

SEASON 04

SEPTEMBER 2024

BECOMING
HEARTSTRONG

Numbers - Joshua

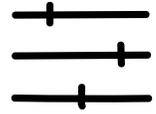


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Gather Grow Go



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 2024-25 Ministry Year shared adventure will take us from Numbers all the way to Job. In addition, our partnership with Practicing the Way will see us dive deeply into the spiritual practices of solitude, Scripture, and community.

Becoming Heartstrong is both daily online and weekly in our LifeGroups. We desire to see an increase in the number of LifeGroups, period. Each group will also use our Becoming Heartstrong material.



SEPT-NOV

SEASON FOUR

Bible Reading: Numbers - Joshua

Spiritual Practice: Solitude



JAN - APR

SEASON FIVE

Bible Reading: Judges - 2 Chronicles

Spiritual Practice: Scripture



APR-JUN

SEASON SIX

Bible Reading: Ezra - Job

Spiritual Practice: Community



Worship: The Call To Engage

We respect the value of your time and attention, and we do not wish to engage in trivial wordplay or paradigms. Your focus is too precious for that.

So, it is with a whole-hearted purpose that we express the following: When it comes to transformation, to becoming more like Jesus, sometimes the issue isn't our engagement but how we engage.

Again, no silly semantics.

Visit your favourite bookstore in person or online, and you will find a self-help section—shelves of books that require engagement with you at the centre of change. Yet when it comes to becoming more like Jesus, you play a part in changing but should never occupy the centre, as that is reserved for the Holy Spirit.

When you see a belief or a behaviour needing transformation, we want you to think not only is this something requiring change in your life, but how I engage this change is critical as there are two roads: a) Self-help or b) Holy Spirit dependence.

Self-help means it's all on me. Spirit dependence means it's all on Him. Self-help means I alone change my life. Spirit dependence means I allow the Holy Spirit to change my life.

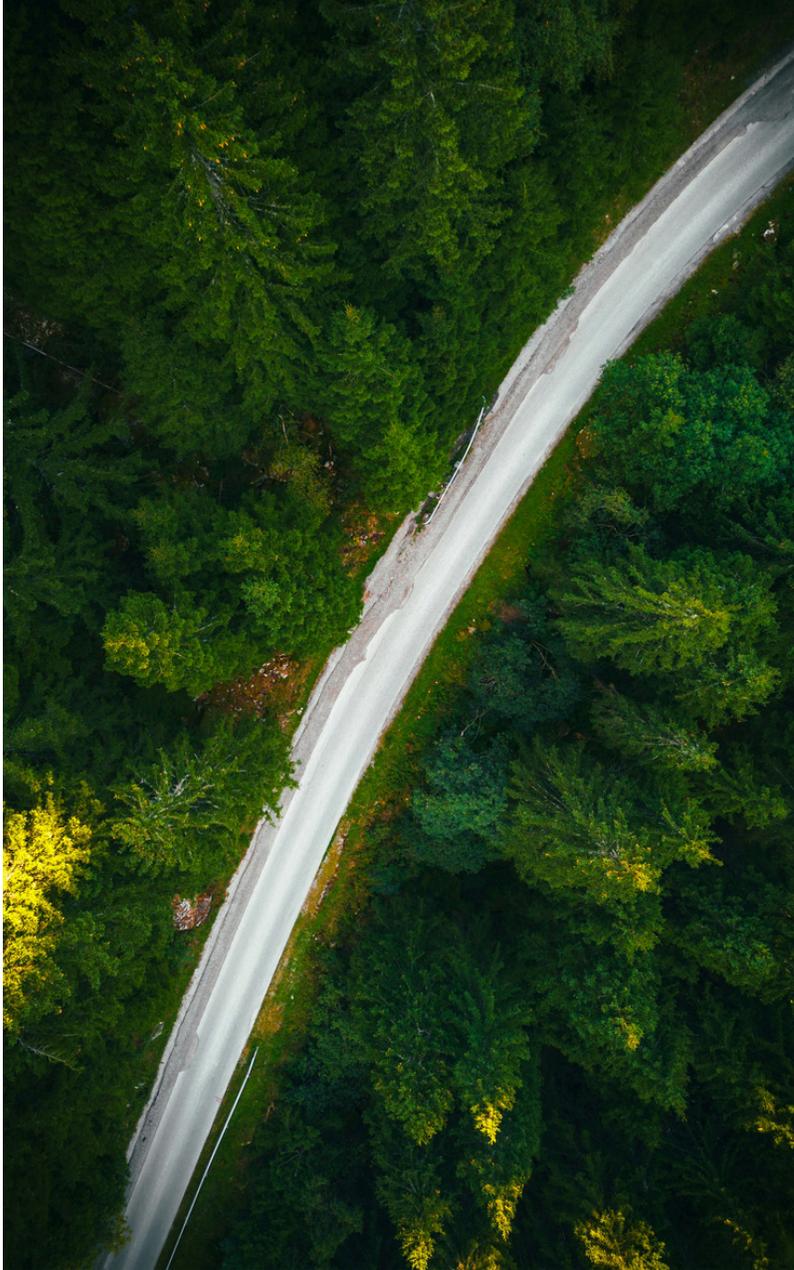
I surrender to the Spirit. The Spirit transforms.



