
MEETING NEWSLETTER

SEARCH MY HEART

Welcome to WoW², Women of Worship, Women of Witness. This newsletter captures topics discussed during our meeting on June 9th. 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 (Revised): While looking up the original definition for “wicked” in Psalm 139:23-24, I discovered it addressed the concept of idols. That knowledge caused me to revise Lesson 7, and everyone chose to redo the lesson with the revisions. To make capturing these notes easier, I'm going to group everyone's comments under the same topic from our H.E.A.R.T (Hear. Expect. Act. Rest. Trust.) time.

- **Takeaways.** One of the things that stood out is the thoughts in our mind create the anxiety in our heart. Moreover, when we judge others and don't put God first, we may be in the thorny ground. Yet, when we love God, it's not a struggle to pray Psalm 139:23-24 over ourselves, especially when our heart lies on good soil in some situations, even if not in every one, to include our current circumstances. Nevertheless, we'll do what we need to do to get over the top of the mountain, because we want God to clean us up, so we can follow an honest path. However, we recognize the transformation process doesn't happen overnight; there are times,

especially if we're tired, when our heart wants to do the right thing, but our mind doubts, putting our heart and mind at odds with each other. When we're out of balance, we may be thinking one thing, but the Word says something different, or we remember Scripture or something else God already taught us that speaks to where we are. To regain our balance, we can go to the Lord in prayer and seek His guidance. We especially want Him to transfer our hurt to thankfulness. Moreover, we admire those who can go through a storm knowing God will take care of it! **Takeaway.** Renew our mind! The mind and the heart are one; therefore, be slow to speak and careful with our words, because what comes out of our mouth is the truth of what's in our heart!

- **Hear:** The Lord reminded us He is the Lord our God. We discussed the importance of words. Since we are to watch our words, we have to be mindful of offensive words. Thus, in order to be careful of our speech, we asked God to teach us how to better our words, so as not to unintentionally offend. Watching our words was actually very important for those who strive for it in themselves and also looks for it in others. Moreover, it's important to be thankful, be positive, have faith, trust God, and remember our perspective. In addition, we need to rely on and rest in Him more. **Takeaway.** Take every thought captive into the obedience of Christ (2 Corinthians 10:3-6). That way, we can better watch our words and maintain the right attitude.
- **Expect.** We need to put Him first, spend time with, and obey Him. Because we love Him, we expect Him not to leave us. We acknowledged if we're asking whether or not He'll leave us, we are dealing with abandonment issues. Moreover, He expects us to lean on Him, to keep trying, and to not give up. Sometimes, it's hard though to lean on Him, because we're not used to it. Nevertheless, we expect God to have us and to get us through. Additionally, He expects us to guard our heart and mind, because if we don't take our thoughts captive, how will we know what's raising itself against the knowledge of God. Besides, if we don't know what's going against the knowledge of God, then we don't know how to recognize the idols in our heart. As we guard our heart, we expect Him to continue to steer us in the right direction. **Takeaway.** Abandonment issues can impact how we view God. However, if we take our thoughts captive, we can recognize what's in our heart that goes against the knowledge of God.

- **Act.** Spending time with God needs to be our “first thing” each day. We also need to practice what we learn, and study for the tests we will surely have. This includes, being quick to listen, slow to speak, and slow to anger (**James 1:19**). Moreover, we have to have a purposeful mindset in daily prayer and praise. We also need to get some actual rest and spend more time in the Lord’s lap; therefore, there are times we need to take time to stop. However, when it comes to renewing our mind, we likened it to exercising a muscle. The more we do it, the stronger we become. **Takeaway.** It’s important to spend time with God, to rest, and to renew our mind.
- **Rest.** We’re unable to rest in what we heard from God when we don’t go to bed on time, which creates a ripple effect after staying up too late. Other things that impact us are when people and things pull on our time, such as the business of life and constant curve balls. On the other hand, there are times when nothing stops us from resting in what we heard; we just have to be mindful that we’ll have some struggles when it’s time to take the next step for the season we’re in. **Takeaway.** Not getting enough rest, distractions, and not understanding the season we’re in all impact our ability to rest in what God says.
- **Trust.** In some instances, we weren’t sure what causes us to not trust what we hear from God. Other times, it’s our own mind, because it’s hard to quiet our thoughts. In addition, a lack of rest makes it hard for us trust. **Takeaway.** When it’s hard to trust what God says, make sure we’re getting enough rest and purposefully quiet our thoughts by taking them captive into the obedience of Christ.
- **Current events.** We discussed the impact on us of recent events happening in our nation regarding police brutality, especially against black males. The bottom line was we still have to check the soil of our heart. We noted there are times what we’re feeling may not be good fruit, but it is okay to feel it. In that moment, our response is to ask God what He would have us to do—and we know that it’s His desire for us to forgive. So, pray for the person who committed the act in question, because, sometimes, praying is the best thing we can do to release God’s justice. **Takeaway.** Forgiving and looking past our hurt is when we know we’re walking in His obedience.

It's when we hurt the most, that we need to stop and take our thoughts captive so we can speak His Word and not our feelings. We have the freedom to choose!

- **Defining taking our thoughts captive.** When we're held captive by our thoughts, we don't have an alternative; we don't have an option for how we will respond. Thus, with our thoughts, we have to stop, grab hold of them, so we can decide where the seed of God's Word is going to fall to determine if it will produce godly fruit or if our flesh will produce the fruit of sin! When we have strongholds in our mind, there are things we're refusing to let go of. The question is, "What are we holding on to so hard that we're holding onto it more than we're holding on to God?" **Takeaway.** The way to abolish and abandon the idols in our heart is to transform our mind and bring our thoughts into the obedience of Christ.
- **Our reality.** Our perception is our reality. Even though what we feel is right to us, that doesn't mean our actions are okay. We are sinning when we're not taking our thoughts captive to the obedience of Christ. **Takeaway.** We have to be diligent with our thoughts and our words. We won't always have godly thoughts, so it's our job to be diligent in taking our thoughts captive.

Homework Assignment(s): If you haven't already, finish working on Lesson 7.

Next Meeting: Our next meeting will be a virtual social on Tuesday, June 16th, 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.