do if such and such happened ("If someone..."). Some scholars seek to divide the laws further, but there is no evidence the Israelites made such a distinction.



# Heartstrong Group

WEEKLY  
BIBLE READING PLAN





## **Word: April**

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6
7 Sabbath	8 Gen 1	9 Gen 2-3	10 Gen 4-5	11 Gen 6-7	12 Gen 8-9	13
14 Sabbath	15 Gen 10-11	16 Gen 12-13	17 Gen 14-15	18 Gen 16-17	19 Gen 18-19	20
21 Sabbath	22 Gen 20-21	23 Gen 22-23	24 Gen 24-25	25 Gen 26-27	26 Gen 28-29	27
28 Sabbath	29 Gen 30-31	30 Gen 32-33				

## **Memorize: Bible Passage**

"In the beginning, God created the heavens and the earth." Genesis 1:1 (ESV)



## **Word: May**

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			<sup>1</sup> Gen 34-35	<sup>2</sup> Gen 36-37	<sup>3</sup> Gen 37-39	<sup>4</sup>
<sup>5</sup> Sabbath	<sup>6</sup> Gen 40	<sup>7</sup> Gen 41-42	<sup>8</sup> Gen 43-44	<sup>9</sup> Gen 45-46	<sup>10</sup> Gen 47-48	<sup>11</sup>
<sup>12</sup> Sabbath	<sup>13</sup> Gen 49-50	<sup>14</sup> Ex 1-2	<sup>15</sup> Ex 3-4	<sup>16</sup> Ex 5-6	<sup>17</sup> Ex 7-8	<sup>18</sup>
<sup>19</sup> Sabbath	<sup>20</sup> Ex 9-10	<sup>21</sup> Ex 11-12	<sup>22</sup> Ex 13-14	<sup>23</sup> Ex 15-16	<sup>24</sup> Ex 17-18	<sup>25</sup>
<sup>26</sup> Sabbath	<sup>27</sup> Ex 19-20	<sup>28</sup> Ex 21-22	<sup>29</sup> Ex 23-24	<sup>30</sup> Ex 25-26	<sup>31</sup> Ex 27-28	

## **Memorize: Bible Passage**

"You have led in your steadfast love the people whom you have redeemed; you have guided them by your strength to your holy abode." Exodus 15:13 (ESV)



## Word: June

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2 Sabbath	3 Ex 29	4 Ex 30-31	5 Ex 32-33	6 Ex 34-35	7 Ex 36-37	8
9 Sabbath	10 Ex 38-39	11 Ex 40; Lev 1	12 Lev 2-3	13 Lev 4-5	14 Lev 6-7	15
16 Sabbath	17 Lev 8-9	18 Lev 10-11	19 Lev 12-13	20 Lev 14-15	21 Lev 16-17	22
23 Sabbath	24 Lev 18-19	25 Lev 20-21	26 Lev 22-23	27 Lev 24-25	28 Lev 26-27	29
30						



## Memorize: Bible Passage

And the LORD spoke to Moses, saying, "Speak to all the congregation of the people of Israel and say to them, You shall be holy, for I the LORD your God am holy." Leviticus 19:1-2 (ESV)

# Heartstrong Group

WEEKLY  
DISCUSSION GUIDE



# Becoming Heartstrong

## WEEK ONE: DISCUSSION GUIDE

You were made for worship. We believe a lifelong adventure in following Jesus is precisely how your heart is formed, to be consistently made strong in Christ. This season, we will lead you through The Call To Witness, a Spiritual Discipline of Fasting, and teach Genesis - Leviticus from God's Word.

### Bible Reading

Read: Genesis 1-9

### Spiritual Practice: Fasting

*"Fasting is one of the most essential and powerful of all the practices of Jesus and one of the best ways we have to integrate our entire person, including our body, around God." - Practicing the Way*

Download: [Fasting Companion Guide](#)

### Five Points of Discussion

During Season Three, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of fasting and shared Bible Readings from Genesis - Leviticus.

1. If you had to select one, would you say the Bible is a book about us or God? Why do you think how you approach the Bible matters?
2. God, science, and nature. How are they interconnected yet different? Why do you think science and nature are often pitted against God?
3. Julian of Norwich summarized her belief in God as Creator with nine words, "God made it; God loves it; God sustains it." How would you summarize your belief in God as Creator?
4. The Bible begins in Genesis 1, a good world God created. We often start sharing the Gospel from Genesis 3 when sin/fallenness enters the story. Why do you think that might be problematic?
5. In our Bible readings, what did the Holy Spirit speak to you about this week?