In our partnership with Practicing the Way, we invite you to a deeper Call to Engage by developing the spiritual practice of solitude.

Should you choose to engage, what can you expect? Solitude has 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 solitude 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 Solitude 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 Four is Solitude. Solitude is how we befriend God; let God befriend us amid all the noise, distraction, and busyness of modern life. We follow Jesus' example and go into solitude. Access the Solitude 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 Engage, a Spiritual Discipline of Solitude, and teach Numbers - Joshua 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 Numbers - Joshua. We typically use the ESV as a Bible translation, but feel free to use what you wish.

Below are links for excellent Bible apps we utilize/recommend. Some do come at a personal cost, so be aware.



Download
Solitude
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

Numbers

Summary, Message, and Purpose

The Book of Numbers is primarily a narrative of the Israelites' stay in the wilderness with some laws and regulations interspersed. The English title "Numbers" derives from the Septuagint name "Arithmoi" based on the two military censuses in chapters 1 and 26. The Hebrew title, Bemidbar, "In the Wilderness," describes the geographical setting of much of the book - from the Wilderness of Sinai to the arid plains of Moab across the Jordan River to Jericho.

The principal character in the Book of Numbers is Yahweh, the God of Israel. God accomplished His will even when His people rebelled. He is holy and pure and requires such behaviour from those who claim Him as their God. This is the central theme of the Pentateuch and the book of Numbers. God promised Abram that he would produce a great nation through him (Genesis 12:2) and give his descendants the land of the Canaanites and Amorites (Genesis 15:1, 8-21; 17:8). The two censuses show God's fulfillment of the first promise. The granting of territory to two and a half tribes in Transjordan is the beginning of the land fulfillment.

Author

Moses

Genre, Structure

The book consists of seven cycles of material, with the repetition of the following types of material: 1) A statement of the historical setting, 2) Reference to the twelve tribes of Israel and their respective leaders, 3) Matters related to the priests and Levites, and 4) Laws for defining the nature of the faithful community.

Historical Narrative. The book of the Pentateuch is primarily a narrative with portions of case law interwoven into a vibrant literary fabric.



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Deuteronomy

Summary, Message, and Purpose

The Book of Deuteronomy is a collection of exhortations from Moses recounting Israel's history with God and the laws and statutes they were to follow to live under His rule in the promised land.

The title of this book of the Pentateuch, Deuteronomy, comes from the Septuagint and means "second law" or "repetition of the law." The phrase is a translation of 17:18, which reads "a copy of this instruction." It is still a fitting title since much of the Book contains repetitions of the laws found in Exodus, Leviticus, and Numbers.

Although the initial covenant between the Lord and Israel was made at Sinai, the generation that received it had largely died out in the 38 years since that event. The younger generation needed to affirm their commitment to the covenant (4:1-8). The purpose of Deuteronomy is to provide guidelines for the younger covenant community to enable them to live obediently before God and to carry out His intentions for them.

Author

Moses

Genre, Structure

Historical Narrative. The style of the book of Deuteronomy appears as a series of repetitious, reminiscent, and even irregular exhortations, which is fitting for a collection of Moses's sermons preparing the people for their move into the promised land. The Book of Deuteronomy could be considered the constitution for the nation of Israel once it was established in the promised land.



Becoming Heartstrong

Joshua

Summary, Message, and Purpose

The Book of Joshua describes the Israelites' military conquest of the promised land of Canaan and its division into tribal allotments. The accounts in the book occur immediately after Moses' death. This was a new generation, not the one that had left Egypt. The story of Joshua is thus set when the nation of Israel first appeared in the land west of the Jordan River—the land that would bear their name.

Chapter One establishes Joshua as the successor to Moses. God addressed Joshua directly, promising the land He promised to Moses (Deut 34:4) and His Divine presence (Joshua 1:3-5). Joshua's military leadership recurs throughout the first twelve chapters. Its theological dimensions raise questions about the extermination of all people from the land. Joshua's allocation of land in chapters 13-21 continued the process already begun by Moses in Transjordan. God gives them the land, but the tribal allotments take on a covenantal character.

