

SEASON 06

APRIL 2025

BECOMING
HEARTSTRONG

Ezra - Psalms

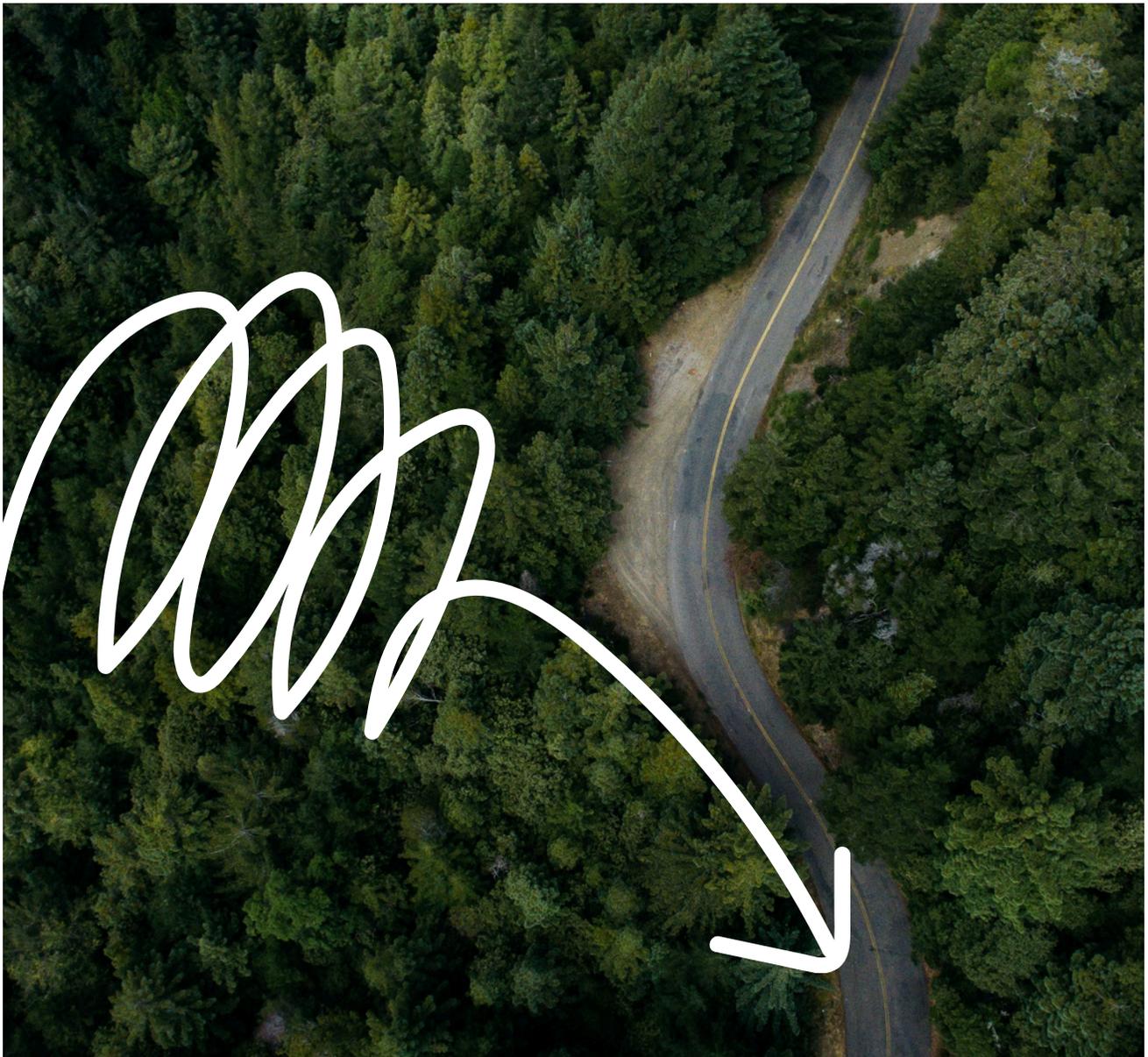
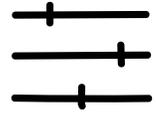


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Gather Grow Go



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 to Psalms. In addition, our partnership with Practicing the Way will see us dive deeply into the spiritual practices of solitude, generosity, and Scripture.

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.



SEASON FOUR

Bible Reading: Numbers - Joshua
Spiritual Practice: Solitude



SEASON FIVE

Bible Reading: Judges - 2 Chronicles
Spiritual Practice: Generosity



SEASON SIX

Bible Reading: Ezra - Psalms
Spiritual Practice: Scripture



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.

