



Raising Godly Women (RGW) – The Condition of My Heart

June 10, 2015

These notes capture our June 10, 2015 meeting. This was a combined WoW² and RGW meeting. We opened our meeting in prayer and began our study session for the evening. Topic notes 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 Mission for the Group: For the older women to teach the younger women (Titus 2:3-5)

Current Vision: "Purity from the inside out." **Scripture Reference:** Psalm 90:12, "Teach us to realize the brevity of life, so that we may grow in Wisdom" (New Living Translation).

Topics Discussed: We introduced the Parable of the Sower and the Seed and its connection to the condition of our heart.

Closing the Loop: During our last session together, we discussed the importance of living a vision-centered life and how developing a sisterly relationship with Proverbs can help us do that.

Introduction: In this session, we discussed the idea that your vision and your capability to live toward it, depends heavily upon the condition of your heart and how the soils taught in the Parable of the Sower and Seed, can guide your work. Our ultimate goal was to come to understand that passing the test from the inside out is solely dependent upon the condition of your heart.

Discussion Topic: The Condition of Our Heart

We began the evening with four questions intended to build a common foundation to begin our study:

1. What is meant by the condition of our heart?
2. Why should we be concerned with the condition of our heart?
3. What is the condition of my heart?
4. Is it possible to change the condition of my heart? If so, how?

Opening Exercise:

Each young lady chose a card with one of the above questions written on it, and were told that the answer was hidden somewhere in the house on the lower level. The young ladies were asked to seek the answer to their question. The only conditions provided were that they could only come back with the answer to their question; they needed to try on their own before asking for help, and not to leave anyone searching alone.

- The group had a quite a few intended and un-intended take-a-ways from the exercise.
 - Many within the group grumbled about having to look for the answer and became less enthused the longer it took to find what they were looking for—kind of like we grumble and complain with God.



- Just like the answers were already provided, when we ask The Lord a question, we should know that He has already provided the answer(s).
- There was concern about initially being told to not help each other. However, the point of that was to demonstrate how we have to learn to go to God FIRST BEFORE we go to others, so we don't make others an idol in our lives. We should only go to others when we need to ask for help. Otherwise, asking for help before we go to God can stunt our growth, because we don't learn how to lean on the Lord.

Group Discussion

Each of the girls shared the question written on their cards, shared the answer from their experiences, and then the answer on the corresponding card they searched for and found.

- Question 1: What is meant by the condition of our heart?
 - Experience Answer: How we feel about things?
 - Biblical Answer: Proverbs 4:23 – it's the wellspring of life. In other words, it's the epicenter. Everything originates there.
 - Discussion: We can't live without our heart. The good news is that God gives us armor to protect our hearts. The question becomes, is my heart giving me life, or causing me to lose life?
- Question 2: Why should we be concerned with the condition of our heart?
 - Experience Answer: It will affect what we do
 - Biblical Answer: Luke 6: 45 – a good man brings good things from his heart...out of the heart, the mouth speaks.
 - Discussion: We are born with good, open, and pure hearts. The world teaches us to harden our hearts to protect ourselves from pain. The problem with that is as we harden our heart to keep from feeling pain, we also have hardened our hearts to joy and love. We should learn to check and refresh the condition of our hearts, use the armor that God has provided to protect us, and remain focused on our relationship with Him.
- Question 3: What is the condition of my heart?
 - Experience Answer: We don't know
 - Biblical Answer: Luke 6:11-15 – the parable of the sower and the seed teaches us how to tell the condition of our hearts
 - Discussion: Jesus describes four heart conditions: Rocky, Wayside, Thorny, and Good Ground. By learning each of the soils, how to recognize where we are at any given time, and how to progress from one soil to the next, we can purposefully provide heart maintenance allowing ourselves more opportunities to pass the test of our faith from the inside out.
- Question 4: Is it possible to change the condition of my heart? If so, how?
 - Experience Answer: I think so, but I'm not sure how.
 - Biblical Answer: Colossians 3:10 – put on your new nature and be renewed, as you learn to know your creator and become more like Him.
 - Discussion: The world will deceive you and mutate your self-image by layering your true skin with expectations, labels, and limitation. Your true defense against this is to develop a deep and purposeful relationship with God. By doing this, you will learn His character, and it will



be difficult for people to mislead you where He is concerned. Also, as you begin to know Him, you will also begin to learn yourself as He created you. The goal is to choose to see yourself as He created you, rather than the way the world has portrayed you.

Nuggets of the Night:

- We can change for the better, stay the same, or get worse. We want to always strive to get better.
- It is important not to get down on ourselves when we are short of perfection. We must learn to celebrate the moments when we have made better choices, while continuing to strive for even better.
- Taking responsibility for my wrong choices instead of blaming others will help me progress from rocky to good ground.
- We can change our hearts for the better!
- Self-examination and re-evaluation are important aspects of our responsibility to change.
- Expectations impact our ability to forgive
- It's important to know our triggers
- Let our emotions inspire us to act rather than direct our actions.

Homework:

- Homework was not assigned.

Closing:

- We closed out the meeting in prayer thanking God for what was shared during our time together, lifting up those that were unable to join us, and that our time apart continue to be filled with and protected by the Holy spirit until we meet again.

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, www.wow2women.com