



Knowing
LOVE

Seeking and finding your God-given identity
Specially made for YOU

Ladies' Edition



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God Hearted Girls

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Identity

We are living in a generation when things that are bad might seem good, and things that are good seem bad (Isaiah 5:20). To add to the chaos, social media is bombarding you with ideas about how you should act, what you should look like, and who you should be. But what if I told you that God has some thoughts about you too? What if I told you the Bible was jam-packed with the truth about who you really are?

In this workbook, you will take a closer look at the complete message of the cross, renewing the mind, abiding, and the Holy Spirit to better grasp how all of these components will help shape your TRUE IDENTITY IN CHRIST. It might be fun, but it will not be easy, and it's going to take you giving it your all. I can promise you that Jesus is worth everything you have.

I encourage you to not rush through the activities. If a question challenges you, it is okay to take some time to think it through. Jesus is looking for God Hearted Ladies who will run after Him with their whole hearts. He desires to impact your life in the BEST way. Picture the type of woman you want to be: a woman, with a whole heart, who is able to weather the storms of life with ease because she lives from a high place with God. A woman who is wise and successful. A woman who lives with real peace and joy in her heart and has a positive impact on those around her. A woman who knows her identity in Christ and lives from that place. Can you picture it? With help from Jesus, YOU can be that woman.

Introduction: God Hearted Girls



Think about Identity

Without looking at the next section, in your own words, how would you describe identity?

How is our identity formed?

It is natural to want to base our identity on who our family is, what experiences we have had, the things that we are good at, or even the friends that we hang around with. But our true identity- who we REALLY are- is found in Jesus Christ alone.

The Bible Says In Christ You Are:

*"Be who God meant you to be, and you will set this world on fire."
~ Catherine of Siena*

01

Loved

I have loved you with an everlasting love. – Jeremiah 31:3

02

Unique

You formed my inward parts and knitted me together in my mother's womb. – Psalm 139:13

03

Redeemed

Christ has redeemed us from the curse. – Galatians 3:13

04

Important

But you are a chosen race, a royal priesthood, a holy nation, a people for His own possession, that you may proclaim the excellences of Him who called you out of darkness into His marvelous light. – 1 Peter 2:9

05

A New Creation

Therefore, if anyone is in Christ, he is a new creation. – 2 Corinthians 5:17

06

Forgiven

If we confess our sins, he is faithful and just to forgive us. – 1 John 1:9

07

Holy

You shall be Holy for I am Holy. – 1 Peter 1:16

The Bible Says In Christ You Are:

" Our true identity is found when we stop being 'who we are' and start becoming who we were created to be."

08

Precious

You are precious in my eyes. – Isaiah 43:4

09

Strong

They who wait for the Lord will renew their strength...shall mount up with wings like eagles...run and not be weary...shall not be faint. – Isaiah 40:31

10

Chosen

I [Jesus] chose you. – John 15:16

11

Good

For we are His workmanship, created in Christ Jesus for good works which God prepared beforehand. – Ephesians 2:10

12

Accepted

Christ has welcomed you. – Romans 15:7

13

Created for a purpose

I know the plans I have for you are good, plans for welfare and not evil, to give you a future and hope. – Jeremiah 29:11

14

Not alone

I am with you always. – Matthew 28:20

Identity



From the list on the previous pages, circle the ones that stand out to you most. **Why did you choose those?**

It's great to have a list of things that the Bible says about us; qualities we can refer back to when we are feeling insecure or unsure about who we are. Although every one of the above statements is true, we may not see the reality of those truths expressed in our lives. However, by the end of this book and with your faithfulness to give it your all, they will be.



When you look in the mirror what do you see?

Mirror Activity



What are 3 things you *do not* like about yourself?

What are 3 things that you *do* like about yourself?

Which list was easier to write?

Do any of the things that you did *not* like about yourself line up with the word of God?

What does the Bible say about you?



MY GOALS

**WHAT ARE SOME GOALS THAT YOU HOPE TO ACCOMPLISH
BY COMPLETING THIS WORKBOOK?**

USE THE CHART BELOW TO WRITE THEM DOWN.

The chart consists of five horizontal bars, each with a rounded end and a light pink border. The bars are arranged vertically and numbered 1 through 5. The numbers are written in a purple, cursive font. The bars are currently empty, intended for the user to write their goals.

- 1
- 2
- 3
- 4
- 5

Lesson One

The Complete Message of the Cross

Who is the most important person in your life right now?

Maybe there isn't an important person in your life right now. If there isn't, what is the most important thing?

