

# CHOSEN

## ATTRACTING GOD'S ATTENTION

### LESSON 1 // IT STARTS WITH THE HEART

**Big Idea:** Building a life that matters and attracts God's attention starts with your heart. That's because your heart is the "real you," your heart directs your life and God pays special attention to your heart.

Your heart has a current condition that might have you in a place where you don't want to be. But the good news is the Lord can re-condition your heart to cleanse and make it new, to revitalize and heal you and to wake you up to more of His grace and truth.

**1 Samuel 16:7 (NIV)** *But the Lord said to Samuel, "Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart."*

#### Start Talking:

What are some things you try to do to keep your physical heart healthy? What helps motivate you and keep you on track with these when you might not want to do them?

#### Start Thinking:

**Read 1 Samuel 16:7.** Why is it important to understand that God looks at and cares most about your heart rather than the outward appearance of your life?

**Read Proverbs 4:23 and Luke 6:45.** What do you learn from these verses about the impact of the condition of your heart on your life?

**Read Ephesians 4:31 and Hebrews 3:7-8.** What are some of the ways your heart can be hardened? How can this affect your relationship with God and your relationships with others?

**Read Psalm 34:18, Ezekiel 36:25-26 and John 14:27.** How do these verses encourage you about God's ability to work miraculously in your heart and life? In what ways should this make a difference in your daily walk with Him?

#### Start Praying and Doing:

Pray for the Holy Spirit to give you insight about the current condition of your heart. Allow time for Him to show you who you really are on the inside and what issues of your heart might need to be addressed. Repent of any sins He reveals to pave the way for His forgiveness, restoration and healing.

Go back over the promises from God's Word in this lesson that speak about His ability and desire to change your heart. Declare these as promises to you that will change your heart as you believe and trust your heavenly Father to work them into your life.