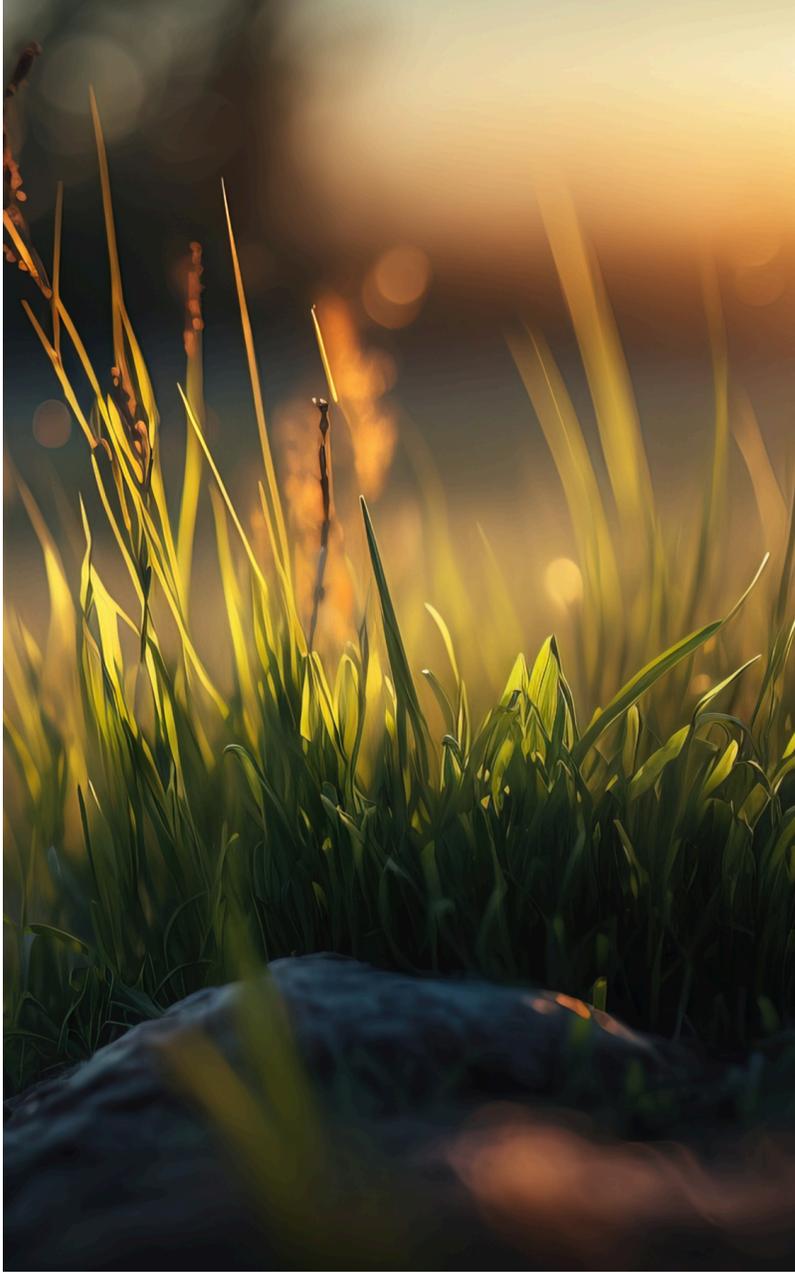
You following and helping others find Jesus is the adventure of a lifetime!



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

Should you choose to engage, what can you expect? Scripture 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 scripture 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 Scripture 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 Six is Scripture which, you can follow along with our daily readings and dig into why we are reading God's Word together.

Access [The Scripture Practice](#), to help your group create life-changing daily rhythms as you apprentice under Jesus.



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 Scripture, and teach Ezra - Psalm, 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 Ezra - Psalms. 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](#)
[Scripture](#)
[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

Ezra/Nehemiah

Summary, Message, and Purpose

The books of Ezra and Nehemiah narrate the Israelites' return to the promised land from exile, framed around the rebuilding of the temple and the restoration of the walls of Jerusalem.

The books of Ezra and Nehemiah bear the names of the key person in each of the books. Until the 3rd century A.D., though, the books were regarded as a single book. Each contains material found in the other.

It is probably safe to assume that Ezra-Nehemiah were written soon after the conclusion of Nehemiah's ministry. Ezra continues where 2 Chronicles left off. While it provides us with key historical insights, it is rich in messages for God's people.

The events in these books connect the Israelites with the pre-exilic community. The returning exiles experienced a new exodus and remained a part of God's redemptive plan. God even used pagan leaders like Cyrus and Artaxerxes to restore His people.