What would it take for you to give that person or that thing up?

Jesus died for us. Maybe you're a part of a family that attends church weekly, and you've heard this message 100x before. If asked what it means to you, you might respond with something like "Jesus died on the cross for our sins", or "Jesus died and rose for our sins". But have you ever actually considered what happened at the cross? Have you really thought about everything that was accomplished at that time and what it means for you and me? In order to understand who, we really are, we have to understand what happened at the cross.

Read Matthew 27:32-54

As they went out, they found a man of Cyrene, Simon by name. They compelled this man to carry his cross. And when they came to a place called Golgotha, they offered him wine to drink, mixed with gall, but when He tasted it, He would not drink it. And when they had crucified Him, they divided His garments among them by casting lots. Then they sat down and kept watch over Him there. And over His head they put the charge against Him, which read, "This is Jesus, the King of the Jews" Then two robbers were crucified with Him, one on the right and one on the left. And those who passed by derided Him wagging their heads and saying, "you would destroy the temple and rebuild in three days, save yourself! If you are the Son of God, come down from the cross," So also the chief priests, with the scribes and the elders, mocked Him, saying "He saved others; He cannot save himself. He is the king of Israel, let Him come down from the cross, and we will believe Him. He trusts in God; let God deliver Him now if He desires Him. For He said, 'I am the Son of God'" And the robbers who were crucified with Him also reviled Him in the same way. Now from the sixth hour there was darkness over all the land until the ninth hour. And about the ninth hour Jesus cried out with a loud voice saying, My God my God why have you forsaken me? And some of the bystanders hearing it said, "This man is calling Elijah." And one of them at once ran and took a sponge, filled it with sour wine and put it to Him to drink. But the others said, "wait let us see whether Elijah will come and save Him." And Jesus cried out with a loud voice and yielded up his spirit. And behold, the curtain of the temple was torn in two, from top to bottom. And the earth shook, and the rocks were split. The tombs were opened. And many of the saints who had fallen asleep were raised and coming out of the tombs after his resurrection they went unto the holy city and appeared to many.

Lesson One: Message of the CROSS



When we read this passage of the Bible, we get a deeper look at the crucifixion and what happened physically as Jesus took his last breath and surrendered His spirit.

Jesus was:



Taunted

"You would destroy the temple in three days – save yourself!"

Mocked

"He says he is the 'Son of God', let God deliver Him!"



Humiliated

He hung naked for all to see, while people fought over his clothing.

He should not have been on that cross. He did not deserve to die. He was sinless, guilty of nothing. Yet for our sakes, he took on our shame, our sin, and our guilt.



When Jesus takes his last breath, we see that:



The curtain of the temple tore from top to bottom

The curtain is what separated people from having direct access to God.

FUN FACT: *The curtain was roughly 30 feet tall and 30 feet wide AND 4 inches thick.*

The earth began to shake



Rocks split

People rose and walked out of their graves



Reflect

So what does this mean for us spiritually?

Everything!

When we decide that we want to invite Jesus to live in our hearts and that we want to follow Him, we get every good thing that was finished at the cross:

01

Forgiveness

02

Salvation

03

A direct connection to God

04

Access to heaven

05

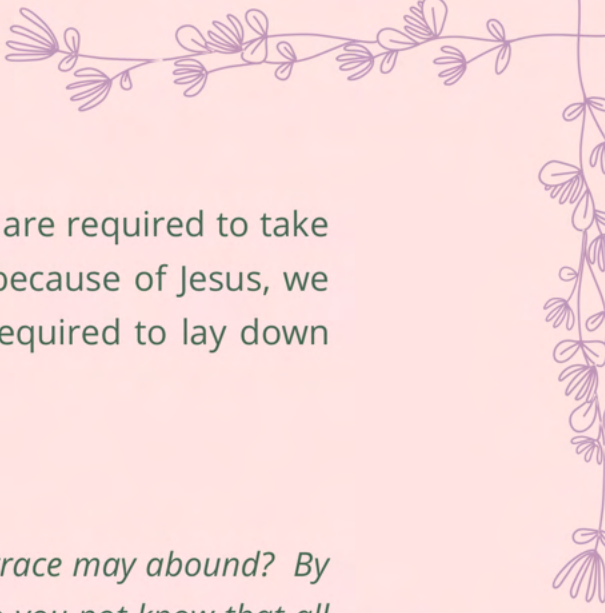
A new nature – No longer slaves to sin

06

Walk in divine healing

07

Access to every promise in the Bible

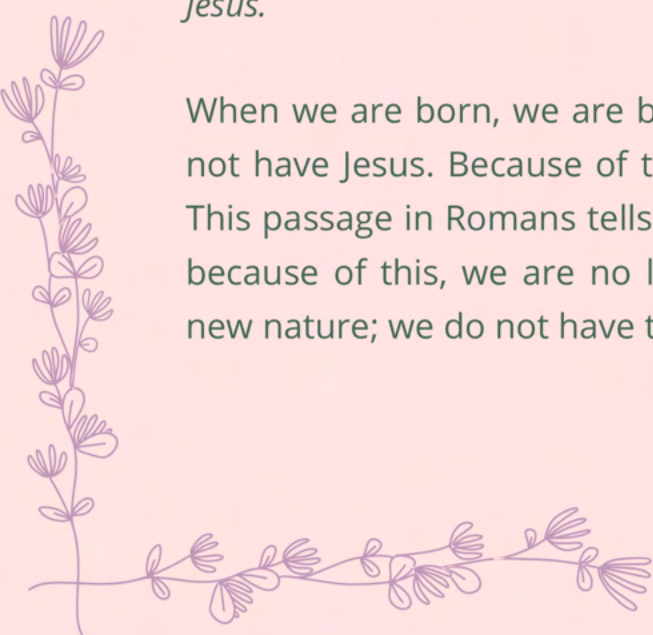


The message of the cross does not stop there. We are required to take action! We too must die at the cross. Thankfully, because of Jesus, we do not have to die a physical death, but we are required to lay down our own old ways.

Read Romans 6:1-11

What shall we say then? Are we to continue in sin that grace may abound? By no means! How can we who died to sin still live in it? Do you not know that all of us who have been baptized into Christ Jesus were baptized into His death? We were buried therefore with Him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life. For if we have been united with Him in a death like His, we shall certainly be united with Him in a resurrection like his. We know that our old self was crucified with Him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. For one who has died has been set free from sin. Now if we have died with Christ, we believe that we will also live with Him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over Him. For the death He died he died to sin, once for all, but the life He lives he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

When we are born, we are born into a fallen world. A world that does not have Jesus. Because of this we automatically have a sinful nature. This passage in Romans tells us that we were crucified with Christ, and because of this, we are no longer alive to sin. We have been given a new nature; we do not have to sin anymore...we get to be free!



Lesson One: Message of the CROSS

Activity

The Veil and the Cross

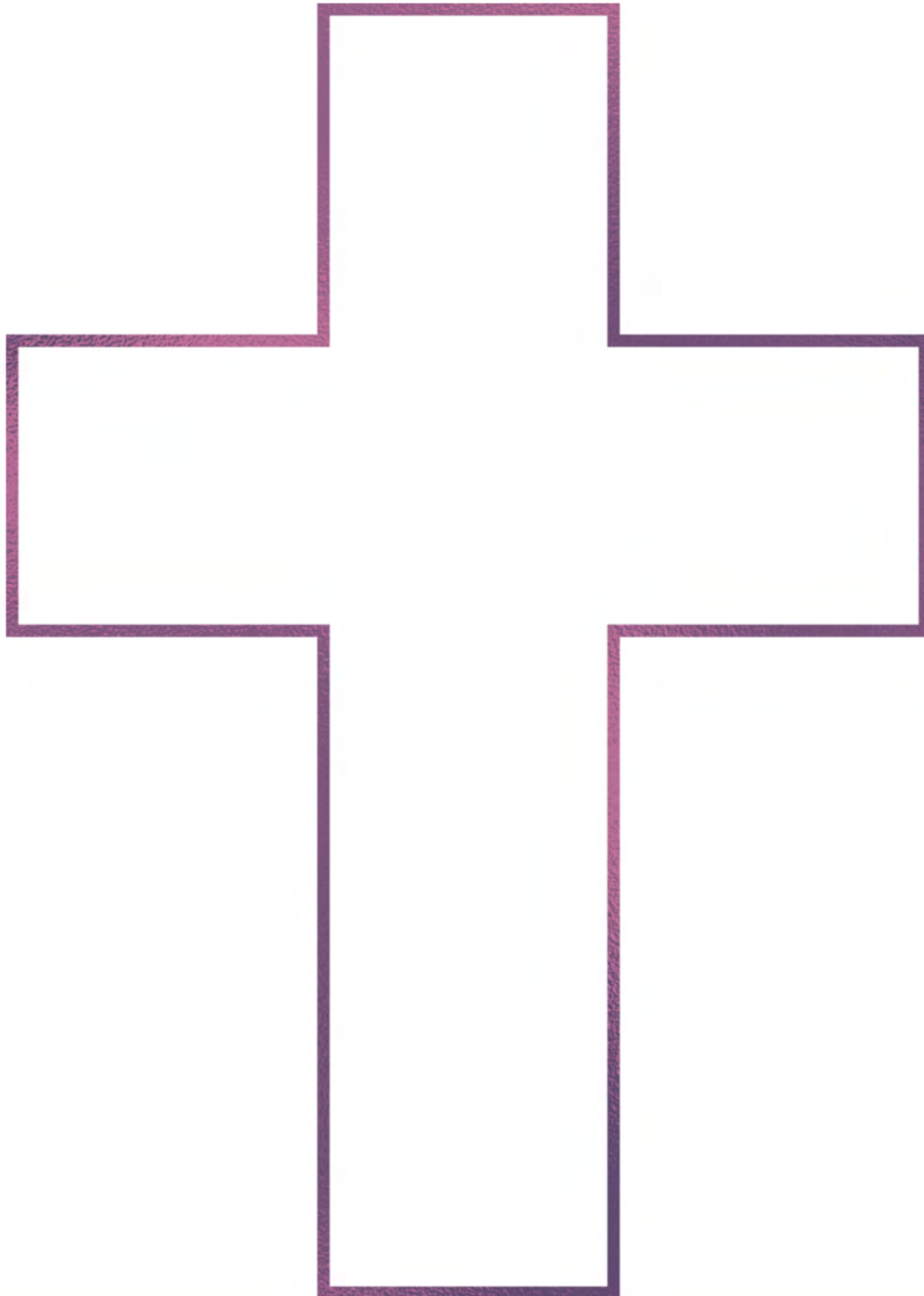
Try and tear the piece of attached fabric.