Author

The author of the book of Joshua is not identified, but it may be presumed that someone who knew him and his exploits recorded the work.

Genre, Structure

Historical Narrative. The book of Joshua should be seen as a land grant, similar to the ancient Near East's land grants and suzerain treaties. The suzerain, Israel's God, gave His people the land they were meant to receive. The land grant has three structures: a) Review of the history leading up to the gift of land, b) Allotment of territories of the tribes and families of Israel, and c) A renewal of the covenant.



Heartstrong Group

WEEKLY
BIBLE READING PLAN





Word: September

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

Memorize: Bible Passage

And he said, "Hear my words: If there is a prophet among you, I the LORD make myself known to him in a vision; I speak with him in a dream. Not so with my servant Moses. He is faithful in all my house. With him I speak mouth to mouth, clearly, and not in riddles, and he beholds the form of the LORD. Numbers 12:6-8 (ESV)



Word: October

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



Memorize: Bible Passage

And Moses summoned all Israel and said to them, "Hear, O Israel, the statutes and the rules that I speak in your hearing today, and you shall learn them and be careful to do them... 'I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery.'" Deuteronomy 5:1,6 (ESV)



Word: November

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1 Deut 24-25	2
3 Sabbath	4 Deut 26-27	5 Deut 28	6 Deut 29	7 Deut 30-31	8 Deut 32	9
10 Sabbath	11 Deut 33-34	12 Josh 1-2	13 Josh 3-4	14 Josh 5-6	15 Josh 7	16
17 Sabbath	18 Josh 8	19 Josh 9-10	20 Josh 11	21 Josh 12-13	22 Josh 14-15	23
24 Sabbath	25 Josh 16-18	26 Josh 19-20	27 Josh 21	28 Josh 22	29 Josh 23-24	30



Memorize: Bible Passage

"This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go." Joshua 1:8-9 (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 Engage, a Spiritual Discipline of Solitude, and teach Numbers - Joshua from God's Word.

Bible Reading

Read: Numbers 1-6

Spiritual Practice: Solitude

"Smartphones, alerts, Wi-Fi, email, social media, streaming services, and the endless queue of entertainment — the noise of the digital age is with us 24/7. On top of that, we hear the "noise" daily of opinion, political polarization, outrage over the culture wars, and more. Not to mention the literal noise of modern life: automobiles, delivery trucks, freeway traffic, airplanes overhead, construction all around. The world is louder and louder with each passing year." - Practicing the Way

Download: [Solitude Companion Guide](#)

Five Points of Discussion

During Season Four, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of solitude and shared Bible Readings from Numbers - Joshua.

1. Numbers 1 begins with a census. What value do you place in "taking stock" of your life? How do you honestly evaluate yourself?
2. Numbers 2 is a chapter on how the camp was arranged. How do you arrange your daily life? When do you know it is time for change or to keep things consistent?
3. Numbers 3 contains a story of redemption regarding the firstborn. What do you know about the "firsts" in the Bible? Why are they important to God?
4. Numbers 5 shares a story about confession and restitution. How often do you confess to others? Share what you understand about the importance of restitution.
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 Engage, a Spiritual Discipline of Solitude, and teach Numbers - Joshua from God's Word.

Bible Reading

Read: Numbers 7-14

Spiritual Practice: Solitude

"You see this pattern in the life of Jesus himself. Jesus would regularly slip away into the eremos, a Greek word that can be translated "the desert" or "the deserted place" or "the solitary place" or even "the quiet place." There he would pray; he would open to his Father and draw on the Holy Spirit for strength, wisdom, direction, and joy. Then he would come back to the world of people to love and serve. This back-and-forth rhythm of community and solitude is one we desperately need to reclaim for the modern age." - Practicing The Way

Download: [Solitude Companion Guide](#)

Five Points of Discussion

During Season Four, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of solitude and shared Bible Readings from Numbers - Joshua.

1. Numbers 7 lists offerings at the consecration of the Tabernacle. How do offerings differ from the tithe? How do you determine when to be generous with an offering?
2. Numbers 8 contains a story of cleansing. How often and how do you ask Jesus to cleanse you of your sins?
3. Numbers 9 speaks of God's leadership. Cloud by day. Pillar of fire by night. How does God bring leadership to your life?
4. Numbers 10 shares about Israel leaving Sinai. Share a time when you knew God was calling you to leave something.
5. 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

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Bible Reading

Read: Numbers 15-21

Spiritual Practice: Solitude

*"Information alone does not produce transformation. To grow, let's put this teaching into practice. Consider how the Spirit wants to transform your life in response to what you've learned. The exercise for Session 01 is very simple: to begin your day with a few minutes of solitude, silence, and stillness."
- Practicing the Way*

Download: [Solitude Companion Guide](#)

Five Points of Discussion

During Season Four, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of solitude and shared Bible Readings from Numbers - Joshua.

