

**S.H.A.P.E.**

**for**

**MINISTRY**

# LISTENING TO YOUR HEART

# WHY DISCOVER MY S.H.A.P.E.?

- It glorifies God.
- It builds the body.
- It helps the body function as it should.
- It leads to effective service.
- It is enjoyable and fulfilling for you.
- It is good stewardship.

# HOW TO DISCOVER YOUR GIFTS

1. Explore the possibilities
2. Experiment
3. Examine your feelings
4. Evaluate your effectiveness
5. Expect confirmation

*“Every person has a dream of what they can be. But too many Christians are going to the grave with their dreams locked up inside and unexpressed. Many are releasing some of their dreams in the marketplace because that’s the only place they can dance or play guitar or use computers. As leaders of the church, we have to change that and say. “Wait a minute, that dream needs to be expended for the advancement of the kingdom of God. That’s how it’s meant to be.”*

Wayne Cordeiro

# WHAT IS YOUR HEART/PASSION?

The Bible uses the term “heart” to represent the center of your motivations, desires and inclinations. *“As a face is reflected in water, so the heart reflects the person.” (Prov. 27:19 NLT)*

# WHAT IS YOUR HEART/PASSION?

*“Passion is the fuel of life. It is the great source of energy and drive. It’s what makes us explore new vistas, develop new relationships, and seek solutions to perplexing problems.”*

(Bob Buford Halftime)

# WHY LISTEN TO YOUR HEART?

It determines:

1. Why I say the things I do. *“The mouth speaks out of that which fills the heart.” (Matt. 12:34)*
2. Why I feel the way I do. *“The Word of god...examines the thoughts and motives of the heart.” (Heb 4:12)*

# WHY LISTEN TO YOUR HEART? continued...

3. Why I act the way I do. *“Guard your heart for it is the wellspring of life.” (Prov 4:23)*

# WHERE DOES PASSION COME FROM?

- Nature and Nurture
- The Lord

*“Delight yourself in the Lord and he will give you the desires of your heart.” (Ps. 37:4)*

# HOW CAN YOU LISTEN TO YOUR HEART?

- Know what drives you
- Know who/what you care about
- Know the need you will meet
- Know your ultimate dream for God's Kingdom

*“Heart is where you are centered, where you desire to serve,  
the alter upon which you wish to place your talents.  
Giftedness is who you are. Heart is where you will most  
likely apply who you are.”*

# GROUP TIME

1. What insights did you gain from the passion questions/ heartbeat exercise?
2. How/ where could you see God using your passion to build his kingdom (get feedback from others in the group)?
3. Do you see any overlap between your spiritual gifts and your passion?

# TAKE AWAY

1. Record your Heartbeat on your summary profile.
2. What is one step you can take this week to “listen to your heart”?