

Weekly H.E.A.R.

H - Highlight

Highlight and reflect on the words Jesus prayed to the Father.

E- Explain

Explain the phrase 'the spirit is willing but the flesh is weak'.

A - Apply

Jesus spent time with His Father in both his best and most desperate moments. One of our measures is "Looks up to God daily by practicing the spiritual disciplines". What is one way that you can spend time with the Father this week?

R - Respond

At Grace, another one of our measures is "Looks across at others weekly in fellowship and accountability". What is one way you can let your Life Group/accountability partner in this week?

Notes

I) Let others in.

II) Let God in.