1. Numbers 14 contains a story where we see Moses interceding for the people after they have rebelled. How do you make intercession in your life? Is it for specific people? A nation?
 2. Numbers 16 holds a story of Korah's rebellion. Why do you think we rebel against God? Is there a way you have discovered you are prone to rebellion against God?
 3. Numbers 17 is a short chapter containing a miracle. Do you believe God still works miracles today? Share a time you witnessed a miracle. What about a disappointment where there was no miracle?
 4. Numbers 19 is a chapter about purity. How does purity differ from being clean?
 5. Numbers 20 holds a commandment from God and a deviation from Moses. While water flows from the rock, why do you think God cared so much about the deviation from Moses.
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 FOUR: DISCUSSION GUIDE

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Bible Reading

Read: Numbers 22-29

Spiritual Practice: Solitude

"Begin to take long, slow breaths from your belly all the way up through your lungs. Inhale through your nose, exhale through your mouth. If you want, count up 5 seconds on the inhale and down 5 seconds on the exhale." - Practicing The Way

Download: [Solitude Companion Guide](#)

Five Points of Discussion

During Season Four, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of solitude and shared Bible Readings from Numbers - Joshua.

1. Numbers 22 holds a story about God using a donkey. Have you seen God use something unexpected to speak to you?
2. Numbers 23 unpacks a story about how God takes what is meant for evil and makes it good. Is this something God still does today? Have you witnessed Him doing it for you?
3. Numbers 25 contains a story about Baal worship. Why is God jealous for our worship?
4. Numbers 28 unfold different types of offerings. Why is God so specific in leading them?
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

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Bible Reading

Read: Numbers 30 - Deuteronomy 1

Spiritual Practice: Solitude

"With each inhale, prayerfully welcome the Father, the Son, and Holy Spirit into the deepest place within you. You may want to repeat a simple prayer like "Come Holy Spirit" or "Lord, have mercy on me" or just "Jesus." Something to keep your mind focused and to let this be more than just breathing, but prayer." - Practicing the Way

Download: [Solitude Companion Guide](#)

Five Points of Discussion

During Season Four, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of solitude and shared Bible Readings from Numbers - Joshua.

1. Numbers 30 contains different vows for men and women. Why do you think they differ?
2. Numbers 32 shares a story about settling short of where God intends for us. Where have you been, or are you currently tempted to stop short of all that God, through Christ, has provided?
3. Numbers 33 is a story about recounting Israel's journey. How do you look back at where God has led you in life?
4. Numbers 34 speaks about boundaries. How do you set and hold various boundaries in life?
5. In our Bible readings, what did the Holy Spirit speak to you about this week?

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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 Engage, a Spiritual Discipline of Solitude, and teach Numbers - Joshua from God's Word.

Bible Reading

Read: Deuteronomy 2-7

Spiritual Practice: Solitude

"Your mind will seize this opportunity to run wild with thoughts, feelings, memories, to-dos, and distractions. That's okay. Don't judge yourself, feel bad, give up, or worry. Distraction doesn't mean you're "bad" at prayer; it means you're human. When you notice your mind wandering, just return to your breathing or your prayer word." - Practicing the Way

Download: [Solitude Companion Guide](#)

Five Points of Discussion

During Season Four, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of solitude and shared Bible Readings from Numbers - Joshua.

1. Deuteronomy is a speech given by Moses to the children of Israel before he is about to die. Why is it important for us to say what needs to be said to those in our sphere of influence?
2. Deuteronomy 2 recounts the wilderness years. What do you learn living through wilderness seasons?
3. Deuteronomy 3 shows Moses' honesty about why he can't enter the promised land. How are you honest in all things? Any areas of half-truths, exaggerations, or embellishments?
4. Numbers 4 Moses commands obedience. Why is obedience vital to following Jesus?
5. In our Bible readings, what did the Holy Spirit speak to you about this week?

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Becoming Heartstrong

WEEK SEVEN: DISCUSSION GUIDE

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Bible Reading

Read: Deuteronomy 8-16

Spiritual Practice: Solitude

"Now that you are centred in your body and in God spend a few minutes just resting in God's love for you. Let the Holy Spirit make his presence known to your whole body. Just soak in his love and peace and joy. Let God love you." - Practicing the Way

Download: [Solitude Companion Guide](#)

Five Points of Discussion

During Season Four, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of solitude and shared Bible Readings from Numbers - Joshua.

