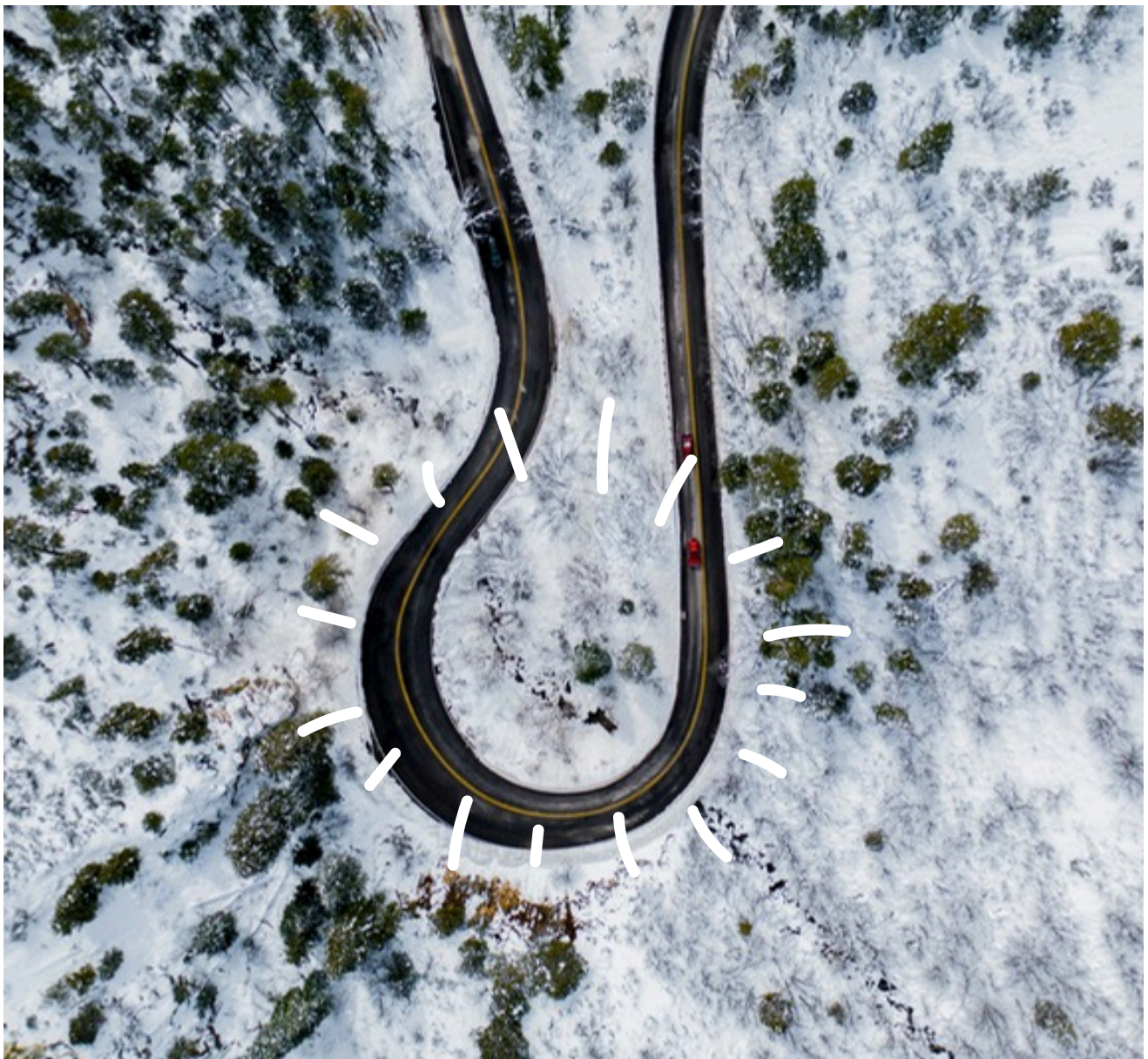


SEASON 08

JANUARY 2026

# BECOMING HEARTSTRONG

Jeremiah - Ezekiel

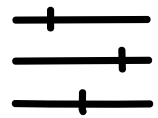


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# Gather Grow Go



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 do I attend church? While present, was I engaged? Did I listen 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 Christ-like 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 2025–2026 Ministry Year shared adventure will take us from Proverbs to Malachi. In addition, our partnership with Practicing the Way will help 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 that use our Becoming Heartstrong material.



## 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 Witness

In season eight, we will lead 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 service. We are also engaging fasting together, for twenty-one days.

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 service 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 [Service 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 Seven is Community, and over the course of this season we would encourage you to challenge yourself to engage Community.

Access [The Service 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 Service, and teach Jeremiah through Ezekiel, from God's Word.

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

## Word

This season, we will lead you from Proverbs to Isaiah. We typically use the ESV as the 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**  
**Service**  
**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

# Jeremiah

## Summary, Message & Purpose

The book of Jeremiah holds at least two great distinctions among all the Old Testament Prophetic Books: (1) This is the longest Prophetic Book in the Bible (1,364 verses). (2) The prophet Jeremiah's life is more fully described than any of the other 15 writing prophets. Into the tumultuous times of the last half of the seventh century and the first quarter of the sixth century BC came this prophet bearing a word from God for the stubborn people of Judah. The book's contents span roughly from 640 to 580 BC.

The best known passage in Jeremiah is the new covenant text in 31:31-34. Not only is it the largest Old Testament text quoted in the New Testament (Heb 8:8-12; 10:16-17), but arguably better than any other passage, it links God's ancient promises to Eve (Gen 3:15), Abraham (Gen 12:1-3), and David (2 Sam 7:16-19) with New Testament assurances that God in Christ grants believers new hearts, salvation, and fellowship with him.

