

FREEDOM FAMILY HEART-TO-HEART

1

EXPRESSING LOVE TO GOD THROUGH THE PSALM

- **OPENING PRAYER:** Invite God into your conversation today
- **READ KEY SCRIPTURE:** Deuteronomy 6:2-9 (God's Direction)
- **ACTIVITY:**
 - **Read: Psalm 40** (take turns reading through the verses)
 - **Discuss:** How does David show his love for God in this psalm?
Note: A psalm is a hymn or song used in worship
 - **Respond:** Using Psalm 40 as an example, write your own psalm in about 3-6 lines. Try including praise, adoration, thanksgiving, etc. or whatever flows from your heart! Consider it a love letter or poem. Share with each other as they feel comfortable.
Suggestion: You can adapt the respond part for younger children by encouraging them to draw a picture for God of something they think God would like.
- **PRAY FOR EACH OTHER:**
 - Ask: how can I pray for you? Each person gets the opportunity to pray.
 - Use B.L.E.S.S. model if you are not sure how to pray for each other.

SUMMARY: LOVE THE LORD WITH OUR SOUL AND MIND REQUIRES MEDITATION AND FOCUS

2

LOVE GOD WITH HOW WE LIVE

- **OPENING PRAYER:** Invite God into your conversation today
- **READ KEY SCRIPTURE:** Mark 12:29-32 (Jesus' Instruction)
- **ACTIVITY:**
 - **Read: 1 Corinthians 10:31-33** (take turns reading through the verses)
 - **Discuss:** We are commanded to love God with our strength. Our love for God brings glory to Him. This relates to every aspect of our life – work, school, friends, cultural standards, the Christian conscience, and how we live before an unbelieving world.
 - **Respond:** How can you personally show your love for God and glorify Him with your life? Is there an area of your life that is not totally surrendered to Him yet? What will you do to change that this week?
Suggestion: You can adapt the respond part for younger children by encouraging them to draw a picture Holy Spirit inside them or how they imagine Him walking by them.
- **PRAY FOR EACH OTHER:**
 - Ask how can I pray for you? Each person gets the opportunity to pray.
 - Use B.L.E.S.S. model if you are not sure how to pray for each other.

SUMMARY: LOVE THE LORD BY PUTTING HIM FIRST IN OUR DAILY LIFE

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3

OUR HELP COMES FROM GOD HIMSELF – HOLY SPIRIT

- **OPENING PRAYER:** Invite God into your conversation today.
- **READ KEY SCRIPTURE:** John 14:25-26 (Holy Spirit's Help)
- **ACTIVITY:**
 - **Read:** John 16:13-15 (take turns reading through the verses)
 - **Discuss:** God the Father and the Holy Spirit are One. The Holy Spirit has been sent to us and lives inside of us. He helps us daily with every decision, to know right from wrong, to remember things that He's taught us before, to reveal Jesus and the Father. He always tells us the truth.
 - **Respond:** What stood out in the reading? Who is the Holy Spirit? How do you relate to Him?
Suggestion: This can be a good time to pray for each member of the family / group to receive the infilling of the Holy Spirit. Age does not matter, just keep it simple.
(If you need more reference read these passages prior to your discussion - Acts 8:14-17; Acts 9:17; Acts 19:6).
- **PRAY FOR EACH OTHER:**
 - Ask how can I pray for you? Each person gets the opportunity to pray.
 - Use B.L.E.S.S. model if you are not sure how to pray for each other.

SUMMARY: THE HOLY SPIRIT IS THE PRODUCTIVE PRESENCE OF JESUS

4

LOVING GOD WITH OUR OBEDIENCE BRINGS BLESSING

- **OPENING PRAYER:** Invite God into your conversation today.
- **READ KEY SCRIPTURE:** Deuteronomy 6:2-9 (God's Direction)
- **ACTIVITY:**
 - **Read:** Matthew 5:3-12 (take turns reading through the verses)
 - **Discuss:** These are the attitudes of the heart that God desires for us – they are called the "beatitudes". They move us towards Him and brings us into relationship. We also experience joy and purpose when we seek to display these in our life. He seeks to bless us.
 - **Respond:** What stood out in the reading? Can you think of one or two of these beatitudes you feel are your strength and you're seeing God's blessing in already? Are there any that you struggle with and why do you think that is?
Suggestion: If you have younger children, encourage them to draw a picture of themselves showing the beatitude they feel God is helping them with (i.e., Helping mom, playing with siblings, etc.)
- **PRAY FOR EACH OTHER: (BLESS)**
 - Ask how can I pray for you? Each person gets the opportunity to pray.
 - Use B.L.E.S.S. model if you are not sure how to pray for each other.

SUMMARY: WE ARE CALLED TO LOVE GOD WITH OUR OBEDIENCE, THIS BRINGS HIS BLESSING.