1. Deuteronomy 6 contains the Shema or the greatest commandment. It is the one Jesus reinforces in Mark 12:30-31. How do you listen and obey this specific commandment?
2. Deuteronomy 8 recalls how vital it is to remember the Lord. According to this chapter, why specifically does Moses say it is so vital?
3. Deuteronomy 9 speaks about our unrighteousness. Have you struggled with self-righteousness? How can you spot it in your life?
4. Deuteronomy 11 is all about loving and serving God. Does it still bring you joy to love and serve God? Is there anywhere that delight has become a mere duty?
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 Engage, a Spiritual Discipline of Solitude, and teach Numbers - Joshua from God's Word.

Bible Reading

Read: Deuteronomy 17-25

Spiritual Practice: Solitude

"In solitude, we follow Jesus' example. We find a quiet place, in a garden, park, or just in the quiet of our home; we go to the place of pain; and we meet God there." - Practicing the Way.

Download: [Solitude Companion Guide](#)

Five Points of Discussion

During Season Four, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of solitude and shared Bible Readings from Numbers - Joshua.

1. Numbers 17 lists forbidden forms of worship. Under the New Covenant, what would we say is a form of worship we must be extremely careful of in our generation?
2. Numbers 18 shares a moment of transition where God will raise a new prophet. Knowing all you know about Moses, share how Jesus is the fulfillment and our better Prophet.
3. Numbers 20 lists laws regarding warfare. How do you reconcile violence and Jesus, our Prince of Peace?
4. Can Christians differ in their perspectives on war? How do we walk with those with a different perspective than we might?
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 Engage, a Spiritual Discipline of Solitude, and teach Numbers - Joshua from God's Word.

Bible Reading

Read: Deuteronomy 26-32

Spiritual Practice: Solitude

*"In solitude, pray Jesus' Gethsemane Prayer. Give God your feelings — Tell him what you are feeling, with no filter. Give God your desires — Tell him what you really want, good or bad. Give God your trust — Surrender your heart again to him. Stop grasping for control and yield yourself to God and his will for your life. You may want to pray Jesus' own prayer, "Not my will, but yours be done."
- Practicing the Way*

Download: [Solitude Companion Guide](#)

Five Points of Discussion

During Season Four, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of solitude and shared Bible Readings from Numbers - Joshua.

1. Deuteronomy 26 speaks of offerings and tithes. Share your opinion on the tithe with your group.
2. Deuteronomy 27 shares an important action following a significant moment. How do you celebrate and mark major moments in life?
3. Deuteronomy 27 and 28 speak about blessings and curses. How do you understand them? Do they still exist today?
4. Deuteronomy 30 contains repentance and forgiveness. How are they different? Why are they still essential items in following Jesus in the New Covenant?
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 Engage, a Spiritual Discipline of Solitude, and teach Numbers - Joshua from God's Word.

Bible Reading

Read: Deuteronomy 33 - Joshua 7

Spiritual Practice: Solitude

"Most of Jesus' solitude time was spent outdoors, in the beauty of his Father's world. He was quiet but also surrounded by the gentle sound of birds, animals, wind, rivers, rocks, and trees. Try doing a solitary walk this week, ideally somewhere beautiful if you can access a City or Provincial park or hiking trail. If not, find a park near your house and be with God in creation." - Practicing the Way

Download: [Solitude Companion Guide](#)

Five Points of Discussion

During Season Four, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of solitude and shared Bible Readings from Numbers - Joshua.

1. Deuteronomy 31 outlines the transition from Moses to Joshua. Have you ever experienced a leadership transition at church or work? How was it healthy or unhealthy? Have you given any thought to your eventual transition from this life?
2. Deuteronomy 32:44-47 Moses asks the listeners to "take his words to heart." What does it mean to truly take someone's words to heart?
3. Numbers 33 records the final blessing of Moses. What would you want to say to bless those in your life before you passed away?
4. Numbers 34 shares how God Himself buried Moses. Why is this significant? A little Bible trivia: until Jesus, what changes with how the children of Israel are led following the death of Moses?
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

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Bible Reading

Read: Joshua 8 - 15

Spiritual Practice: Solitude

"They also developed a theological construct called "the three enemies of the soul" — the world, the flesh, and the devil. In solitude, not only do we encounter our self and all our feelings, but we also encounter a battle with our enemies — the world, the flesh, and the devil. All three test and tempt our faith in the quiet." - Practicing the Way

Download: [Solitude Companion Guide](#)

Five Points of Discussion

During Season Four, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of solitude and shared Bible Readings from Numbers - Joshua.