In Groups, there are those starting to follow Jesus. Take time weekly to Start an essential conversation about some of the questions people have about all things following Jesus.



# Becoming Heartstrong

## WEEK TWO: DISCUSSION GUIDE

You were made for worship. We believe a lifelong adventure in following Jesus is precisely how your heart is formed, to be consistently made strong in Christ. This season, we will lead you through The Call To Witness, a Spiritual Discipline of Fasting, and teach Genesis - Leviticus from God's Word.

### Bible Reading

Read: Genesis 10-19

### Spiritual Practice: Fasting

*Over the next four weeks, we will cover the four reasons we fast. 01 To offer ourselves to Jesus 02 To grow in holiness 03 To amplify our prayers 04 To stand with the poor.*

Download: [Fasting Companion Guide](#)

### Five Points of Discussion

During Season Three, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of fasting and shared Bible Readings from Genesis - Leviticus.

1. How do you tend to handle the uncomfortable parts of the Bible?
2. In reading Genesis 1-2 we see a structure of same, yet different. God is different from humanity, yet we are created in God's image. Day and night form a 24-hour period, same day, different times of the day. Why do you think this same/different structure is important in Creation?
3. In Genesis 2, God creates work, which gives humanity purpose. Not merely the jobs you've had, but talk about what you believe about work itself. Where can work shift from a part of our purpose to becoming an unhealthy part of our identity? What about those who are able but do not work?
4. In our Bible readings, what did the Holy Spirit speak to you about this week?

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# Becoming Heartstrong

## WEEK THREE: DISCUSSION GUIDE

You were made for worship. We believe a lifelong adventure in following Jesus is precisely how your heart is formed, to be consistently made strong in Christ. This season, we will lead you through The Call To Witness, a Spiritual Discipline of Fasting, and teach Genesis - Leviticus from God's Word.

### Bible Reading

Read: Genesis 20 - 29

### Spiritual Practice: Fasting

*"The ultimate aim of fasting is to get in touch with our hunger for God. Hunger is the state of wanting or needing something you do not have. When we fast, we awaken our body and soul to its deep yearning for life with the Father. We become able to say with Jesus, "I have food to eat that you know nothing about." (John 4v32) - Practicing the Way*

Download: [Fasting Companion Guide](#)

### Five Points of Discussion

During Season Three, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of fasting and shared Bible Readings from Genesis - Leviticus.

1. A real big question. Does humanity have a free will? Without going remarkably deep, how do you hold in tension an all-knowing God with humanity having free will?
2. How do you define deception? How do you believe the enemy sows deception in the world today?
3. Have you ever been deceived and then come to the truth? Share.
4. Genesis 1: We see God the Father. God the Son. God the Spirit - good and very good. Genesis 3: We now see the fallen world, the flesh, and the devil (unholy Trinity). Do you believe we live in a contested space marked by deception?
5. In our Bible readings, what did the Holy Spirit speak to you about this week?

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# Becoming Heartstrong

## WEEK FOUR: DISCUSSION GUIDE

You were made for worship. We believe a lifelong adventure in following Jesus is precisely how your heart is formed, to be consistently made strong in Christ. This season, we will lead you through The Call To Witness, a Spiritual Discipline of Fasting, and teach Genesis - Leviticus from God's Word.

### Bible Reading

Read: Genesis 30-39

### Spiritual Practice: Fasting

*"Fasting gives birth to prophets, she strengthens the powerful; fasting makes lawgivers wise. She is a safeguard for the soul, a steadfast companion for the body, a weapon for the brave, and a discipline for champions. Fasting repels temptations, anoints for godliness. She is a companion for sobriety, the crafter of a sound mind. In wars she fights bravely, in peace she teaches tranquillity." — S T . B A S I L  
T H E G R E A T*

Download: [Fasting Companion Guide](#)

### Five Points of Discussion

During Season Three, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of fasting and shared Bible Readings from Genesis - Leviticus.

1. Do you believe in redemption? If you had to say yes or no, do we as a culture today still believe in redemption
2. How do you differentiate between being held accountable for our actions, which is healthy, comes with consequences, and is part of redemption from just "cancelling someone."
3. To follow Jesus, there will be moments of invitation where you are no longer permitted to stay in, doing, believing, or trusting what you are today. How does God lead you deeper in following Him?
4. Why do you think God's call to no longer stay is clear, but by design, where He leads you next is a little more cloudy?
5. In our Bible readings, what did the Holy Spirit speak to you about this week?

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# Becoming Heartstrong

## WEEK FIVE: DISCUSSION GUIDE

You were made for worship. We believe a lifelong adventure in following Jesus is precisely how your heart is formed, to be consistently made strong in Christ. This season, we will lead you through The Call To Witness, a Spiritual Discipline of Fasting, and teach Genesis - Leviticus from God's Word.

