

Mod 1 Lesson 2

Heart Connection

KEY IDEA

A heart connection is an intimate connection — intimacy with God and our spouses begins with connecting at the heart level.

KEY SCRIPTURES

- 1 Samuel 16:7 – “The Lord looks at the heart.” (David)
- Isaiah 29:13 – “They honor me with their lips, but their hearts are far from me.”
- Mark 12:30 / Deut. 6:5 – “Love the Lord with all your heart...”

LESSON & NOTES

The Importance of the Heart

A heart connection in an _____ connection.

What is inside the heart?

Our heart connection with God

Our heart connection with our spouse

What are some barriers to heart connection?

KEY POINTS

- The heart is central: desires, emotions, longings, beliefs
- God desires your heart
- Heart connections with God and your spouse are important goals
- Emotional intimacy happens when thoughts, feelings, desires, and longings are shared & valued

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HeartWork

“Heart Connection is Intimate Connection”

On a Scale from 1-10, how easy is it for you to identify your own emotions?

1 2 3 4 5 6 7 8 9 10

How easy is it for you to share your emotions with your spouse?

1 2 3 4 5 6 7 8 9 10

What emotions do you feel most comfortable sharing? Most uncomfortable sharing?

Why do you think it is difficult to share your heart with your spouse?
Circle all that apply

Fear of Rejection	He/She Doesn't Listen	Too Many Past Hurts
Fear of Their Response	He/She Doesn't Understand	I Don't Feel Emotionally Safe
I Don't Know Why	I Do - It Comes Out Wrong	I Never Learned How

Other _____

In your prayer life, do you only ask of God, or do you also share with Him your heart (emotions, desires, fears, longings, etc.)? Make it a point to identify and share your emotions with Him on a daily basis.