



LED BY THE

spirit

You're invited

Singles Social

dance/games/chill/refreshments



Saturday July 26th, 6-10pm

Tara Hill Clubhouse

4909 Indian Wood Road | park on Jefferson Blvd



Summer Slowdown

An invitation to true rest in community

Freeing the Shadow Starts September

A silhouette of a person stands in a field of tall grass, holding up broken handcuffs with both arms raised. The background is a vibrant sunset sky with orange and yellow clouds, and several birds are flying in the upper right corner. The overall mood is one of liberation and hope.

10 week workshop helping MEN & WOMEN overcome sexual compulsion



THE
JOY
SWITCH

Ps 16:7-11 I will praise the Lord, who counsels me; even at night my heart instructs me. I keep my eyes always on the Lord. With him at my right hand, I will not be shaken. Therefore my heart is glad and my tongue rejoices; my body also will rest secure, because you will not abandon me to the realm of the dead...You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

YOUR LFTHJGY JOURNEY

1. Share with joy & thanksgiving, how the Lord has been helping you grow during this series - even if only in awareness.



**ADULT MATURITY
GAPS**

**LOVE BONDS &
FEAR BONDS:
CONFLICT
RESOLUTION**

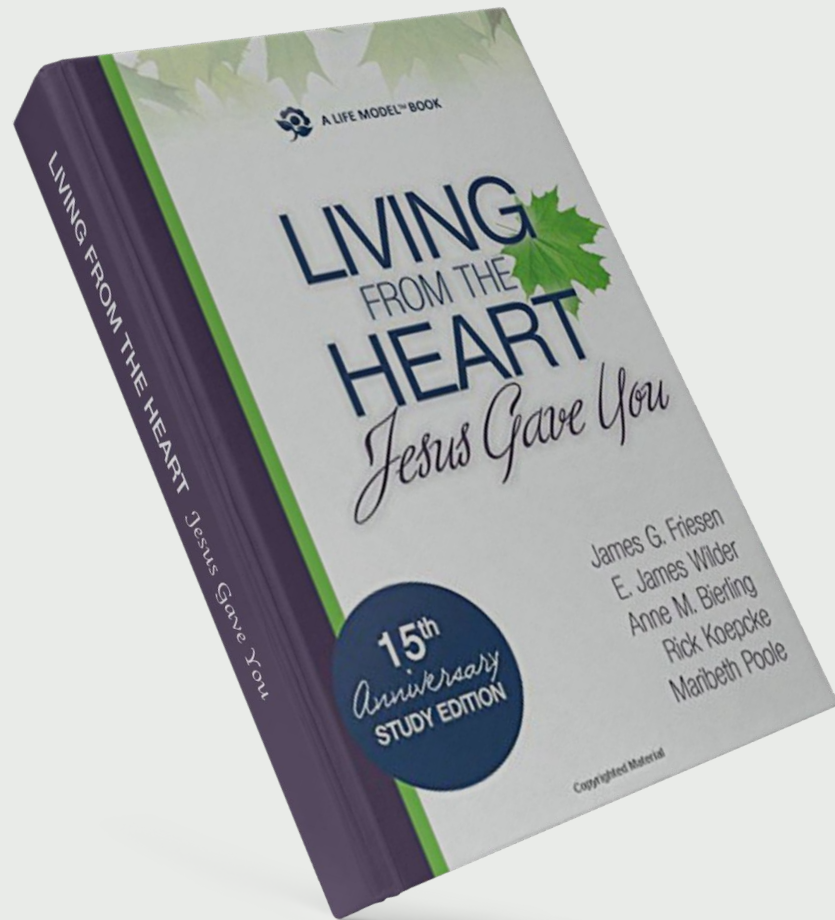
**RELATIONAL &
EMOTIONAL
CAPACITY:
WITH GOD &
OTHERS**

**HEALING
RELATIONSHIPS:
UPSTREAM
PEER-STREAM
DOWNSTREAM**

2. Pray with joy, giving thanks for God's guidance.

LFTHJGY

THE HEART





1. Helpers Who Need Help:

What happens when someone has
a heart to help others but actually
needs help themselves—and
doesn't see it?



2. Navigating Pain & Community:

If I was hurt by people in church and now treat others harshly, should I step back from community to heal?