What are some things that are keeping you from connecting with God?

Activity

The Veil and the Cross

What needs to die at the cross in your life?
Use the space inside the cross to write it down.



Moment of

TRUTH



Take a moment to reflect.

Have you invited Jesus into your life? If you have, have you fully surrendered, have you allowed yourself to be crucified with Christ? If not, are you ready?

You can do it now.

It doesn't have to be some elaborate prayer. Just invite Him in. Thank Him for the finished work at the cross, and apologize for the things in your past that haven't been right.

The power of God is available to meet you where you are right now and set you free. He isn't something that you just think about in your head. His presence is near, and His power is real. Before you move on to the next page, take a few moments to close your eyes, and let the power and anointing of God wash over you right where you're at. Don't rush past this part. This is where real change takes place, when we enter into and surrender to His very presence.

Take a deep breath, pick up your cross, and carry on.



Character Spotlight



Barabbas, a notorious prisoner, was set to be crucified on the same day as Jesus. He was guilty of his crime and should have been punished. Instead of being punished, he was released, forgiven for his trespasses and set free to continue his life.

Why do you think the Bible mentions Barabbas's life? What do you think it represents that he was guilty of all charges, yet he was given the chance to be free?





When we accept Christ and surrender to Him, we become a brand-new creation (2 Corinthians 5:17). This means that who we were before Christ, or our old selves, no longer exists. However, that does not mean that our old self does not try to make its way back into our lives.

Part One

Read Mark 4:3-8

Listen and behold, a Sower went out to sow. And as he sowed, some seed fell along the path, and the birds came and devoured it. Other seed fell on rocky ground, where it did not have much soil, and immediately it sprang up, since it had no depth of soil. And when the sun rose, it was scorched, and since it had no root, it withered away. Other seed fell among thorns, and the thorns grew up and choked it, and it yielded no grain. And other seeds fell into good soil and produced grain, growing up and increasing and yielding thirty-fold and sixtyfold and a hundred-fold.

Reflect:

What do you think the seed represents in this parable?

What are the different types of ground mentioned? What do you think they mean?

Lesson Two: Renewing the Mind

Parables are stories. Jesus used parables, or told stories, in order to use everyday things to illustrate how things operate in the Kingdom of Heaven. For instance, the parable of the Sower and the Seed taught that the seed represents the word (or Truth) of God, and the ground represents the condition of our hearts.

Types of ground:



Path

In this scripture, the path was unprepared to receive seed. Maybe it was not plowed, or maybe there was no soil. Either way, the seed was unable to be planted and therefore, it could not take root and grow. The seed was actually able to be stolen. *We hear the word, but we do not understand it, its easy for it to be snatched away.

