



Intro

This Scripture exercise isn't intended to be a full-fledged study session (though it might lead to that). Instead, it's more of a Scripture experience you can customize for any setting, such as a devotional experience with your group (small or large), an exercise at a retreat, or an exercise you can share on social media. Options are outlined below, each involving their own prep activity.

Note: While this exercise does not include a personal prep (as does all our small-group studies) we encourage you, as the leader, to work through this exercise before engaging your students.

Digging In

Below are some options on how to experience these passages.

Option 1: Small-Group Experience on the Spot (least prep)

Paste the passages into a document (or use the student page as is). List the three questions under each passage, leaving enough room for students to write their responses. Print out enough sheets for each student to have one. After your group has gathered, hand out the sheets. Ask students to find a quiet place in the room or building where they can get alone with God for a personal retreat with His Word. After ample time, call them back together and ask volunteers to share about their heart experiences.

Option 2: Create a Media Presentation (medium prep)

1. Use the passages to create a media presentation using PowerPoint or other presentation software. As each passage appears on the screen, give students a minute to respond privately to the three questions. After the presentation, ask them to share their responses with the group.

Option 3: Distribute Beforehand and Gather to Discuss and Worship (most prep)

2. Distribute the passages to students a few days ahead of your group time. Ask for volunteers to share testimony or thoughts about any verses that strike them. Encourage them to use their creativity: video, drawing, writing. Compile their experiences with Scripture into a media presentation. Then create a worship experience that weaves together the Scriptures and student testimonies.



As you experience each passage, breathe these questions and journal what you find:

Who is doing what to my heart?

What do I learn about my heart?

What is my heart telling me to do?

1 Corinthians 4:5

⁵ Therefore judge nothing before the appointed time; wait till the Lord comes. He will bring to light what is hidden in darkness and will expose the motives of men's hearts. At that time each will receive his praise from God.

Romans 8:27

²⁷ And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will.

1 Thessalonians 2:4

⁴ On the contrary, we speak as men approved by God to be entrusted with the gospel. We are not trying to please men but God, who tests our hearts.

Romans 5:5

⁵ And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.

Ephesians 3:16-18

¹⁶ I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the saints, to grasp how wide and long and high and deep is the love of Christ.

2 Corinthians 4:6

⁶ For God, who said, "Let light shine out of darkness," made his light shine in our hearts to give us the light of the knowledge of the glory of God in the face of Christ.

Psalms 95:6-8

⁶ Come, let us bow down in worship, let us kneel before the LORD our Maker; ⁷ for he is our God and we are the people of his pasture, the flock under his care. Today, if you hear his voice, ⁸ do not harden your hearts.

Romans 10:9-10

⁹ That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved. ¹⁰ For it is with your heart that you believe and are justified, and it is with your mouth that you confess and are saved.

Hebrews 13:9

⁹ Do not be carried away by all kinds of strange teachings. It is good for our hearts to be strengthened by grace, not by ceremonial foods, which are of no value to those who eat them.