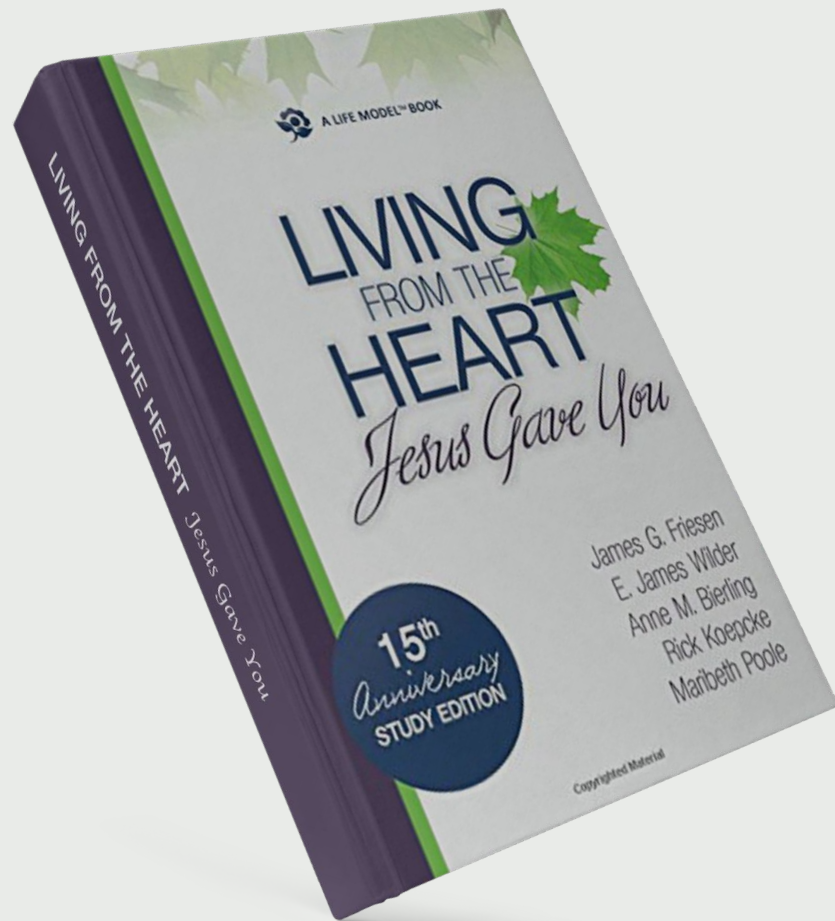


3. Building Across Generations:

In a busy, individualistic world, how
can we build intergenerational
upstream and downstream
relationships?

LFTHJGY

THE HEART







“

Living from the heart, Jesus gave you means you are being the person you were designed to be. You are acting like yourself. You are following an inner directive that if governed by the Spirit of God keeps you on the path that is spiritually attuned to you. [Your heart learns to follows God's leading.]

Mark 12:30 'Love the Lord your
God with all your heart...'

Traumas impact our heart by shutting down our:

