

The **SHAPE** of you

WEEK 2 JOURNAL

This week, we are looking at our hearts and hopes, while we also think about experiences which have shaped us. Remember, your notes are private – just be honest with yourself and God. It's up to you to decide what to share when we next meet.

Thursday

26

September

“Take delight in the Lord,
and he will give you the
desires of your heart.”

Psalms 37:4

How do you feel about looking to God as your main source of hopes and desires?

(Fill in some of “Your heart and hopes” if you get a chance, too!)

Friday

27

September

“We also glory in our
sufferings, because we
know that suffering
produces perseverance;
perseverance, character;
and character, hope”

Romans 5:3-4

How easy or hard do you find it to look for hope when you are in a difficult situation? Can you think of a time when this shaped you?

(Write down one of “Your experiences” if you get a chance, too!)

Saturday

28

September

“And hope does not put us
to shame, because God’s
love has been poured out
into our hearts through the
Holy Spirit, who has been
given to us.”

Romans 5:5

What if God can give you all the love you need when you need it? What difference would that make to how you work and serve?

(Write down one of “Your experiences” if you get a chance, too!)

Sunday

29

September

“(God) comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.”

2 Corinthians 1:4

Can you think of a time when you have needed something from God, and received it? How would you feel about passing that on?

(Write down one of “Your experiences” if you get a chance, too!)

Monday

30

September

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

Romans 8:28

Can you think of a painful experience you have had which turned out to be good or helpful in the end? How would you credit God for his role in that?

(Write down one of “Your experiences” if you get a chance, too!)

Tuesday

1

October

“You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives.”

Genesis 50:20

Joseph’s story at the end of Genesis is an amazing example of God working through bad situations. What will you ask God to do through you today?

(Write down one of “Your experiences” if you get a chance, too!)

Wednesday

2

October

“But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have.”

1 Peter 3:15

In tonight’s group meeting, we’re going to share about our experiences and what God may have already been doing through our lives. Can you see any patterns in the experiences which have shaped you?