Stony

This is ground that had more stones than soil because there was not enough soil the seed immediately came back up. The sun was too hot and was able to scorch the seed, leaving it to die. *We hear the word, it makes us happy, but it doesn't root properly and therefore is easy to steal.



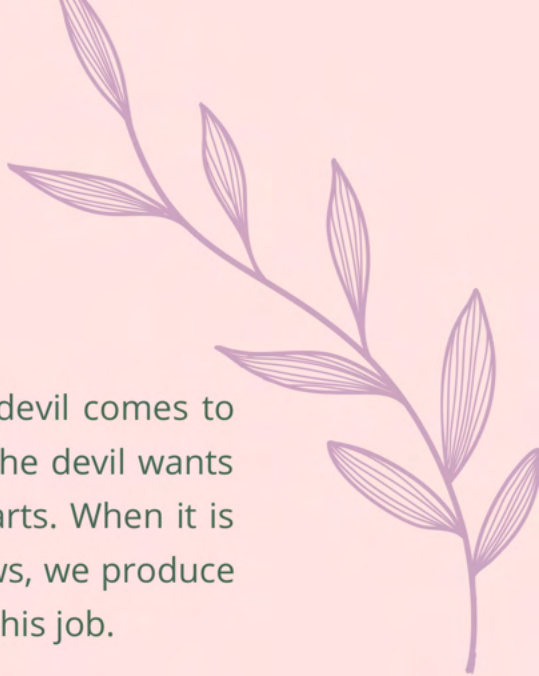
Thorny

This ground was filled with thorns. Here the seed was able to be planted but the thorns grew around the seed and choked it, stopping it from growing into anything more. *We hear the word, but the world distracts us from it, and it never grows.

Good

This is the right type of soil for planting. In this environment the seed was able to be planted and grow to produce crops! *We hear the word; we understand it, it gets rooted, and it grows





You might ask, why is this important?

Ladies, we have an enemy. The Bible tells us that the devil comes to steal, kill, and destroy (John 10:10). The last thing that the devil wants us to do is to let the word of God be rooted in our hearts. When it is rooted in our hearts, it is allowed to grow. When it grows, we produce heavenly fruit that stops the devil from being able to do his job.

Reflect:

Think back to a time when you knew that something was true, but something came along and tried to convince you that it was not true. Maybe it was a friend, a family member or something you saw on television. **Did you allow that truth to be stolen? If so, how did it feel? If not, how did you stop it?**

**Lesson Two:
Renewing the Mind**





Lesson Two: Renewing the Mind

Part Two

It has been said that our minds are a battlefield. One of the most common ways that the enemy will try to stop us from producing heavenly fruit is by attacking our thoughts. Remember, it is his job to kill, steal, and destroy. If we allow him, he will continuously bombard our thoughts with things that are the opposite of the word of God.

Good News

The condition of our hearts (ground) is completely up to us! We are responsible for nurturing our soil, and it does not have to be a complicated process. The state of our mind is also entirely up to us. We can choose what we allow into our hearts and minds.

Read Romans 12:2-3

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable.

You live in this world, you go to work in this world, you have access to even more of this world through your smartphones or laptops, but the Bible tells us that as Christians we are not of this world; and Romans 12: 2-3 reminds us that we should not change ourselves to fit into the world. We are to be set apart.



Moment of

TRUTH



Are you worried about fitting in at work or with your friends? When you're alone, do you find yourself feeling anxious about what others are thinking about you? Does standing out from a crowd completely freak you out?

If you answered yes to any of these questions, ***it is okay!***

This next part of this section will help you gain clarity and understand the things that are necessary to overcome these thoughts and step into all that God made you to be.



Activity

Take Your Thoughts Captive

Remember in lesson one, we learned that this Christian walk requires **action**. One key factor in renewing your mind is the ability to take your thoughts captive (2 Cor 10:5). That means having the ability to identify the thoughts that are contrary to God and quickly replace them with something that is in line with the word of God.

Use the table below to practice taking your thoughts captive.

My Thoughts	God Says	Bible Reference

****Don't be afraid to speak the truth out loud,
when you hear yourself say it, it's easier for you to believe it****

Reflect:

Was it difficult to think of what God says? Why?



Ladies, reading the Bible every day is key to renewing our minds. It helps the seed get rooted in good ground and produce heavenly fruit. When the word of God is rooted in you, you are able to know when things that do not come from God are trying to bombard you.