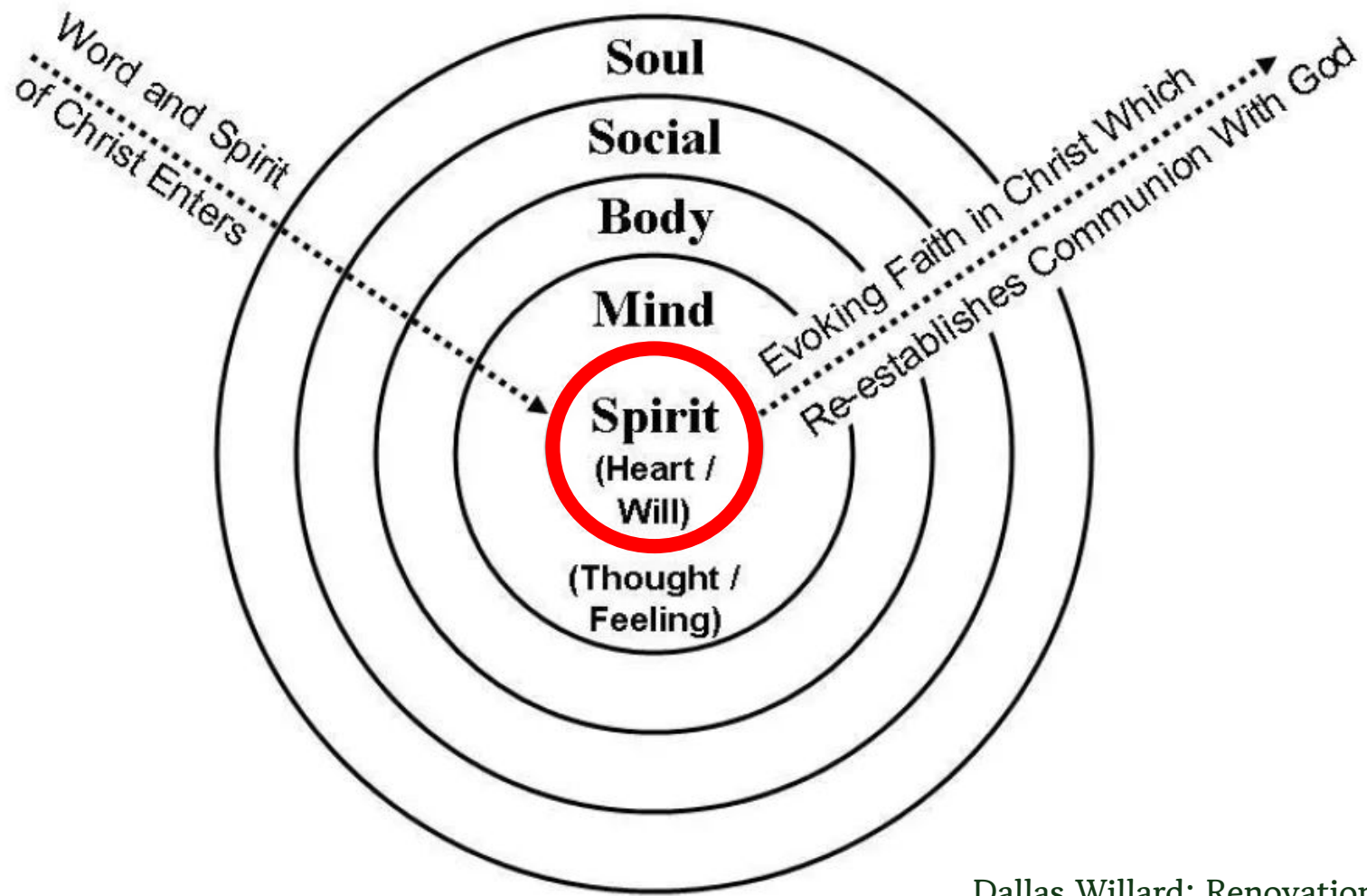
-  A Capacity for joy
 -  B Relational connection
 -  C Emotional regulation
 -  D All the above
-

Traumas impact our heart by shutting down our:

- ☐ A Capacity for joy
 - ☐ B Relational connection
 - ☐ C Emotional regulation
 - ☐ D All the above
-

? What is the HEART? (According to DW)

1. **Center of human life**: the will/spirit
 - Not thoughts and feelings (the mind)
2. The primary **mechanism** for producing **real change**—transformation of the self to reflect the love and character of Christ
3. It serves as the **CEO of your life**

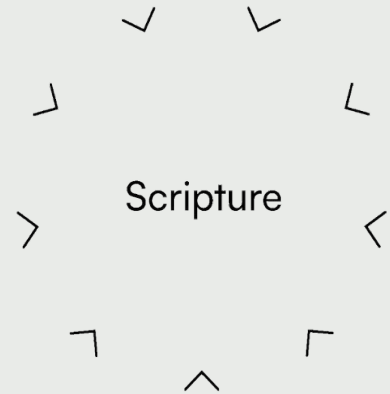
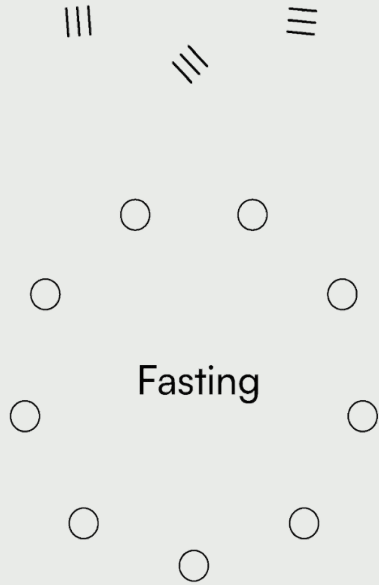
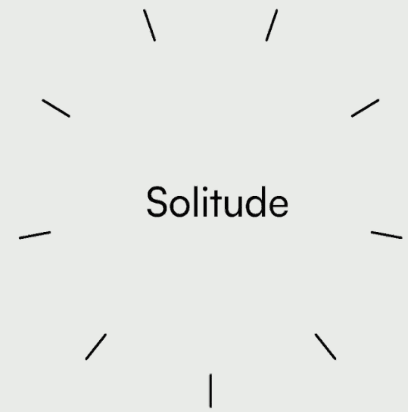
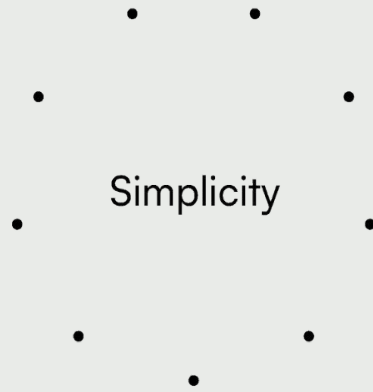


Jeremiah 17:9 The heart is
deceitful above all things, and
desperately sick; who can
understand it?

