



HEART

GOD'S WORD TRANSFORMS HEARTS

Each day: **read** the Scripture, **pray** for understanding, and **answer** the questions.

DAY 1 HOPE & HELP

List the messages of hope, help, and guidance God is giving you from these verses..

DAY 2 EXPLAIN & EXPRESS

Write out the Scripture in your own words or draw a picture illustrating its meaning, making it easy enough for a child to understand.

DAY 3 ATTITUDES & ACTIONS

Based on this passage, jot down your attitudes and actions that need to be transformed. Write a personal prayer to God.

DAY 4 REFOCUS & REFRESH

Refocusing on and aligning our hearts to God's Word frees us to refresh others. If you choose to believe and put this passage into practice, how would your life, relationships, and mindset refocus? How does this free you to refresh others? Pray and list ideas on what you could say or do.

DAY 5 TRANSFORM & TELL

How is God transforming your life through this week's verses?
Who will you share your discoveries with this week?

SUGGESTED SCRIPTURES

My HEART Christ's Home

Week 1: Love Embraced	John 3:16-17
Week 2: Forgiveness	Romans 3:23-24
Week 3: Grace	Ephesians 2:8-10
Week 4: Freedom	Romans 8:1-2
Week 5: Eternal Life	John 10:27-28
Week 6: Prayer Promise	I John 5:13-15
Week 7: New Life	II Corinthians 5:16-17
Week 8: Renewal	Romans 12:1-2

God's HEART for Me

Week 1: God Loves	Romans 8:38-39
Week 2: God Shepherds	Psalms 23:1-3
Week 3: God Rescues	Psalms 40:1-3
Week 4: God Cares	Philippians 4:6-7
Week 5: God Protects	Psalms 32:7-9
Week 6: God's Kindness	Psalms 145:17-19
Week 7: God's Mercy	Lamentations 3:22-23
Week 8: God's Help	Romans 8:26-28

Strengthen My HEART

Week 1: Know God	Psalms 9:9-10
Week 2: Heart Desires	Psalms 37:3-5
Week 3: Protection	Psalms 46:1-2
Week 4: Power Over Sin	Psalms 119:9-11
Week 5: Guidance	Psalms 119:103-105
Week 6: Wise Investment	Matthew 6:19-21
Week 7: Endurance	Hebrews 12:1-2
Week 8: Eternal Focus	II Corinthians 4:16-18

HEART Encouragement

Week 1: Contentment	Philippians 4:12-13
Week 2: Worry's Antidote	I Peter 5:7-9
Week 3: Comfort Others	II Corinthians 1:3-4
Week 4: God's Peace	John 14:1 & 27
Week 5: God's Word	Colossians 3:15-17
Week 6: Unshaken	Psalms 16:7-9
Week 7: Wise Choice	Proverbs 3:5-6
Week 8: Live Love	Matthew 22:37-39

WHAT IS A 2GO BIBLE STUDY?

- This study is part of a series that prompts learners to be self-feeders, personally discovering and applying God’s truths to their lives.
- The simplicity and depth encourage people of all faith levels to explore God’s Word.
- The repeated reading of and marinating in Scripture allows the Holy Spirit to reveal deeper meaning and insight into the passage.

HOW TO USE A 2GO BIBLE STUDY?

- This series can be used for individual study but is designed for group participation.
- Each week participants read the same Scripture for five days and answer the questions in preparation for the Bible study gathering.
- Responses can be recorded in a separate notebook or in the free Study Guide.

HOW TO LEAD A 2GO BIBLE STUDY?

- Anyone can facilitate a 2GO Bible Study.
- The leader does not teach the passage, but uses the daily questions as a template to encourage a Bible-anchored discussion.
- The Leader Guide offers tips on how to lead a group, such as the ABCDs of Discussion.

Download FREE Study and Leader Guides from nbs2go.com.



In creation we see a myriad of word pictures that God uses to demonstrate His character, biblical truths, and His miraculous ways. Jesus often used nature to illustrate His divine teachings. The following insect story allegorizes the essence of the HEART Bible Study theme.

Imagine yourself as a child discovering a fuzzy caterpillar. Excitedly you pick it up and put it in a vented jar that is filled with sticks and leaves. You are fascinated as you watch its body inch along investigating the new habitat. One morning you notice the caterpillar motionless on a stick. Pausing, you see thin cream-colored threads crisscrossing and surrounding its body. You wonder what’s happening? After several days your curiosity turns into despair as you fear the caterpillar is dead. Then a small hole on the surface of its silk-like cocoon catches your eye. As you watch closely, you see something unlike the caterpillar is struggling to break free. After what seems like forever, the unexpected happens—out emerges a beautiful and colorful butterfly! Carefully you unscrew the lid and watch it take flight. You are stunned and wonder, how did that happen? Sitting in Biology class years later you understand—that magical transfiguration was a metamorphosis. This process is the inspiration for the HEART theme—“God’s Word Transforms Hearts.” The word *transform* means to change in form, appearance, or structure—metamorphose. “Whoever is a believer in Christ is a new creation. The old way of living has passed away. A new way of living has come into existence” (II Corinthians 5:17).

As you read, ponder, and follow God’s Word, amazing changes will begin to transpire deep within your heart paralleling the mysterious reconstruction that takes place inside a cocoon. These changes from within will be manifested in your daily living, creating a newness you never dreamed possible. You are a new creation!

The first two HEART studies center on God’s heart for you and how your heart can become Christ’s home. The last two studies guide you to dig into passages that will encourage and strengthen your heart. This Bible Study draws from a variety of Old and New Testament passages.