

SEASON 07

SEPTEMBER 2025

BECOMING HEARTSTRONG

Proverbs - Isaiah



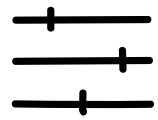


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Gather Grow Go



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 2025-26 Ministry Year shared adventure will take us from Proverbs to Micah. In addition, our partnership with Practicing the Way will see us dive deeply into the spiritual practices of community, service, and witness.

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 SEVEN

Bible Reading: Proverbs - Isaiah

Spiritual Practice: Community



JAN - APR

SEASON EIGHT

Bible Reading: Jeremiah - Ezekiel

Spiritual Practice: Service



APR-JUN

SEASON NINE

Bible Reading: Daniel - Malachi

Spiritual Practice: Witness



Worship: The Call To Be

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.

A simple analogy to hold, which we learned from Terry Walling, is as follows; Think of yourself as a railcar running along two tracks. Track A is called Being; this is our inner life: the track where God is at work in you, creating your inner Christ-like character. It is the place where Jesus is actively forming you. It is a contested space with plenty of other influences that seek to begin or keep you deformed or formed to another other than Christ.

Track B is called Doing: This is where we serve using our spiritual gifts, acquired skills, knowledge, and natural abilities. This is what others see us doing (or not doing). In the track where God works through you, evident by how you serve and minister to other, the temptation is to live exclusively from this track. For a railcar to run effectively, it requires contact on both tracks to reach its desired destination. At the end of our lives, we each wish to hear Jesus say, "Well done, good and faithful servant," this is our desired destination.

To run well requires both being and doing.



This season, in our partnership with Practicing the Way, we invite you into a deeper Call to Be through developing the spiritual practice of Community.

Should you choose to engage, what can you expect? Community 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 Community together looks like setting a time each week to gather with a LifeGroup and share a meal, watch the session video, and then discuss, reflect, and pray.

Start small. Using the Community Companion Guide, you'll practice Community through the weekly 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. The goal is growth, not perfection.



Way

Each season, we select a specific Spiritual Practice. Season Seven is Community, and over the course of this season we would encourage you to challenge yourself to engage community.

Access [The Community Practice](#), to help you 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 community, and teach Proverbs - Isaiah, 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 Proverbs - Isaiah. 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
Community
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

Proverbs

Summary, Message, and Purpose

A proverb is derived from astute observations about how life usually works; the creator of a proverb shows himself very knowledgeable and perceptive, able to see what is generally true and to draw conclusions from it: "The pen is mightier than the sword." In addition to all this, the proverbs in the book of Proverbs are also divinely inspired. Since they come from God, we know they are true and we can be certain they are beneficial.

Because these proverbs are in the Bible, they do not just entertain; they exhort, encourage, and offer hope. Solomon called readers, especially youth, to pursue wisdom rather than foolishness. He encouraged the inexperienced to become wise rather than mockers, to be teachable rather than incorrigible, to live rather than to die. He predicted that people who pursued wisdom would generally find success and happiness in this life, but he promised that they would absolutely find joy and blessing in eternity.

Author

Solomon is credited with the proverbs in chapters 1-29. The last two chapters are credited to Agur and Lemuel (30:1; 31:1), about whom nothing else is known.

Genre, Structure

The book of Proverbs is in the wisdom genre. Wisdom books consist of the intelligent author's observations on the world and the people in it. However, without an inspired, godly perspective, the world would be depressing and hopeless, as parts of Job and Ecclesiastes show. Ultimately, biblical wisdom is informed by and founded on faith in God.



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Ecclesiastes

Summary, Message, and Purpose

The book of Ecclesiastes faces the issue of how we can find meaning in life in light of the seemingly futile nature of everything. It will not allow the reader to retreat into superficial answers. It does not answer this problem by comforting us with hollow slogans. To the contrary, its motto is "Everything is futile." But by forcing us to face the futility of human existence, it guides us to a life free of empty purpose and deceitful vindication.

Ecclesiastes shows us that since we and our works are futile—that is, destined to perish—we must not waste our lives trying to justify our existence with pursuits that ultimately mean nothing. Put simply, Ecclesiastes examines major endeavors of life in light of the reality of death.

Author

Solomon

Genre, Structure

Ecclesiastes does not have the kind of structure we usually look for in a book of the Bible. At first glance it seems to move to and fro among various topics in a way that seems almost incoherent. It has no simple hierarchical outline, and it often jumps rapidly from one topic to the next.