Ezekiel 36:26

I will give you a new heart and put a new spirit in you; I will remove from you your heart of stone and give you a heart of flesh.

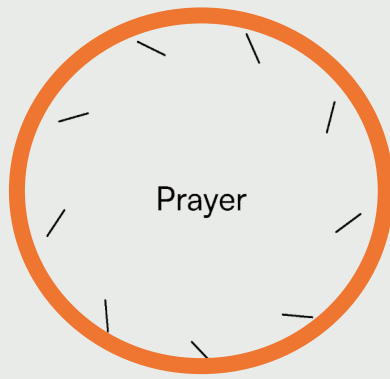
Spiritual Disciplines that heal the heart



“

Prayer is not about getting God to do what we want, but about becoming the kind of person who lives from the strength, love, and fullness that only God can give.

Attachment



V.I.M.

V – Vision – The picture or understanding of God’s vision for us; the kind of life God intend for us; what a healed heart looks like; what **attachment** with Him looks like.

I – Intention – This is the decision of the will to pursue the vision; values we need to commit to **attachment**.

M – Means – What we can do to create space for spiritual transformation; how to form healthy **attachment**.

Proverbs 3:5-6 - Vision; Intention; Means?

“Trust in the LORD with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight.”

Proverbs 3:5-6 - Vision; Intention; Means?

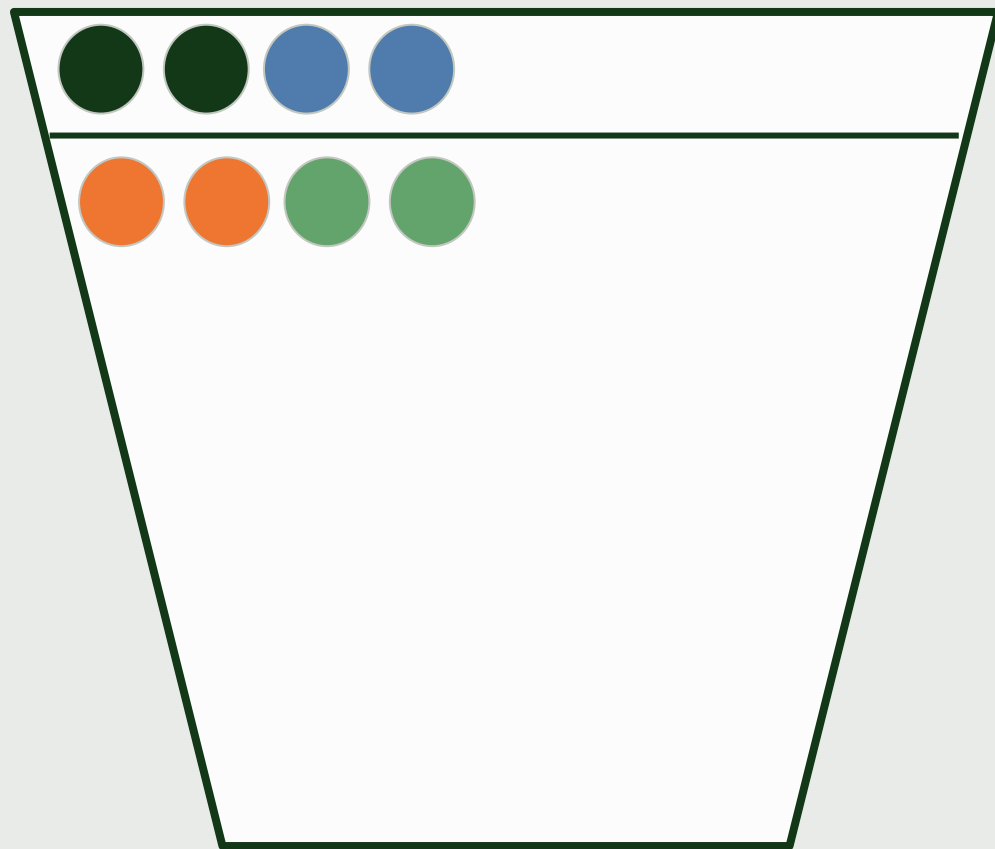
“Trust in the LORD with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight.”