Author

No Definitive Author

Genre, Structure

Historical Narrative | The books use many sources in their composition. These include two major types of sources. Types of sources: Material from the Ezra Memoir and the Nehemiah Memoir. For a community attempting to reestablish itself after the disaster of 586 B.C. and the subsequent exile to Babylon, this material was crucial in reordering their life as a community.



Becoming Heartstrong

Esther

Summary, Message, and Purpose

In the book of Esther, God spares the Jewish people from potential annihilation through unlikely figures and events. The principal message of the book of Esther called all Jews to celebrate Purim. The purposes of Esther can be distinguished into two types: those purposes that pertain to the original audience of the book during the Persian period and the broader, theological purposes that transcend the book's original readers. It is unlikely the lack of any mention of God in the book is accidental. It leaves the reader to ponder the work of God, evident but unseen, in the unfolding story of deliverance and redemption.

This is fitting since Jews in exile would be tempted to find lack of evidence for God's overt presence to be evidence for his actual absence.

The book of Esther counters this notion, depicting God's providence as ruling even the events of foreign lands during the Jews' exile.

Author

No Definitive Author

Genre, Structure

Historical Narrative | The book of Esther is written in a form of late biblical Hebrew common to the postexilic era and found in other Biblical books of that time, such as Chronicles-Nehemiah, and Daniel. Like Ezra-Nehemiah, Esther shows the growing influence of Aramaic in its grammar and vocabulary, as well as the presence of many Persian words.



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Job

Summary, Message, and Purpose

The book of Job demonstrates that a sovereign, righteous God is sufficient and trustworthy for every situation in life, even in the most difficult of circumstances.

The book of Job teaches that suffering comes to everyone, the righteous and unrighteous alike. God does not always keep the righteous from danger or suffering. Ultimately God controls all of life's situations, including limiting the power of Satan. God's comfort and strength are always available to the trusting soul.

Although the book of Job does take note of the problem of suffering, it focuses more on the nature of human conduct before a sovereign and holy God.

Author

No Definitive Author

Genre, Structure

Historical Narrative, Poetry, Wisdom | The writer was a skilled storyteller, artistically characterizing the distinctions between the protagonist (Job), antagonist (Satan), and literary foils (the three friends and Elihu). The characterization demonstrates that God himself is the ultimate protagonist (or "hero") of the story.



Becoming Heartstrong

Psalms

Summary, Message, and Purpose

The book of Psalms consists of many different hymns and prayers composed by individuals but used by the community. If one were to take the names in the titles as authors, the date of composition ranges from the time of Moses (fifteenth century BC) to a time following the exile (sixth century BC or later). Some of the titles do contain historical information that might indicate the setting of the composition, although even this (like the authorship) is ambiguous.

There are a myriad of messages scattered through the 150 psalms, but overall, this record of the responses of God's people in worship and prayer serves the purpose of teaching us how to relate to God in various circumstances of life. The psalms also demonstrate God's sovereignty and goodness for his people in order to instill confidence in those who trust in him.

Author

David, Solomon, Asaph, Sons of Korah, Ethan the Ezrahite, Heman the Ezrahite, and Moses

Genre, Structure

Poetry, Wisdom Literature | The book of Psalms is, from first to last, a book of poetry. Hebrew poetry lacks rhyme and regular meter but uses parallelism wherein two (or three) lines are balanced and complete a thought. The psalms can be divided into classes. There are hymns (145-150) and songs of thanksgiving (30-32). Psalms of lament (38-39) are prayers or cries to God during distressful situations. Royal psalms (2; 110) are concerned with the earthly king of Israel. Enthronement psalms (96; 98) celebrate the kingship of the Lord. Penitential psalms (32; 38; 51) express contrition and repentance, and wisdom or didactic psalms (19; 119) tend to be proverbial.



Heartstrong Group

WEEKLY
BIBLE READING PLAN





Word: April

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

Memorize: Bible Passage

Arise, for it is your task, and we are with you; be strong and do it." Ezra 10:4 (ESV)



Word: May

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 Ezr 9-10	2 Neh 1-3	3
4 Sabbath	5 Neh 4-6	6 Neh 7-9	7 Neh 10-11	8 Neh 12-13	9 Est 1-3	10
11 Sabbath	12 Est 4-6	13 Est 7-10	14 Job 1-2	15 Job 3-6	16 Job 7-11	17
18 Sabbath	19 Job 12-15	20 Job 16-20	21 Job 21-24	22 Job 25-30	23 Job 31-33	24
25 Sabbath	26 Job 34-37	27 Job 38-42	28 Ps 1-7	29 Ps 8-16	30 Ps 17-21	31

