



Meeting Notes: Heart Check
(April 16, 2014)

While we have met over the last several weeks, those meetings were dedicated to Social, Night of Prayer, Raising Godly Women (RGW), and our second Spirit Check. With the exception of RGW, we did not capture notes during those meetings. During RGW, we conducted a comprehensive review of the armor. Insights from that review are captured in “Logos to Rhema” (Mar 2014).¹ These notes capture our April 16, 2014 meeting, when we conducted our first ever Heart Check. We opened our meeting in prayer and then began our evening. Topic notes from the evening may not be in the order discussed during group, and they are not intended to cover everything discussed. They are intended as highlights to capture the essence of our evening. General notes follow each topic that was discussed.

GOD’S GOAL for the Group: For us to learn how to apply the Word to our lives.

CURRENT VISION: “The Year of Maturity: Learning how to hear with ears of faith that we may be doers of the word and not hearers only.” Scripture Reference: **Mark 4:24**.

Discussion: Heart Check

- **Exercise.** The entire evening was devoted to something new: Heart Check. Heart Check is when those in attendance answer a series of discussion questions to find out what they really know. I do not participate in Heart Check. Instead, I listen and take notes to allow them the opportunity to see what’s in their heart individually and collectively. With the exception of the results, the complete exercise is outlined in the attachment.
- **Results of the exercise.** Here are some discussion highlights:
 - **God’s random vs our random.** When the envelopes containing the random items were passed out, knowing their tastes, I originally wanted to give two ladies specific envelopes, but decided against it. Ironically, they got those envelopes anyway! **Takeaway.** Sometimes God does things the way we think they should go and sometimes he doesn’t!
 - **Balance.**
 - During the exercise, the participants discussed needing a balanced diet for good physical health, meaning there might be menu items they didn’t want, but still need for their physical health. **Takeaway.** What we like may not always be what we need and vice versa!

¹ This document can be found under Group Documents on the Documents page of the website: <http://www.wow2women.com/documents.html>.

- When life happens we find out what's inside our heart. We either respond in faith or we crumble. **Takeaway.** Our response indicates what we've been feeding ourselves spiritually.
 - The question arose. "Are really committed in our daily lives to eating a balanced diet (physically or spiritually)?" **Takeaway.** Examine our commitment to our spiritual growth.
- **Lack of meat.** Somehow, even though I intended to, I never downloaded any meat items; however, I did download some peanuts. While both are proteins, peanuts are a lot easier to chew than some meat! **Takeaway.** Some things from the Word are easier to chew on than others.
 - **Getting their needs met.** Whether they shared without receiving anything in return or swapped with others based on quantity and/or preferences, everyone worked together to balance out their diets. However, at the end of all the shuffling, even though they were more satisfied, some ladies still lacked a balanced meal. **Takeaway.** What can we do individually to help others in the group get their needs met?
 - **Comparing the menu items to the Word of God.** Just like the food items are nourishment for our body, the Word is nourishment to our soul. **Takeaway.** Is what we feed our soul nourishing it or depriving it?
 - **Our foundation.** Rather than pulling from our prior knowledge and experience (UNLESS that experience is Christ-centered), the Word should be the foundation from which we pull. **Takeaway.** Have the Word as our cornerstone rather than our emotion and experiences.
 - **Greatest challenges.** Once they finished discussing the original questions, I added, "**What is your greatest challenge,**" which they then discussed. Based on the answers it would seem, as a group, we still lack vision. Additionally, application (the difference in knowing and doing) continues to be a point of disconnect. **Takeaway.** Each person had a takeaway for their specific challenge.

Closing: We closed our meeting in prayer with a time of need-specific prayer for the challenges that were lifted up, for the group overall, and as the Holy Spirit led.

If you have questions, comments, or concerns about information contained in this document, or would like to be added to or removed from the email distribution for the meeting notes, please email us at wow2@wow2women.com or complete a Contact Form on our site wow2women.com.



ATTACHMENT: EXERCISE: WHAT'S ON YOUR PLATE?

The plate represents our heart; the food represents the Word we store in our heart.

Purpose of the Exercise:

The intended purpose is to get the participants thinking about their choices in a more concrete way. Sometimes our choices and the consequences of our choices are not as clearly visible as recognizing the menu items and the impact they have on our health. As the participants discuss the questions presented to them, they gain a better understanding of the spiritual food stored in their heart.

Preparing for the Exercise:

The cut outs for this exercise are attached. Print out enough paper plates and enough single pages of the menu items so every participant will have a plate and assess to at least one of each menu item.

Executing the Exercise:

Fill each envelope with one plate and varying combinations of each of the attached menu items. Randomly hand out the envelopes. On a white board or piece of paper, list the menu items and the discussion questions. Step back and take notes while the participants discuss the questions. Once they have finished, discuss what they learn during the exercise.

Menu Items

Cake
Broccoli
Milk/Cheese
Green Beans
Milkshake
Peanuts
Salads
Potato
Squash

Discussion Questions

1. Do you like what was in your envelope?
 2. Does it meet your dietary needs?
 3. How can you select items to meet your dietary needs?
 4. How do the menu items relate to the Word
- Added:** What is your greatest challenge?

ATTACHMENT: HEART CHECK EXERCISE – CUT OUTS