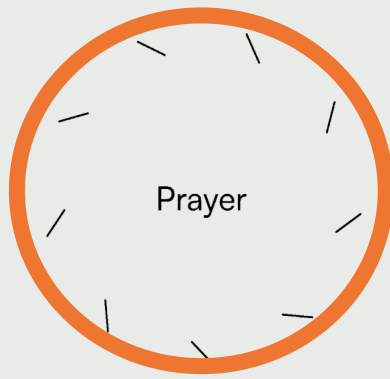
Proverbs 3:5-6 - Vision; Intention; Means?

“Trust in the LORD with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight.”

Proverbs 3:5-6 - Vision; Intention; Means?

“Trust in the LORD with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight.”





V.I.M.

V – Vision – The picture or understanding of God’s vision for us; the kind of life God intend for us; what a healed heart looks like; what **attachment** with Him looks like.

I – Intention – This is the decision of the will to pursue the vision; values we need to commit to **attachment**.

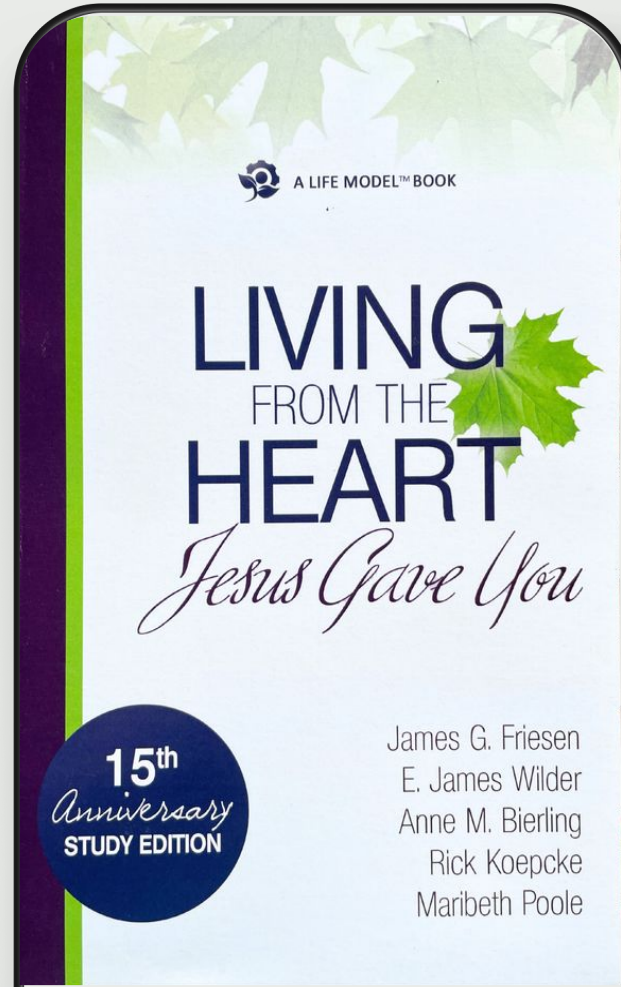
M – Means – What we can do to create space for spiritual transformation; how to form healthy **attachment**.

VIM Healing the Heart through Prayer (ChatGPT version)

SCRIPTURE	VISION	INTENTION	MEANS
Psalm 139:23-24	A life fully known and purified by God; guided on the everlasting way	Willingly invite God to search, test, and lead your inner life	Honest prayer, confession, Scripture reflection, spiritual direction (upstream relationships)
Psalm 62:8 + (:5-7)	A life of steady trust, emotional honesty, and secure refuge in God	Choose to trust God in all seasons and pour out your heart	Daily trust declarations, journaling feelings, quiet prayer of surrender
Ephesians 3:16-19	A Spirit-empowered life filled with Christ's love and the fullness of God	Ask God to strengthen your inner being and dwell within you	Immanuel prayer*, meditating on Christ's love, community worship and encouragement
Philippians 4:4-7	A life marked by joy, calm, and divine peace, guarding heart and mind in all situations	Rejoice, pray continually, choose gratitude instead of anxiety	Breath prayers, gratitude journaling, rejoicing disciplines, presenting worries to God

Homework

- Read >pg 148
- Embrace some of the practices from **VIM** to foster healthy attachment:
 - **With God**
 - **With others**
 - **Share with group**



PRAYER

1. PRAY TO LIVE FROM THE HEART
JESUS GAVE YOU
2. WHATEVER ELSE HAS SPOKEN TO
YOU FROM TONIGHT'S CLASS

IMMANUEL

PRAYER