## Author

Jeremiah

## Genre & Structure

The significant dateline "the fourth year of Jehoiakim" was placed at 25:1; 36:1; and 45:1, thereby dividing the prophet's book into three main sections: the prophet's faithfulness in carrying out God's commission (chaps. 2-24), the fierce opposition to his ministry (chaps. 25-35), and the collapse of Judah (chaps. 36-45). The book of Jeremiah includes poetic sections (especially in chaps. 2-25) and prose accounts as well.



# Becoming Heartstrong

# **Lamentations**

## Summary, Message & Purpose

This is a book about pain but with hope in God. The author vividly addresses the extremes of human pain and suffering as few other authors have done in history. For this reason, Lamentations is an important biblical source expressing the hard questions that arise during our times of pain.

The suffering the author discusses was brought on by the brutal overthrow of Jerusalem in 586 BC, one of the darkest times in Jewish history.

Lamentations does not offer a complete or understandable explanation for the suffering and pain found in the writing, but it was important that the pain and suffering be connected to the actual events of 586 BC.

## Author

Jeremiah

## Genre & Structure

The book of Lamentations exhibits a remarkably fine artistic structure. Each of its five chapters (five poems) is a structurally unified text. The fact that there is an uneven number of poems allows the middle poem (chap. 3) to be the midpoint of the book. Thus, there is an ascent (or crescendo) up to a fixed climax for the entire book, thereby making chapter 3 central in its form and the message it imparts. Lamentations also uses the form of the alphabetic acrostic with the 22-letter Hebrew alphabet.



# Becoming Heartstrong

# Ezekiel

## Summary, Message & Purpose

The book of Ezekiel contains the divinely inspired prophecies of the prophet of the same name. These prophecies consist of oracles in the first person, giving the reader a sense of access to Ezekiel's private memoirs.

Written primarily to the exiles in Babylon, the prophecies equally emphasize judgment of sins and the promise of hope and restoration.

The message of the book revolves around a pivotal event in the history of Israel— the fall of Jerusalem in 586 BC. Before the announcement of Jerusalem's fall, Ezekiel's message was characterized by judgment. In his scathing review of Israelite history, Ezekiel exposed the nation's moral depravity and absence of spiritual concern (2:1-8; 8:7-18; 13:1-23; 17:1-21; 20:1-32). After the destruction of Jerusalem was complete and the nation was in exile, his message changed. He turned to a proclamation of hope, which is what the people then needed most.

## Author

Ezekiel

## Genre & Structure

The prophet Ezekiel displayed a distinct style throughout his prophetic work. The phrase "son of man" occurs 93 times as a title for Ezekiel, focusing on the prophet's human nature. The introductory oracle phrase "the word of the LORD came to me" occurs 49 times in the book and alerts the reader to the beginning of a separate section. The phrase "I, the LORD, have spoken" also occurs frequently in Ezekiel (S:13,15,17; 17:21,24; 21:17,32; 22:14; 24:14; 26:14; 30:12; 34:24; 36:36; 37:14). Another feature for which Ezekiel is well known is his performance of symbolic, dramatic actions.





# Heartstrong Group

WEEKLY  
BIBLE READING PLAN





## Word: January

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



## Memorize: Bible Passage

"Blessed is the man who trusts in the Lord, whose trust is the Lord. He is like a tree planted by water, that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit." Jeremiah 17:7-8 (ESV)



## Word: February

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 Sabbath	2 Jer 37-38	3 Jer 39-40	4 Jer 41-42	5 Jer 43-44	6 Jer 45-46	7
8 Sabbath	9 Jer 47-48	10 Jer 49	11 Jer 50	12 Jer 51	13 Jer 52	14
15 Sabbath	16 Lam 1-3	17 Lam 4-5	18 Eze 1-2	19 Eze 3-4	20 Eze 5-6	21
22 Sabbath	23 Eze 7-8	24 Eze 9-10	25 Eze 11-12	26 Eze 13-14	27 Eze 15-16	28



## Memorize: Bible Passage

"Call to me and I will answer you, and will tell you great and hidden things that you have not known."  
Jeremiah 33:3 (ESV)



## Word: March

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 Sabbath	2 Eze 17-18	3 Eze 19	4 Eze 20-21	5 Eze 22	6 Eze 23	7
8 Sabbath	9 Eze 24-25	10 Eze 26-27	11 Eze 28-29	12 Eze 30-31	13 Eze 32	14
15 Sabbath	16 Eze 33-34	17 Eze 35-36	18 Eze 37	19 Eze 38-39	20 Eze 40	21
22 Sabbath	23 Eze 41-42	24 Eze 43	25 Eze 44-45	26 Eze 46	27 Eze 47-48	28
29 Sabbath	30	31				



## Memorize: Bible Passage

"And I will give you a new heart, and a new spirit I will put within you. And I will remove the heart of stone from your flesh and give you a heart of flesh." Ezekiel 36:26 (ESV)



# Becoming **HEARTSTRONG**





## SEASON EIGHT

# Coming Up In Season Nine

### Word

This season, we will lead you from Daniel to Malachi. We typically use the ESV as the Bible translation but feel free to use what you wish.

### Way

Each season, we select a specific Spiritual Practice. Season eight is Witness, as we seek to follow after Jesus and serve so God may be glorified.



**BECOMING**  
**HEARTSTRONG**

**ZOOM/REGISTER**



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

**PODCAST/REPLAYS**



Heartstrong Discipleship Podcast



Watch Replays on Vimeo





