

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: Isaiah 55:1-5
Message for the Week: "May I Come In...To The Dining Room?"
Theme for the Week: Examining our deepest desire.

Week 4

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 junk food? How would you feel if this was all you were allowed to eat the rest of your life?

Preparation:

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

Read:

Read [Isaiah 55:1-5](#) 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:

What is your favorite fast-food restaurant? How long do you think you could go without eating there?

What is your pearl of great price (cf. [Matthew 13:44-46](#))?

Which three words best describe your current spiritually: comfortable, convenient, and shallow OR transforming, disciplined, and deep?

What are the deepest desires of your heart? What is the one thing that you want God to do for you?

What is the food that God provides that endures to eternal life (see [John 6:25-59](#))?

“Try It!”

As a household or with a group of friends, select one meal this week which you will all plan, prepare, eat, and clean up together. Throughout the process, reflect on and discuss what happened as you spend this time together and how this might parallel our spiritual lives.

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: Invitation

During the month of July, attend one or more of the Wednesday Nights on the Lawn gatherings with someone you know who lives near you, who you work with, who is on your sports team, and/or who you have been praying for. Enjoy getting to know them better!