1. Joshua 1 shares the story of Joshua leading the children of Israel. How was God preparing Joshua to assume leadership years before this moment? What does Joshua do differently from others?
2. Joshua 1:9 and elsewhere list very specific ways God desires Joshua to lead. List them. How are those character attributes necessary today in your life?
3. Joshua 6 shows the fall of Jericho, and Joshua 7 and 8 chronicle the fall of Israel. Share how, following a spiritual breakthrough, you need to be prepared for a spiritual pushback.
4. Joshua 10 contains the sun standing still moment. What can you glean for your life from this story?
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 Engage, a Spiritual Discipline of Solitude, and teach Numbers - Joshua from God's Word.

Bible Reading

Read: Joshua 16-24

Spiritual Practice: Solitude

"The goal of being alone with God in the silence is, ultimately, to hear God's voice over all the other voices in our head — especially from the three enemies of our soul. And the ultimate litmus test of the truth of God over the lies of the three enemies is found in Scripture. This is why, in solitude, when Jesus was confronted with lies from the enemy, He calmly quoted Scripture to anchor himself in God's truth." - Practicing the Way.

Download: [Solitude Companion Guide](#)

Five Points of Discussion

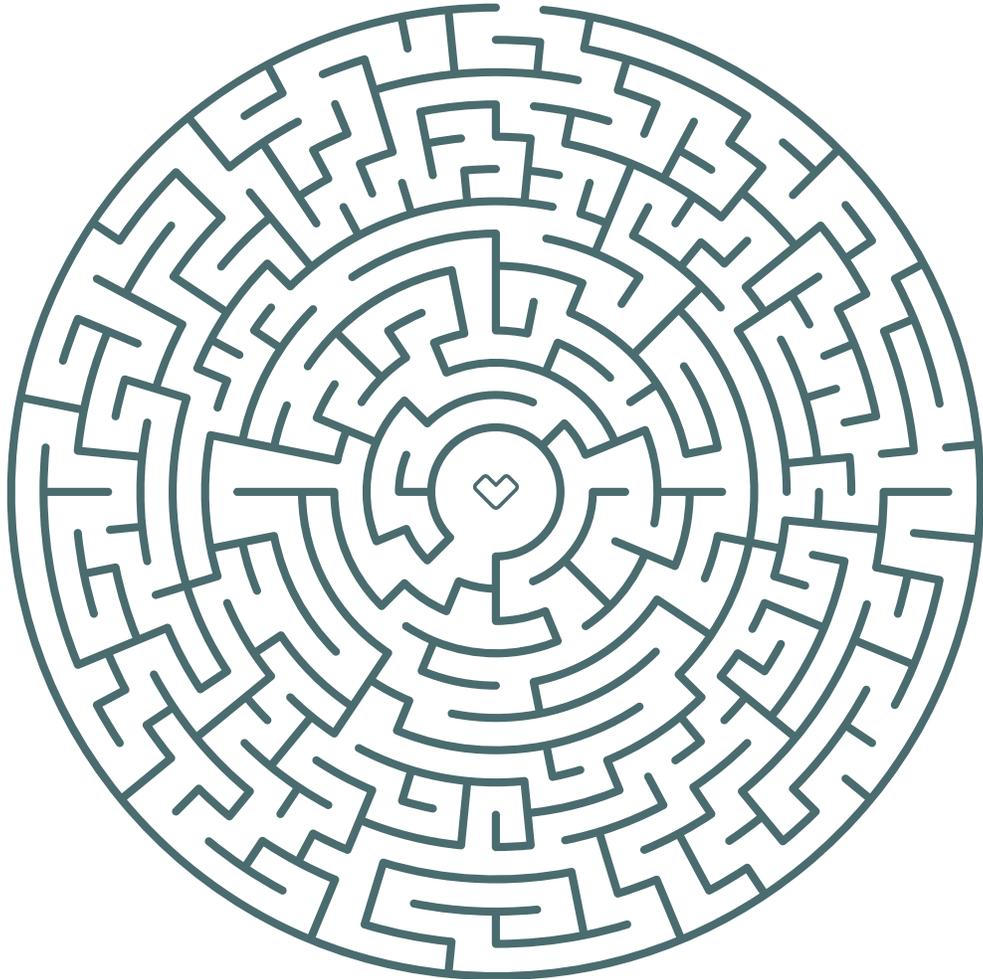
During Season Four, we invite all LifeGroups to ask questions based on our Sunday teachings, the Spiritual Practice of solitude and shared Bible Readings from Numbers - Joshua.

