

INSTRUCTIONS:

We are starting a **7 Day Fast** on Wednesday November 11th. As a church we will be fasting from:

1. Food (options include partial fast, Daniel Fast, liquid fast)
2. All Secular Media (includes all social media platforms, and any secular shows/movies/music)
3. Read 7 Day “Detox” devotional every day starting Wednesday (found on website or app).

We are fasting for revival, healing and greater holiness in our lives as believers!

QUESTION - How is everyone’s week going so far?

Here is something new we’ve been doing. Let’s start with our Leadership Principle of the Day:

“What you are, they will be.”

This means that if you want to be a leader that helps others grow in their relationship with Christ and shines the light of Jesus, then we must first live that in our own lives. If you don’t like what you see in those you’re discipling, then we may have to look inwardly at our own lives first.

Now let’s dive into the lesson.

Life has been pretty wild in 2020.. How many would agree with that?

I’m sure none of us imagined life going this way in the new decade. Especially when we lean on the scripture **John 10:10 MSG** where Jesus says, **“I came so they can have real and eternal life, more and better life than they ever dreamed of.”**

QUESTION - What kind of life do you think Jesus was talking about when He said, “better life than they ever dreamed of?” Have you experienced that kind of life?

But how can we experience this rich and rewarding life in times like today, especially when recent stats show that **54% of practicing Christians say they have at least one relationship or emotional/mental health issue that impacts their relationships (Barna 2020).**

That means that at least half of us here in this group are hiding a region of our heart that needs to be made whole. That’s a job only for Jesus, and it has to happen in our heart and in our soul if we are going to navigate these crazy times and receive the “better life” that Jesus promises.

QUESTION - What kind of emotional or mental health issues have you experienced that have or are impacting your relationships?

Here is an important point: *We all have a Soul.*

Would someone please read 1 Thessalonians 5:23 MSG?

“May God himself, the God who makes everything holy and whole, make you holy and whole, put you together—spirit, soul, and body—and keep you fit for the coming of our Master, Jesus Christ. (1 Thessalonians 5:23 MSG)

Every one of us have a Spirit, Soul, and Body. Your soul is composed of your mind, your will, and your heart, that is filled with emotions, memories, resilience, and more! Jesus paid for the freedom of our souls with his own body! Someone say “Thank you Jesus!”

The center of your soul is your *heart*. It influences everything you do!

Someone please read Proverbs 4:23 NIV.

“Above all else, guard your heart, for everything you do flows from it” (Proverbs 4:23 NIV).

QUESTION - Why do you think God attaches so much importance to our hearts?

If you’ve ever experienced a moment of heartbreak, betrayal, bad break-up, or lost a loved one, you’ve experienced the effects of a broken heart. A broken heart leads to a the rest of your life being hindered and weary.

Someone please read John 10:10 MSG again.

A thief is only there to steal and kill and destroy. I came so they can have real and eternal life, more and better life than they ever dreamed of. (John 10:10 MSG)

The enemy has come to steal and destroy? What does he want to destroy? You heart! He has been trying to attack your heart since the moment you’ve been born; from childhood to today.

QUESTION - Why do you think the enemy wants to destroy your heart?

We must confess and believe that Jesus came to heal our broken hearts!

Isaiah 61:1 NIV says

**The Spirit of God, the Master, is on me
because God anointed me.
He sent me to preach good news to the poor,
heal the heartbroken,
Announce freedom to all captives,
pardon all prisoners. (Isaiah 61:1 NIV)**

God created us in His image, and wants us to walk in the fullness of life, even in the midst of a crazy year! He is madly in love with you and proud of you! Why? Not because you are perfect,

but because you are the beloved child of God! He loves you just as much as He loves Jesus Christ! It shows that here in John 17:23.

John 17:23 NIV Then the world will know that you sent me and have loved them even as you have loved me.

QUESTION - How would your life be different if you lived with the clear understanding that you are God's son/daughter, and that He loves you as much as He loves Jesus?

QUESTION - What is one thing you learned today?

GIVING

We have several homes that are still active during this pandemic. This has been a crazy year, but we must not forget about those God has called us to care for during this time. Recently, the teen that transitioned out of foster care into our transitional home has gotten a new job and even been promoted. We continue to supply his housing, food, and even on-site care/mentorship! Let's continue to give and make a great impact in this world!