### Bible Reading

Read: Genesis 40 - 48

### Spiritual Practice: Fasting

*"Start small. Start where you are, not where you "should" be. If a full day of fasting a week is too much, start with one meal and break the fast at lunch instead of dinner. The smaller the start, the better chance you have of really sticking to it and growing over time." - Practicing the Way*

Download: [Fasting Companion Guide](#)

### Five Points of Discussion

During Season Three, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of fasting and shared Bible Readings from Genesis - Leviticus.

1. "I wish I knew then what I know now." Where in your life could this apply?
2. For deception to be effective, it will include truth, but it won't be fully true. In life, how do you discern the difference? Example, I have a broken relationship. It is not true I break all relationships.
3. Do you believe God is always at work mending and healing what deception damages? How can you see God doing precisely this in Jacob's life?
4. Read James 4:6. How can it be a good, beautiful thing for God to oppose us?
5. In our Bible readings, what did the Holy Spirit speak to you about this week?

In Groups, there are those starting to follow Jesus. Take time weekly to Start an essential conversation about some of the questions people have about all things following Jesus.



# Becoming Heartstrong

## WEEK SIX: DISCUSSION GUIDE

You were made for worship. We believe a lifelong adventure in following Jesus is precisely how your heart is formed, to be consistently made strong in Christ. This season, we will lead you through The Call To Witness, a Spiritual Discipline of Fasting, and teach Genesis - Leviticus from God's Word.

### Bible Reading

Read: Genesis 49 - Exodus 8

### Spiritual Practice: Fasting

*"Think subtraction, not addition. Please do not add fasting into your already overbusy, overfull life. You are likely already stressed and tired. Instead, on your fasting day(s), think: What can I cut out? How can I slow my day down? Where can I find a little more time to pray and focus on God? Formation is about less, not more. About slowing down and simplifying your life around what matters most: life with Jesus." - Practicing the Way*

Download: [Fasting Companion Guide](#)

### Five Points of Discussion

During Season Three, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of fasting and shared Bible Readings from Genesis - Leviticus.

1. None of our stories start with us; we come from others. How has who and where you've come from shaped you, good or bad?
2. God is at work in circumstances, seasons, and people He doesn't approve of. How do you decipher the difference between where God is at work and what God approves?
3. Where in the past or present have you exchanged the truth about God for a lie?
4. Read Romans 12:2. In your own words, explain the difference between conformity and transformation.
5. In our Bible readings, what did the Holy Spirit speak to you about this week?

In Groups, there are those starting to follow Jesus. Take time weekly to Start an essential conversation about some of the questions people have about all things following Jesus.



# Becoming Heartstrong

## WEEK SEVEN: DISCUSSION GUIDE

You were made for worship. We believe a lifelong adventure in following Jesus is precisely how your heart is formed, to be consistently made strong in Christ. This season, we will lead you through The Call To Witness, a Spiritual Discipline of Fasting, and teach Genesis - Leviticus from God's Word.

### Bible Reading

Read: Exodus 9 - 18

### Spiritual Practice: Fasting

*"You get out what you put in. The more fully you give yourself to this Practice, the more life-changing it will be; the more you just dabble with it, the more shortcuts you take, the less of an effect it will have on your transformation." - Practicing the Way*

Download: [Fasting Companion Guide](#)

### Five Points of Discussion

During Season Three, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of fasting and shared Bible Readings from Genesis - Leviticus.

1. Read Exodus 3:7-8, 10-12. God sees our affliction. Knows our sufferings. Desires to deliver us. And brings us up. How have you seen God do this in your own life?
2. God promises Moses He will be with him. Jesus promises He will be with us. Does God being with us mean life will always be only good? Share.
3. In sending the Holy Spirit, God is with us and dwells in us. What does this mean, and why is it better than what Moses experienced?
4. Why was it better for Jesus to go and send the Holy Spirit? Share.
5. In our Bible readings, what did the Holy Spirit speak to you about this week?

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# Becoming Heartstrong

## WEEK EIGHT: DISCUSSION GUIDE

You were made for worship. We believe a lifelong adventure in following Jesus is precisely how your heart is formed, to be consistently made strong in Christ. This season, we will lead you through The Call To Witness, a Spiritual Discipline of Fasting, and teach Genesis - Leviticus from God's Word.