But a closer look reveals a structure that alternates between two perspectives: that of human existence apart from God and that of existence lived before God.



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Song of Songs

Summary, Message, and Purpose

The Song of Songs celebrates the love of Solomon and his bride, who is called Shulamith or the Shulammite (6:13). The excitement of courtship, the beauty of the wedding night, the sexuality of the first night and subsequent nights, as well as tender friendship—all of these elements make this book a celebration of romance and marital sensuality as God intended them.

The central theme of the Song of Songs is a celebration of the goodness and beauty of romantic love. The Song's romantic ideals are as captivating as its imagery: emotional intimacy, sensitive communication, delightful sexuality, profound companionship, common perspective, willing forgiveness, respect, integrity, security, love's devotion through bleak seasons of winter, and love's renewal in new seasons of spring.

Author

Solomon

Genre, Structure

The Song of Songs is a poem whose components form a chiasmic structure. The author intended to emphasize the central elements of the structure, the day and night of the wedding. When God inspired Solomon to write this song, he gave divine approval to romantic love.



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Isaiah

Summary, Message, and Purpose

The book of Isaiah is powerful in its poetic imagination, intriguing in its prophetic vision, and complex in its structure. One can never read or study the book without gaining new insights into the nature of God and our relationship with him. The authors of the New Testament read the book of Isaiah in light of the coming of Christ and realized that this prophet anticipated the Messiah's coming with remarkable clarity. For this reason they quoted or alluded to Isaiah more than any other Old Testament book.

Isaiah's message is relatively simple. First, Isaiah accused God's people of sin: rebelling against the one who made them and redeemed them. Second, Isaiah instructed these sinners to reform their ways and act obediently. Third, Isaiah announced God's judgment on the people because of their sin. Finally, God revealed his future restoration of the people, or at least of the faithful remnant who survived the judgment. As part of the restoration of God's people, Isaiah foresaw both judgment on the nations (chaps. 13-23) and a future turning of the nations to God (2:1-4). The first part of the book (chaps. 1-39) emphasizes sin, the call to repentance, and judgment; the second part (chaps. 40-66) emphasizes the hope of restoration.

Author

Isaiah

Genre, Structure

The book of Isaiah is a combination of both prose and poetry. The prose is found primarily in chapters 36-39, a section that forms a bridge between the two sections of the book. Isaiah's poetry is rich and varied. He wrote hymns, wisdom poetry, and even poetry that resembles a love song (5:1-7). The richness is seen in Isaiah's vocabulary. He used over 2,200 different Hebrew words, far more variety than is found in any other Old Testament book.



Heartstrong Group

WEEKLY
BIBLE READING PLAN





Word: September

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



Memorize: Bible Passage

"Every word of God proves true; he is a shield to those who take refuge in him." Proverbs 30:5 (ESV)



Word: October

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



Memorize: Bible Passage

"Sing praises to the Lord, for he has done gloriously; let this be made known^[a] in all the earth."
Isaiah 12:5 (ESV)



Word: November

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
2 Sabbath	3 Isa 32-33	4 Isa 34-35	5 Isa 36-37	6 Isa 38	7 Isa 39-40	8
9 Sabbath	10 Isa 41	11 Isa 42-43	12 Isa 44	13 Isa 45	14 Isa 46-47	15
16 Sabbath	17 Isa 48-49	18 Isa 50-51	19 Isa 52-53	20 Isa 54-55	21 Isa 56-57	22
23 Sabbath	24 Isa 58-59	25 Isa 60-61	26 Isa 62-63	27 Isa 64-65	28 Isa 66	29
30 Sabbath						



Memorize: Bible Passage

"But he was pierced for our transgressions; he was crushed for our iniquities; upon him was the chastisement that brought us peace, and with his wounds we are healed." Isaiah 53:5 (ESV)

Becoming **HEARTSTRONG**





SEASON SEVEN

Coming Up In Season Eight

Word

This season, we will lead you through [Jeremiah - Ezekiel](#). 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 eight is [Service](#), as we seek to follow after Jesus and serve that God may be glorified.



Strong

CONFERENCE

\$89

Register
Today

November 7-8, 2025

strongconference.ca



lifecentre.org/events

THE GLOBAL LEADERSHIP SUMMIT 2025

BECOMING HEARTSTRONG

ZOOM/REGISTER



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

PODCAST/REPLAYS



Heartstrong Discipleship Podcast



Watch Replays on Vimeo