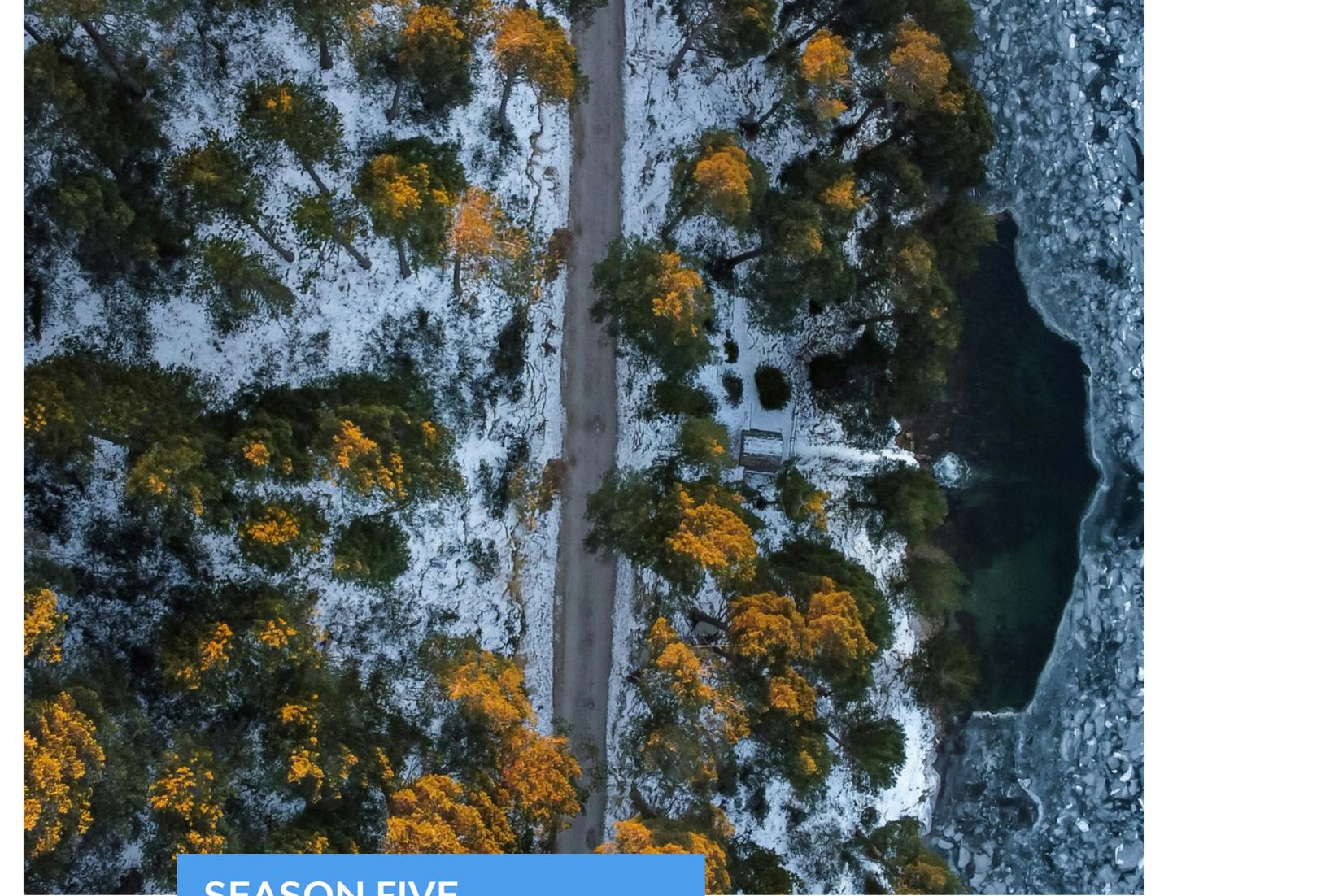
1. Numbers 16 continues outlining allotments. Share with the group what God has entrusted you to steward. Is there a NT parable that Jesus told regarding how we can be entrusted with more?
2. Numbers 19 lists various inheritances. Can you list, in Christ, what you have inherited? See what you can come up with today as a group.
3. Numbers 20 shares, once again, about cities of refuge. How can our church continue to be a place of refuge for the people of our city?
4. Numbers 23 speaks of a charge to leadership. What does it mean to lead? Why is there a unique weight or charge to leaders that accompanies leadership?
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



An aerial photograph of a forest with a river and a lake. The trees are mostly green, with some yellow and orange foliage scattered throughout. A river flows through the center of the forest, and a lake is visible on the right side. The overall scene is a natural, outdoor setting.

SEASON FIVE

Coming Up In Season Five

Word

This season, we will lead you through Judges - 2 Chronicles. 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 *Scripture*, aiming for a strong, deep, joyful, vibrant life with God.