### Bible Reading

Read: Exodus 19-28

### Spiritual Practice: Fasting

*"Remember the J-curve. Learning experts tell us that mastering a new skill follows a J-shaped curve; we tend to get worse before we get better. If you currently enjoy your prayer times, don't be surprised if some of these new types of prayer feel awkward and difficult. Just stay with the Practice; you will come around." - Practicing the Way*

Download: [Fasting Companion Guide](#)

### Five Points of Discussion

During Season Three, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of fasting and shared Bible Readings from Genesis - Leviticus.

1. Where do we construct life on our terms, without or opposed to God? What is your pattern of doing this regarding relationships, work, finances, sexuality, honour, etc?
2. Where are Canadians constructing life apart/opposed to God and instructing others that following this way leads to life? Share and pray.
3. Is how you or Canadians do this any different from the story in Genesis between God, humanity, and a deceptive creature whose aim is to rebel against God?
4. Why do we and the societies humanity creates behave as though we know more than God?
5. In our Bible readings, what did the Holy Spirit speak to you about this week?

In Groups, there are those starting to follow Jesus. Take time weekly to Start an essential conversation about some of the questions people have about all things following Jesus.



# Becoming Heartstrong

## WEEK NINE: DISCUSSION GUIDE

You were made for worship. We believe a lifelong adventure in following Jesus is precisely how your heart is formed, to be consistently made strong in Christ. This season, we will lead you through The Call To Witness, a Spiritual Discipline of Fasting, and teach Genesis - Leviticus from God's Word.

### Bible Reading

Read: Exodus 29 - 37

### Spiritual Practice: Fasting

*"There is no formation without repetition. Spiritual formation is slow, deep, cumulative work that takes years, not weeks. The goal of this experience is just to get you started on a journey of a lifetime. Upon completion of this Practice, you will have a map for the journey ahead and hopefully some possible companions for the Way. But what you do next is up to you." - Practicing the Way*

Download: [Fasting Companion Guide](#)

### Five Points of Discussion

During Season Three, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of fasting and shared Bible Readings from Genesis - Leviticus.

1. Read Exodus 20:1-4. Why does God seem to care so much about a carved image?
2. What created thing tends to come before God in your life?
3. Read Exodus 20:5. Being described as jealous is not usually a good characteristic, but why is it beautiful for God?
4. The children of Israel are saved from Egypt. In Exodus 32, they make a golden calf for worship. Where did they get the gold that was in their ears from? Why does certain sin have a cyclical pattern in our stories?
5. In our Bible readings, what did the Holy Spirit speak to you about this week?

In Groups, there are those starting to follow Jesus. Take time weekly to Start an essential conversation about some of the questions people have about all things following Jesus.



# Becoming Heartstrong

## WEEK TEN: DISCUSSION GUIDE

You were made for worship. We believe a lifelong adventure in following Jesus is precisely how your heart is formed, to be consistently made strong in Christ. This season, we will lead you through The Call To Witness, a Spiritual Discipline of Fasting, and teach Genesis - Leviticus from God's Word.

### Bible Reading

Read: Exodus 38 - Leviticus 7

### Spiritual Practice: Fasting

*"In his teaching on fasting in Matthew 6v16, Jesus said, "When you fast," not "If you fast." He assumed his apprentices would follow his example and incorporate fasting into their discipleship."  
- Practicing the Way*

Download: [Fasting Companion Guide](#)

### Five Points of Discussion

During Season Three, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of fasting and shared Bible Readings from Genesis - Leviticus.

1. Leviticus is about a holy God who wants to draw near to His fallen people. It is a book about God making a way where there is no way. In this context, how did Jesus make a way for you to come to Him?
2. Why do you think God taught His people there were acceptable/unacceptable forms of worship? Are there still acceptable/unacceptable forms of worshipping God today?
3. In Leviticus, God establishes five types of ritual offerings and ways of worship acceptable to a holy God from sinful people. Why is even this an act of being known by God, an act of kindness?
4. Share briefly the names and what each offering represented. Burnt, Grain, Fellowship/peace, Sin, and Guilt/Restitution offering.
5. In our Bible readings, what did the Holy Spirit speak to you about this week?

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# Becoming Heartstrong

## WEEK ELEVEN: DISCUSSION GUIDE

You were made for worship. We believe a lifelong adventure in following Jesus is precisely how your heart is formed, to be consistently made strong in Christ. This season, we will lead you through The Call To Witness, a Spiritual Discipline of Fasting, and teach Genesis - Leviticus from God's Word.

### Bible Reading

Read: Leviticus 8 - 17

### Spiritual Practice: Fasting

*"Fasting is one of the best disciplines we have to reintegrate our mind to our body, and offer our whole selves to God in surrender." - Practicing the Way*

Download: [Fasting Companion Guide](#)

### Five Points of Discussion

During Season Three, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of fasting and shared Bible Readings from Genesis - Leviticus.

