

SESSION  
THREE



# HEARING MY HEARTBEAT

DISCOVERING THE GOD-GIVEN  
DESIRES OF YOUR HEART

HEARING MY HEARTBEAT

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*Delight yourself in the Lord and he will give you the desires of your heart.*

(Psalm 37:4 NIV)

- What are the desires of your heart?
- How do you long to impact the lives of other people in this world?

We serve God by serving others.

*Whatever you do, work at it with all your heart, as working for the Lord, not for men, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.*

(Colossians 3:23-24 NIV)

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**Key:** Let God help you unlock your heart so it can start beating for him.

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# SHAPE

Ask yourself three questions:

1. Who do you love \_\_\_\_\_?

2. What needs do you love \_\_\_\_\_?

3. What challenges or causes do you love \_\_\_\_\_?

I see countless thousands of souls that will one day spend eternity in hell if they do not find the Savior.

—Dwight Moody, *Today in the Word*, February 1, 1997, pg. 6

**Who Do You Love Serving?**

God wants you to help him reach the people he has placed in your life.

1. Define your \_\_\_\_\_.
2. Determine which \_\_\_\_\_ you intend to meet in their lives.

**What Needs Have God and Others Met in Your Own Life?**

*He comforts us in all our troubles so that we can comfort others.  
When others are troubled, we will be able to give them the same  
comfort God has given us.*

(2 Corinthians 1:4 NLT)

God can use our weaknesses and failures as well as our strengths and passions as part of the masterpiece he is creating. Your suffering can help others get through their own suffering and discover their full potential.

**What Needs Do You Love Meeting?**

- \_\_\_\_\_ Needs: You love helping people discover Christ and reach their full potential in him.
- \_\_\_\_\_ Needs: You use your resources to help people with physical needs through practical expressions of love—food, clothing, shelter, and other simple necessities.

# SHAPE

- \_\_\_\_\_ Needs: You enjoy helping people develop authentic, Christ-centered relationships with others, connecting people, helping them find and build satisfying relationships.
- \_\_\_\_\_ Needs: You find gratification helping people in pain go through their life situations with Christ, by counseling, encouraging, and listening to them.
- \_\_\_\_\_ Needs: You find special joy using your teaching gift to help others learn how to live life to its fullest.
- \_\_\_\_\_ Needs: You enjoy training, coaching, and consulting others to help them overcome barriers, reach their goals, and maximize their personal or professional potential.

## What Causes Do You Love Conquering?

What eternal difference do you long to make for God? If you take time to listen, God will direct you to the cause he has personally chosen for you.

**Closing Thought:** God has made each of us uniquely special. As a group, we need to affirm and help clarify his plans for each other.

## DISCUSSION QUESTIONS

1. What kinds of things make your heart beat emotionally? Share with the group one or two chief desires of your heart.
2. Who do you think God wants you to reach? How can you identify your target audience?
3. Think about how God met you in difficult times in your life. How could you use those encounters to help someone else? How do you think God might use your gifts, abilities, personality, and experiences to reach your target audience? We'll consider this idea more during the coming week, but what is your initial response to these questions?
4. Our key verse for this week reminds us that everything we do, we do for God. He wants your heart to beat for him. What changes, if any, need to happen in your life in order for you to give God his heart's desire? Share with the group what God is revealing to you.
5. How could your God-given passions benefit your group? Discuss some ideas.

## LIVING ON PURPOSE

### Discipleship

It takes discipline to fine-tune our inner hearing so that we sense God's presence in our lives—and discipline is the deliberate choice that makes one a disciple.

1. Are there any activities you need to eliminate in order to help you hear God speak to your heart? Where can you adapt your schedule to make more time for listening to God?
2. How can you learn to recognize God's voice when you hear it, and how can this help you follow through on your own unique heartbeat for God? Consider Kay Warren's story. What do you think gave her the ability to hear God speak to her heart?

## PRAYER DIRECTION

As you pray this week, start out as a group and then pair up for a more intimate time of conversation with God.

**TOGETHER:** Let God know how thankful you are for his inimitable mark on each life in the group. Ask him to reveal to each person in the room, as well as any group members who may be absent this week, their unique heartbeat for service.

**IN PAIRS:** Admit those things that might be keeping your heart from truly beating for God and for what he has given you to do. Ask God to take you deeper into what he is revealing. What might he want you to let go of in order to be more effective in service? What do you need to embrace?



## PUTTING IT INTO PRACTICE

In order to help discover your heartbeat for ministry, take time this week to record your answers to the questions Erik offered as keys to unlocking your heart. Be ready to share some of the insights you gained in the next session:

1. Who do you love to serve?
  - Who am I most likely to profoundly influence for God?
  - What age range do I feel led to minister to?
  - What affinity group do I feel led to serve?
  - How could my particular gifts help them?
2. What needs do you love to meet?
  - What needs has God met in my life?
  - What category of need am I drawn to meet?
    - Spiritual
    - Physical
    - Relational
    - Emotional
    - Educational
    - Vocational

### 3. What causes do you love to conquer? Ask:

- What cause or issue makes my heart race?
- Where could I make the greatest impact for God?
- If time or money weren't an issue, where would I donate my life?

Schedule time this week with your spiritual partner to talk about your answers and plan to report on at least one new finding at the next session. If greater clarity is needed on any point, consider touching base with your group's ministry champion.

Don't forget to transfer your answers from this section to your S.H.A.P.E. Profile on page 66.

#### What makes your heart beat?

- |   |  |
|---|--|
| <input type="checkbox"/> Abortion                       | <input type="checkbox"/> Divorce                     |
| <input type="checkbox"/> Homelessness                   | <input type="checkbox"/> Abuse/violence              |
| <input type="checkbox"/> Drug abuse/recovery            | <input type="checkbox"/> Law and/or justice system   |
| <input type="checkbox"/> Alcoholism                     | <input type="checkbox"/> Educational issues          |
| <input type="checkbox"/> Marriage/family issues         | <input type="checkbox"/> At-risk children            |
| <input type="checkbox"/> Environment                    | <input type="checkbox"/> Policy and/or politics      |
| <input type="checkbox"/> Christ-centered parenting      | <input type="checkbox"/> Ethics                      |
| <input type="checkbox"/> Poverty/hunger                 | <input type="checkbox"/> Compulsive behavior issues  |
| <input type="checkbox"/> Financial stewardship          | <input type="checkbox"/> Sanctity of life            |
| <input type="checkbox"/> Deafness                       | <input type="checkbox"/> Health and/or fitness       |
| <input type="checkbox"/> Sexuality and/or gender issues | <input type="checkbox"/> Disabilities and/or support |
| <input type="checkbox"/> HIV/AIDS                       | <input type="checkbox"/> Spiritual apathy            |
| <input type="checkbox"/> Other                          |  |