
MEETING NEWSLETTER

SEARCH MY HEART...

Welcome to WoW², Women of Worship, Women of Witness. This newsletter captures topics discussed during our meeting on May 19th. The newsletter may not capture everything, and the topics may not be in the exact order discussed. The newsletter is intended to capture key points from our evening together, with like topics being grouped together for convenience. We hope you are blessed as you join us on our journey.

CURRENT VISION: Thriving in the Wilderness. We will cultivate a safe place to grow in a peaceful environment by preparing the soil of our heart to receive and respond to God's guidance, anchoring ourselves in the Holy Spirit. **We will operate** according to the established guidelines of our group, all of which will bring to light the changes we need to make in our lives, so we can gain the nourishment necessary to grow as individuals and as a group.

Thriving, while in the Wilderness, **will be the outcome of our growth.**

TOPICS DISCUSSED:

Closing the Loop on Vision Check: We finished discussing what our vision checks revealed:

- **Progress with our vision.** We're seeing growth in the appropriate areas of our lives, which is encouraging, and we are continuing to allow God to order our steps and work on our heart.

Lesson 7 – Search My Heart:

- **Triggers.** We noted people can be triggers! Moreover, our triggers can impact the soil of our heart. For example, certain triggers may take us from thorny to rocky. At least in the thorny, we are producing a little good; whereas, in the rocky, we're not.
Takeaway. We realize we still have triggers, but we can continue to practice doing the things we know to do and to pray, especially Psalm 139:23-24, understanding we'll continue to be tested.

- **Growth.** We discussed growth is good, and it helps if we can recognize it in ourselves, especially since that's not always easy to do. **Takeaway.** Recognizing our growth encourages us for the days ahead!
- **Renewing our mind.** We discussed steps we're taking to renew our mind and heart, and we're seeing good results from our transformation in how others respond. This change reminded us of Ephesians 4:29: "Do not let any unwholesome talk come out of your mouth, but only what is helpful for building others up according to their needs, that it may benefit those who listen" (NIV). Thus, as we grow, it impacts others; the way we speak is how the other person speaks. Therefore, our speech needs to be "good," so it edifies. However, that requires us to let go, and stop trying to do things our way. We CANNOT stay in our feelings! Even though we knew that, we didn't want to let go of our feelings; however, going through the study has finally helped with the transformation. **Takeaway.** Things will never get better unless we change. Thus, everyone benefits when we do what's right and extend grace to others.
- **The chambers of the heart.** The lesson shares an analogy using the chambers of the heart and how blood is in all four chambers at once, but the same blood is not in any given chamber at the same time to illustrate how when we hear the Word, no matter how it comes, it falls in one of the four "chambers" (soils) of our heart. This was very helpful for those of us who are visual, because it helps us visualize where the seed we're listening to is being deposited.
- **Hitting the wall.** One of our sisters had a very challenging week. By sharing her feelings, those attending group were able to become a net¹ to encourage her! The lesson all of us can benefit from is there are times we will continue to hit the same wall time and again. The wall will look different for each person, but we all hit it. How we get past the wall will vary, but in this instance, God gave her specific instructions: persevere and spend more time in His presence. This was important, because usually when she digs and studies, she gets answers, but not this time. It felt more like writing a thesis, but God let her know, this time walking in perseverance, obedience, and

¹ This is a reference to our May 13, 2020 lesson where we realized, like a net, we are stronger together.

patience will yield results. As she spends time in His presence, she will find the peace she needs. In addition, she learned from a sermon by taught by Dr. Tony Evans, her spending time in God's presence is where she will get her power. Thus, when we hit the wall and need peace, the first step is do what we need to do to get God's peace. THEN, we will be able to hear what He has to say to pull down the stronghold!

Takeaway. Until we bring down our strongholds (patterns of thinking and the resulting emotions and behaviors), we will continue to hit the same wall. **Takeaway.** Spending time in God's presence is like exercise and eating right. Initially, we don't see results, but over time we will. It's a process!

