

# MY HEART CHRIST'S HOME

COVENANT CHURCH  
SUMMER 2021



## A Guide for Spiritual Formation

Theme of the month: My Heart Christ's Home  
Text for the Week: Ephesians 3:16-17;  
Revelation:3-14-21  
Message for the Week: "May I Come In"  
Theme for the Week: We need to open the door  
of our heart to Jesus.

## Week 1

### Opening:

What is one low (a bad thing) and one high (a good thing) that happened to you this past week?  
Write them down and take turns sharing them with the others in your group.

Where have you seen the work of the Holy Spirit in your life this past week?

What's the best invitation you've ever received?

Who is the most significant dinner guest you have ever hosted?

### Preparation:

Spend 1-2 minutes in silence with God to center and prepare yourself for your time with God today.

### Read:

Read Ephesians 3:16-17a and Revelation 3:14-21 out loud.

What words, phrases, or ideas grabbed your attention and heart in these verses?

Write them down below and/or share them with those who are with you.

## **Respond / Reflect:**

How would you know if Jesus is knocking at the door of your life?

What does it mean to you to invite Jesus into your heart? Is this invitation a one-time event or a daily choice?

On a scale of 1 to 10, how comfortable would you be inviting Jesus into your house today? Why?

If you were to invite Jesus to do some housekeeping in your spiritual “house,” what do you think He would tackle first?

## **“Try It!”**

Pick up and read a copy of the booklet, “My Heart, Christ’s Home” by Robert Munger. Editions for both adults and children are available in the narthex.

Try keeping a spiritual journal this summer of what you are learning through this series - both through the messages and in your personal times with God.

## **Prayer:**

Spend time in prayer with/for the other people who are with you.

Pray this prayer: “Lord, I want this heart of mine to be Yours. I want You to settle down here and be fully at home. I want You to use it as Your own. Let me show You around and point out some of the features of the home so that You may be more comfortable. I want You to enjoy our time together.”

## **Spiritual Practice for the Month: Prayer of Examen**

At the end of each day this month, pray a daily prayer of examen—a prayerful review of your day. Where did you see Jesus? Where did you feel Him knocking at your door? Review the decisions you made today. Would you make any changes to those decisions? Keep a journal of these times with God.