1. Using your own words and life, describe a holy place. Where is it? What makes it holy?
2. How would you describe holiness?
3. As the group described holiness, how much of the description was rooted in our behaviour? Can we attain holiness through our behaviour alone?
4. Read Exodus 10:1-2. "This story is a haunting reminder of the paradox of God's holy presence - its pure goodness can become dangerous to those who rebel and insult God's holiness. This is why it's important that Israel's priests become holy, as well as all of the people of Israel." - Tim Mackie. So, how are we made holy today?
5. In our Bible readings, what did the Holy Spirit speak to you about this week?

In Groups, there are those starting to follow Jesus. Take time weekly to Start an essential conversation about some of the questions people have about all things following Jesus.



# Becoming Heartstrong

## WEEK TWELVE: DISCUSSION GUIDE

You were made for worship. We believe a lifelong adventure in following Jesus is precisely how your heart is formed, to be consistently made strong in Christ. This season, we will lead you through The Call To Witness, a Spiritual Discipline of Fasting, and teach Genesis - Leviticus from God's Word.

### Bible Reading

Read: Leviticus 18-27

### Spiritual Practice: Fasting

"This week's Reach Exercise is to fast for two days, like the early Christians. You may want to adopt the Wednesday and Friday rhythm like they did, or pick different days that work better for your schedule. But avoid fasting on the Sabbath or the Lord's Day, as Sunday is for feasting, not fasting." - Practicing the Way

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### Five Points of Discussion

During Season Three, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of fasting and shared Bible Readings from Genesis - Leviticus.

1. Read Leviticus 19:1-4. Noticing how their love for God was to be holy and singular. Now read Mark 12:30; how does Jesus say we should love God? How is it similar to Leviticus?
2. Read Leviticus 19:9-18. How different would Canada be if all Canadians treated one another like this? Read Mark 12:31; how does Jesus say we should love our neighbour? Similar to Leviticus? Why is it so difficult for us to love others in this way?
3. What does it mean in the Bible to be anointed? Share. Christ isn't Jesus' last name; it means Anointed One. As Christians, why is anointing important for us?
4. Read James 5:14. Anoint one another with oil. Pray for God to set apart and make whole where there is sickness/brokenness.
5. In our Bible readings, what did the Holy Spirit speak to you about this week?

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# Becoming Heartstrong

## WEEK THIRTEEN: DISCUSSION GUIDE

You were made for worship. We believe a lifelong adventure in following Jesus is precisely how your heart is formed, to be consistently made strong in Christ. This season, we will lead you through The Call To Witness, a Spiritual Discipline of Fasting, and teach Genesis - Leviticus from God's Word.

### Bible Reading

Read: Review Genesis - Leviticus

### Spiritual Practice: Fasting

*"St. Augustine of Hippo, when asked, "Why fast?" said, "Because it is sometimes necessary to check the delight of the flesh in respect to licit pleasures in order to keep it from yielding to illicit joys." - Practicing the Way*

Download: [Fasting Companion Guide](#)

### Five Points of Discussion

During Season Three, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of fasting and shared Bible Readings from Genesis - Leviticus.

1. Using your own words, explain the difference between an unconditional and conditional covenant in the Bible. Why is it important to understand the distinction?
2. Read Leviticus 26:3. Is this an example of God's unconditional or conditional command?
3. Explain in your own words how you can be forgiven by God completely from sin yet still bear the consequences of your actions. Share a personal example.
4. How can God's discipline, chastisement, judgement, and opposition only be and for our good? Is it difficult for you to trust God's discipline as only and for our good? Explain.
5. In our Bible readings, what did the Holy Spirit speak to you about this week?

In Groups, there are those starting to follow Jesus. Take time weekly to Start an essential conversation about some of the questions people have about all things following Jesus.



Becoming  
**HEARTSTRONG**





## SEASON FOUR

# Coming Up In Season Four

### Word

This season we will lead you through [Numbers - Joshua](#). We typically use the ESV as a Bible translation, but feel free to use what you wish.

### Way

Each season, we select a specific Spiritual Practice to do together. Season Four is [Solitude](#), whose aim is a strong, deep, joyful, vibrant life with God.





**Practicing the Way**  
Summer 2024

# BECOMING HEARTSTRONG

## ZOOM/REGISTER



Adults: Monday - Thursday at 6:00 am & 8:00 pm



Students: Wednesdays Bi-Weekly at 7:00 pm

## PODCAST/REPLAYS



Heartstrong Discipleship Podcast



Watch Replays on Vimeo