Strong

CONFERENCE

November 1-2, 2024

**conference
special**

\$69^{.00}

**student
price**

Free

 **LIFECENTRE**

BECOMING
HEARTSTRONG

ZOOM/REGISTER



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



Students: Wednesdays Bi-Weekly at 7:00 pm

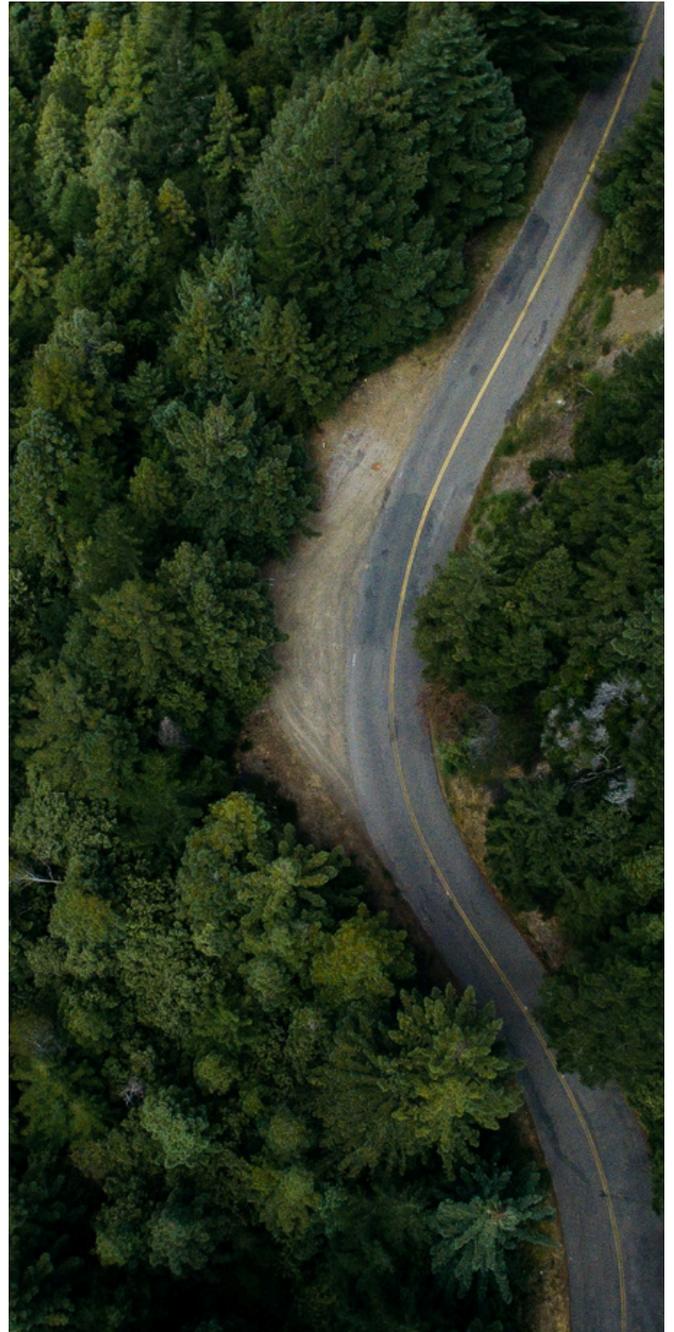
PODCAST/REPLAYS

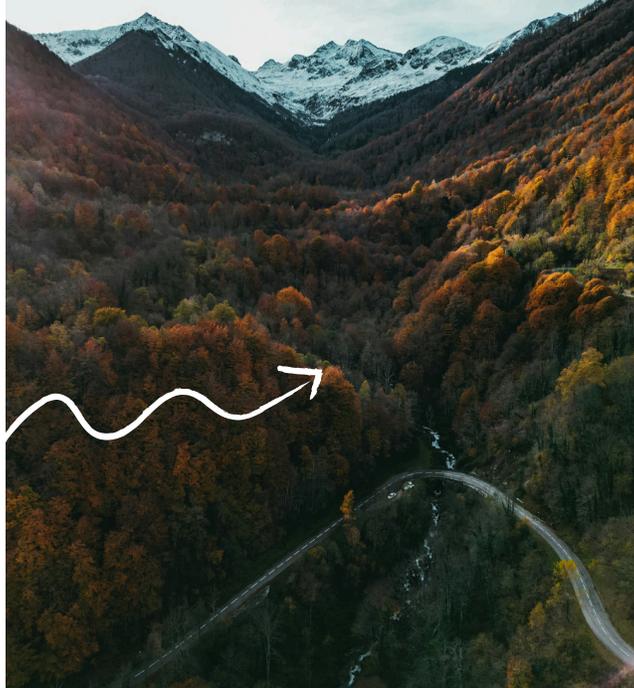


Heartstrong Discipleship Podcast



Watch Replays on Vimeo





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