

Please take the time to look over the notes and passages before coming to your LIFE group this week. There are some tools online: www.nbchurchcf.org (under "Resources). Also, use your "Finding Your Fit" workbook to help you discover and track your S.H.A.P.E.

- 1. Take time to prayerfully complete **pages 15-17** in your "Finding Your Fit" workbook. Once completed, record your findings on page 6 of your S.H.A.P.E. Ministry Profile. What have you learned about Heart in this SHAPE series?
- 2. Take time to go back through the "Understanding My Heart" section of your notes from Sunday (look up the verses and work through why each area is important). In light of what you've learned, how important is it to care about what you allow into your mind / life through social media, friends, entertainment, etc.? What commitments or decisions do you need to make to clean up your heart?

3. Read Philippians 3

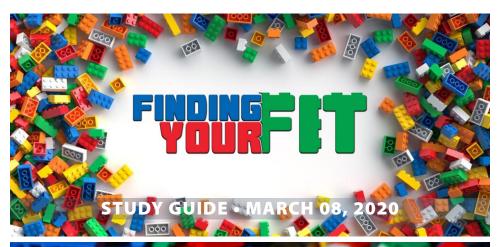
Take time to really read and understand Paul's heart in **Philippians 3**. What do you see about his passion for the Lord? What things does he say that really reveal his heart/passion?

What does he say about his passion for people who are following Christ?

What about those who are not following Christ, what's his heart for them?

4. What about you? What's your passion, your heart? How will knowing your "H" help us be better followers of Christ? In what practical areas can your heart help you to serve most effectively? It's important to remember that you were not created to do EVERYTHING, but you were created to do SOMETHING - what is that something? If you're unsure, ask someone, pray about it, examine your life and see what you discover!

If you're not currently in a LIFE group, use the "Church Center" app to get more information and sign-up to join one today!



ACCESS TODAY'S MESSAGE

Our website is designed to be a helpful tool for all things Northampton. At **NBchurchCF.org** you'll find: our church calendar, key events, email and text alert sign-ups as well as access to this week's message and past messages - all from your computer, tablet or smartphone!

INFORMATION FOR OUR GUESTS

Next Step Spiritual Growth Opportunities

A great next step from the Worship Service on Sunday mornings is to connect with Spiritual Growth Opportunities: **Bible Classes at 9:30am** on Sundays as well as **LIFE groups** and other Bible Studies at various times during the week.

Children's & Student Ministry

We have a safe place for your children and teens! There are several environments throughout the week for preschoolers, children, middle & high school students to take part in, connect with friends and grow in their relationship with Jesus.

Complete info can be found at: NBChurchCF.org

FOR FURTHER STUDY

Whether you're in a LIFE group now or not, use this study guide to help you as you listen to the message and during the week as you dig deeper into God's Word through the "LIFE Group Study" section. All of this is designed to help you along the path of discipleship to *Believe* > *Belong* > *Become* like Jesus!





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"Whatever you do, work heartily, as for the Lord and not for men, knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ." Colossians 3:23-24	
UNDERSTANDING MY HEART:	
1. My heart determines why I the things I do. Matthew 12:34	
2. My heart determines why I the way I do. Hebrews 4:12	
3. My heart determines why I the way I do. Proverbs 4:23	
PAUL'S HEART (Philippians 3)	
Paul's passion was his	
Paul's passion was	
need to remember: I was not created to do,	
but I was created to do	

Additional Notes: