

# 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...The Nursery?"  
Theme for the Week: We must imprint our hearts with unconditional love & self-sacrifice

## Week 2

### 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 is your favorite childhood memory with your family?

### Preparation:

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

### Read:

Read [Hosea 11:1-4](#) and 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:**

Share an example of unconditional love in your life. Who are the people in your life who demonstrate unconditional love?

Can you think of a time when you purposely ignored your parent's instructions / advice? How did that go?

What song best describes your family?

Pastor Doug mentioned five pieces of evidence that describe unconditional self-sacrificing love (Your Prayer, Your Time, Your Encouragement, Your Evangelizing, and Your Modeling). Which one of these five comes easiest? Which is the most important? Which do you have to work on? What other pieces of evidence would you add to the list?

## **“Try It!”**

Write a card of appreciation to someone who has shown you unconditional love.

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. AMEN”

## **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.