
MEETING NEWSLETTER

SEARCH MY HEART (cont)...

Welcome to WoW², Women of Worship, Women of Witness. This newsletter captures topics discussed during our meeting on May 26th. 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:

Lesson 7 – Search My Heart (cont.):

- **Pride.** To make a long discussion short, past hurt had caused me to not value how God has gifted me, so the lesson I am only a vessel had fallen on thorny soil, where the cares of life were choking out the truth I know. Therefore, I was giving myself too much credit when I saw people doing good and taking on too much responsibility for their struggles. However, taking that kind of pride in others is stealing God's thunder!
Takeaway. I am only a vessel, so stop taking credit for what God does and stop trying to till the soil of someone else's heart.
- **Psalm 139:23-24:** A few things came out of examining and praying these verses!
 - **V24 - Defining wicked.** I felt led to look up the original meaning for the word translated as "wicked" (NKJV) and "evil" (NOG). I was very surprised to see the

word means “idols,” “pain,” and “sorrow.”¹ Thus, when I ask God to search my heart, I’m really asking Him to reveal my idols, which can bring pain and sorrow!

Takeaway. The definitions totally changed my perspective on this verse!

- **V 23 - Try and test.** When looking back at verse 23, “try” (NKJV) and “test” (NOG) leaped off the page, and I could clearly see in this passage of Scripture, when we ask God to search our heart, the way He does that is through our circumstances! We concluded He does that, so WE know what’s there. He ALREADY knows, but we may not see it yet, and we can’t overcome what we don’t know is there. Therefore, He helps us know, through our circumstances, even though it doesn’t feel like help. Instead, it feels more like we got tripped up, but the good news is we’ll look more closely the next time we go down the same path. **Takeaway.** When we ask God to search our hearts, we are actually praying for trials, so God can reveal what we don’t know is there!
- **The impact of our words.** Since we’re not always aware of what we’re saying, we should dissect our words just like we dissect His Word. When we’re angry, hurt, or really moved, that’s when we’re most likely to speak our mind—what we really think and/or feel. If we can examine our words in those moments, what we’re saying can point us to any idols in our heart. Moreover, the fact we want to get to good ground helps us pray Psalm 139:24, but, depending on where we are with our hurt, we can be in so much pain, it’s not easy to speak. Thus, if we’re afraid of the answer, we may not want to pray these verses over ourselves. **Takeaway.** Our emotions impact what we speak, what we speak can reveal the idols in our heart; therefore, if we’re not in a position to be honest with God and for Him to be honest with us, asking Him to search our heart might not be a good idea!
- **Journal reviews.** I recently began a journal review. I randomly chose a journal, but it was by no means random in God’s eyes. By going back through my journal, I was able to glean from past lessons and bring those truths forward to this season, hence why I

¹ Strong’s with KJV Bible App, H6090.

encourage others to journal and to periodically review them. I was able to look back on Scriptures to determine where they landed in my heart and then to respond accordingly. **Takeaway.** Journal reviews and paying attention to where the seed of His Word fell in our heart can help us be better prepared next time the same trial comes our way!

- **Resolving conflict.** I had to thank God, because I can see the growth that has occurred in this area over the last two years. There were a lot of layers to this, but my root was the “not good enough” stronghold Holy Spirit has been helping me pull down for several years—hopefully, this was the last of it! This lesson revealed how fear impacts my response to conflict. In essence, I was placing my trust in the stability of the relationship and not in God! I learned if I trust the nature of the relationship, I feel safe, but if I don’t trust the nature of the relationship, I don’t feel safe during conflict. Being totally transparent, my ability to trust the relationship has been directly tied to feeling “good enough” therein! Therefore, I was actually idolizing the relationship, because it’s what I was afraid of losing! Another great point that came out of this discussion is people don’t feel safe expressing who they are, because they don’t feel their true self will be accepted, which is a fear of rejection. I, on the other hand, was struggling with the fear of hurting others by being my true self. I’m okay with them rejecting me, but I wasn’t okay with me hurting them. **Takeaway.** God revealed a core wound from past hurts that was impacting my ability to feel safe during conflict. However, by placing my trust in God and not in the relationship, the relationship is no longer an idol, so I can now feel safe when conflict arises, because I see it for the growth opportunity it is, and for the good that can come out of it!
- **Unrealistic expectations.** I had to release myself from these unrealistic expectations:
 - It’s an unrealistic expectation to think I can go through life without ever hurting or offending another person. **Takeaway.** Because we all hear through the filter of our soul, we cannot control how others receive what we say, no more than they can control how we receive what they say. We can apologize when we’re wrong, but sometimes, it really is the other person and nothing we did.
Takeaway. Recognize I’m not in control of how others respond to me, but I am

in control of apologizing when I've done something wrong or for any unintentional pain I have caused.

- It's an unrealistic expectation to think I alone can resolve conflict. **Takeaway.** Individually, we can address conflict, but we cannot resolve it. It takes both people and God to resolve it!
- **Helping others.** We again discussed being careful to not steal someone else's "bought" lesson, lest we cripple them in the process. Instead, we need to be focused on God and prayer and not on how we can help. I do recognize, many things are outside of my control, so I'm okay with being helpless. However, this discussion highlighted, while it may be hard to see people struggle, we have to be willing to allow them to go around their mountain as many times as they need to get their own lesson- what we call "bought" lessons. Thus, we have to find the balance between it's a blessing to be a blessing and not stealing someone else's "bought" lesson! And, that takes discernment! **Takeaway.** Continue seeking the Lord for discernment for who to help, how to help, and when not to help.
- **Other nuggets:**
 - You can trust what you hear, but not be able to rest in it. In other words, we can trust that what God said is true, yet not be able to receive it for ourselves.

Song(s) for the week: "Love Moved First," by Casting Crowns

(https://youtu.be/Z8fWD_JpIFg) and "If We're Honest," by Francesca Battistelli

(<https://www.youtube.com/watch?v=IDcTvtuuVU8>).

Homework Assignment(s): Next week is Night of Prayer, so no homework this week.

Next Meeting: Our next meeting will be on Wednesday, June 3rd, via Zoom.

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.