- **Just Be Held.** Sometimes, we have to recognize when to let go and just let God hold us! In the process, remember what He said and what He has shown us. However, there are times it can be hard to just be held (physically and spiritually), especially when there are a lot of things pulling at us. **Takeaway.** Don't allow the distractions of life to pull us away from what God has already revealed.
- **Lifting the fog.** There are times we're in a fog because of all we have to do, yet we can hear God telling us to get on our knees and pray. If we delay, we may hear Him speaking to us about not spending enough time with Him, until we finally obey, get down on our knees, and pray! **Takeaway.** Prayer can lift the fog when our responsibilities are clouding our mind!
- **Blessed to be a blessing.** We were reminded that when our responsibilities overwhelm us, it helps to remember, we are blessed to be a blessing. Instead of asking, "Why me?", maybe we can adopt the mindset of "Maybe me, because maybe someone else couldn't," or it might be that He's trying to change something in us. If we can shift our perspective from "Why me?" to seeing how God is actually placing His confidence in us, it might change how we feel. We should consider that not everyone has the same gifts and talents; therefore, the more we bless others, the more we're blessed, because we're doing God's work, and that in and of itself is a blessing. After all, we are laying up our treasures in Heaven and not here on earth. **Takeaway.** Even though our responsibilities can get heavy sometimes, changing our perspective can help us see how much God believes in us. We're supposed to have faith in Him, but

He's believing in us! That's the ultimate compliment! Therefore, thank Him for choosing us, ask Him to order our steps, and ask Him to give us the strength we need for the tasks He has assigned to us.

- **Our net.** During our discussion, we acknowledged our net (our ability to help one another carry burdens) needs positivity and "Peace, be still" (the ability to be calm in the midst of the chaos). Those two things help us become stronger together to catch one another, so we continue to be thankful for how the Lord has connected us and how we each have bits and pieces of similarity! He has us so connected that it continues to amaze us! **Takeaway.** We truly are a net, and He is working all things together for good.
- **"The Voice of Truth."** One of our sisters had recently posted the lyrics to "Voice of Truth," by Casting Crowns. Then earlier in the day, her daily prayer was actually titled, "The Voice of Truth," which she shared with us (see attached). She also shared Matthew 17:5 with us, "While Peter was talking, a bright cloud came over them. A voice came from the cloud and said, "This is my Son, the one I love. I am very pleased with him. Obey Him!" Even though obedience is common theme for us, we noted how doubts and even the things we'd rather be doing can become distractions for us. **Takeaway.** Listen to the voice of truth!
- **Other nuggets:**
 - **Thoughts. Words. Actions, Habits. Character. Destiny.** In the lesson, we looked at the saying of how your thoughts ultimately become your destiny.² We discussed how when you're thinking things and have some choice words floating around in your mind, if you stay there too long, those thoughts will become a habit. This led to a discussion on when and how to respond to someone in challenging times. We looked at Proverbs 26:4-5, and concluded it really is about how we respond. Sometimes, we need to say something and sometimes we don't. The key is to be kind while still staying both true to and

² <https://quoteinvestigator.com/2013/01/10/watch-your-thoughts/>

respectful to who we are. **Takeaway.** Just because someone else is disrespecting us, doesn't mean for us to be disrespectful back. There are, however, times when we need to say something, because it opens the door for God to bring conviction, but in doing so, seek to treat them with kindness.

- **The battle is on.** Our heart and our mind consistently battle each other!
- **Our words matter.** Matthew 15:18 and Proverbs 13:3 teach us to be careful of what we say and what we speak, because what we speak is true to our heart.

Song for the week: "Voice of Truth," by Casting Crowns

(https://www.youtube.com/watch?v=9cKm_mYVPQE), and "Just Be Held" by Casting Crowns (https://www.youtube.com/watch?v=tIZitK6_IMQ)."

Homework Assignment(s): The homework for this week is to pray Psalm 139-23-24 in relationship to your triggers (what inflames your emotions), your trial (whatever you are struggling with right now), or over whatever you need to pray it over in order to allow Holy Spirit to search your heart.

Next Meeting: Our next meeting will be on Tuesday, May 26th via Zoom. The current plan is to close the loop on Lesson 7 – Search My Heart.

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.

SEARCH MY HEART ATTACHMENT: The Voice of Truth