Memorize: Bible Passage

“For if you keep silent at this time, relief and deliverance will rise for the Jews from another place, but you and your father’s house will perish. And who knows whether you have not come to the kingdom for such a time as this?” Esther 4:14 (ESV)



Word: June

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 Sabbath	2 Ps 22-28	3 Ps 29-34	4 Ps 35-39	5 Ps 40-45	6 Ps 46-52	7
8 Sabbath	9 Ps 53-59	10 Ps 60-67	11 Ps 68-71	12 Ps 72-77	13 Ps 78-80	14
15 Sabbath	16 Ps 81-88	17 Ps 89-94	18 Ps 95-102	19 Ps 103-106	20 Ps 107-110	21
22 Sabbath	23 Ps 111-118	24 Ps 119	25 Ps 120-134	26 Ps 135-141	27 Ps 142-150	28
29 Sabbath	30					

Memorize: Bible Passage

"I have stored up your word in my heart, that I might not sin against you." Psalm 119:11 (ESV)

Becoming
HEARTSTRONG





SEASON SIX

Coming Up In Season Seven

Word

This season, we will lead you through *Proverbs - Isaiah*. 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. Season Seven is *Community*, aiming for a strong, deep, joyful, vibrant life with others.





Strong

CONFERENCE

\$69

Register
Today.

November 7-8, 2025

strongconference.ca

BECOMING
HEARTSTRONG

ZOOM/REGISTER



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

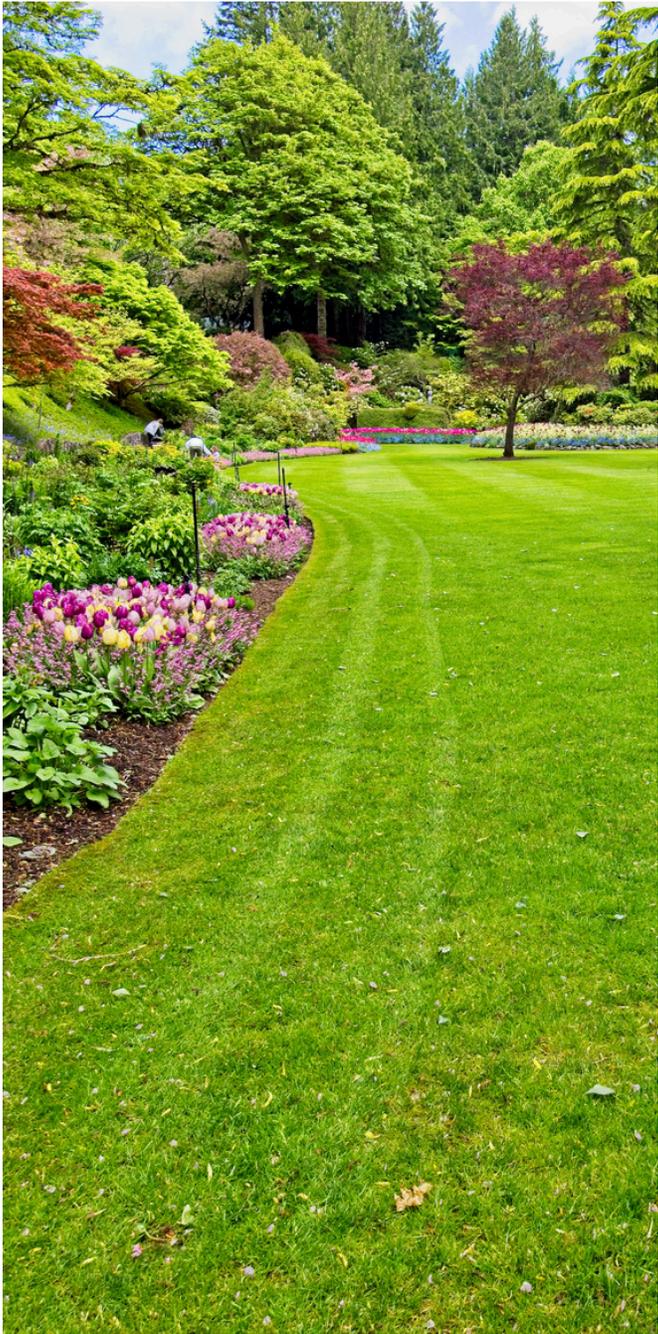
PODCAST/REPLAYS



Heartstrong Discipleship Podcast



Watch Replays on Vimeo





 LIFECENTRE