

Courageous Heart's Study Guide

This study guide and the online videos are designed to accompany the book, "With All My Heart, I Will Love You," by Sherilyn Cook.

First: During this study you will not be asked to share any personal information. We also will not allow personal information to be discussed during class as we try to learn what to do with personal and/or difficult issues. While we deeply care about your particular issues, we don't want to create any strife between friends or couples or embarrass anyone in class.

Each chapter of the book is represented by a video with the corresponding session number. The class is designed for each participant to first watch the video, then read the corresponding chapter in the book and finally do the related assignment in the "Courageous Hearts" section of each chapter. Assignments are also sometimes given in the Small Group study guide. Each assignment is designed for your benefit and, while not mandatory, you are encouraged to work through them.

Second: The videos and book are meant to guide you on your journey like a roadmap. You can actually take this journey with Christ, not just read about it. The Courageous Hearts assignments in each chapter help you to begin and to continue a journey together with Jesus. All of these assignments are for your personal use. No one will ever ask you for any feedback or ask you to share.

Third: Each video session builds on the previous session. If you miss one video session, you can make arrangements to watch it before the next study night. And if you can't catch up, come anyway as each new session begins with a quick review of previous material.

The book, as well as the videos, are about loving God with all our heart and being courageous enough to seek and discover the parts of our heart that we have not given to him. Those "undiscovered" areas affect all of our relationships because we are trying to love others with and through a damaged heart instead of with a healed and victorious heart – a heart through which we can live an abundant life in Christ.

Courageous Hearts
“With All My Heart, I Will Love you”
Session One
“Family Secrets”

Matthew 22: 37-40: “And He (Jesus) said to him, ‘You shall love the Lord your God with all your Heart, and with all your soul, and with all your mind. This is the great and foremost commandment. And the second is like it, You shall love you neighbor as yourself. On these two commandments depend the whole Law and the Prophets.’”

Session one introduces us to a timeless war between God and Satan for the possession of our heart. The purpose of session one is to encourage us to want more than eternal life in Christ as we struggle in our earthly relationships. How can we be an effective witness and ambassador for Christ as we struggle with the same things nonbelievers do? Session one emphasizes the goal of this study – to become all God created us to be and enjoy the rich, loving, abundant life in Christ that he designed for us to live.

John 10:10: “The thief comes only to steal, and kill, and destroy; I came that they might have life, and might have it abundantly.”

Satan wants to destroy all our relationships – especially our relationship with God. The enemy lies to us and tries to steal and destroy our relationships with those people who are most important to us. Jesus, on the other hand, purchased our salvation and paid the ultimate price for our sins on Calvary. He invites us into a personal relationship with Him to receive eternal salvation as a gift from God. He lets us make all the decisions concerning our life and our heart-relationship with Him.

Romans 6:23: “For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.”

Our Story:

We each have our own story. Satan’s goal is to take advantage of our vulnerable moments in life. Satan takes our hidden hurts, our weaknesses and life’s cruelties, and then twists and tweaks them just a bit, and then feeds us with lies about ourselves. He distorts the truth and wraps it up in our pain and pride. A lethal combination.

1 Peter 5:8: “Be of sober spirit, be on the alert. Your adversary, the devil, prowls about like a roaring lion, seeking someone to devour.”

John 8:44: (speaking about Satan) “He was a murderer from the beginning and does not stand in the truth, because there is no truth in him. Whenever he speaks a lie, he speaks from his own nature; for he is a liar, and the father of lies.”

Satan wants us to experience isolation and a defeated life in Christ. Jesus wants to transform our hearts and our lives so we can experience an intimate relationship with Him and others.

We each have a box that represents our life and our own story like the box described in the video. The words in your box may be different than my words, but the enemy uses those very words that represent what is in your heart and life to defeat you and your witness for Christ.

The first step of your journey is to admit that you have a story and there are words in your box – to admit to yourself that you are not perfect and that you have your own set of struggles in life. Again, in our class you will not have to share anything personal with anyone. This is a journey that you and God take together.

Isaiah 55:8-9: "For my thoughts are not your thoughts, Neither are your ways My ways," declares the Lord. "For as the heavens are higher than the earth, So are My ways higher than your ways, and My thoughts than your thoughts."

Even though everyone has problems, be encouraged. Jesus has power over the enemy! Satan wants to use the words in your box and the experiences in your life to destroy you. Jesus wants to use those same words and same difficult experiences to lead you into an amazing journey with Him that will change your life and relationships forever. In the next nine lessons in this series, we will explore how.

Courageous Hearts Assignment

Time to take your first step. Find a place to relax free from interruptions. In a separate notebook for your eyes only, write the names of grandparents, parents, siblings and other close friends and relatives. One name per page seems to work quite well.

1. What are some of the words you would use to describe each person? What were they like?
2. What was your relationship like with that person as you grew up?
3. Put your name on a page and write about your childhood. What was it like? What did you enjoy? What was difficult? Write as little or as much as you would like to write. There are no wrong answers and no required length. Just relax and give it a try.

Isaiah 41:10 "Do not fear, for I am with you; Do not anxiously look about you, for I am your God. I will strengthen you, surely I will help you, Surely I will uphold you with My righteous right hand."