At this point, you might find yourself asking, "So all I have to do is read the Bible?" and the answer to that is no. Reading the Bible is essential. It cannot be stressed enough how important it is to read it every day, even if it's just a couple of scriptures a day. However, it is just a starting point. We need to pray and protect.

*"THE PURPOSE OF READING THE BIBLE IS NOT TO
KNOW THE BIBLE BUT TO KNOW GOD."*

~James Merritt~



Prayer:

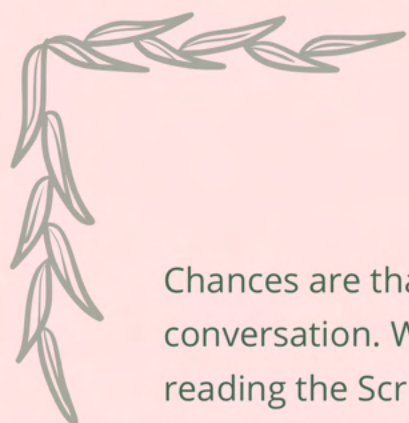
Prayer is found all throughout the Bible, in the Old Testament and in the New. Remember how at the cross, the veil was torn? This means that through Jesus, we now have direct access to God. We can talk to Him, and He hears us. Not only does He hear us, but He talks back. We can hear Him, too.

Prayer with God is just a conversation. It does not have to be complicated and filled with fancy words.

Reflect:

Think about someone you are close to. It could be a best friend, maybe a sibling or cousin, or maybe a mentor. **How did you become close?**





Chances are that you become close with this person through hanging out and conversation. When we converse with God, we get to know Him better. Through reading the Scripture and prayer, we get to know the character of God, the word is rooted in us, and we are able to recognize the voice of God. We learn what is from Him and what is not.

Protect:

Think back to the first part of this lesson. The enemy is looking to steal the seeds planted from the word, which means we are responsible to protect it.

Read Proverbs 4:23

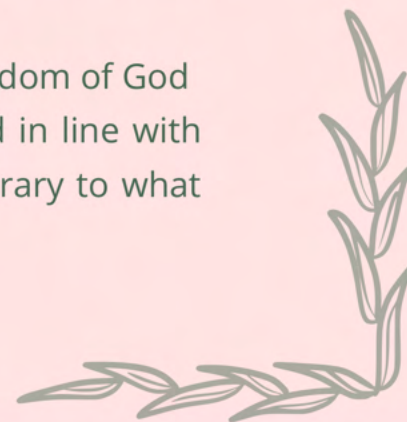
Guard your heart above all else, for it determines the course of your life.

This could be looked at in more than one way. First, whatever is planted in our hearts that is from God, needs to be protected. The world will try and take it away from you. Second, what goes into the heart is what comes out of the heart. This means we need to guard what is being put in.

We need to be mindful of:

- *What we see:* watching on TV, looking at on the computer, or what we are reading
- *What we listen to:* music or people that are outside the kingdom of God
- *What we speak:* are we speaking things that are good and in line with the word of God, or are we speaking things that are contrary to what the word of God says?

**Lesson Two:
Renewing the Mind**



Moment of



TRUTH



There was a lot of information given in this lesson. It may seem overwhelming. If it feels that way to you, Stop.

Take a breath.

Start small.

Practice these things a little bit each day. And ask God for help.

Remember, prayer does not have to be complicated and full of fancy words; it can be simple.

Close your eyes and with a sincere heart say,

"God help me keep my mind focused on You. Help me read Your word, and help me pray and protect my heart. In Jesus name, Amen."

Tips for renewing your mind:

- Stay focused on Jesus
- Read the Bible every day
- Take your thoughts captive
- Speak the Truth out loud
- Pray
- Guard your heart against things that are trying to steal the word from you
- Be mindful of what you allow to enter your heart

Character Spotlight



Esther was a Jewish woman who became Queen of Persia. She overcame fear, doubt, and insecurity; and through prayer, fasting, and obedience, she was able to stop a whole generation of Jewish people from being put to death.

How do you think renewing the mind played a role in Esther stepping into what God had called her to do?



Bonus

Ladies, it cannot be stressed enough that the world will try to do everything it can to stop us from growing in God and stepping into what He is calling us to do. Aside from renewing our mind and staying focused on Jesus, we can make sure that we are fully dressed in the full armor of God.

Read Ephesians 6:12-17

For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. Therefore, take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm. Stand therefore, having fastened on the belt of truth, and having put on the breastplate of righteousness, and, as shoes for your feet, having put on the readiness given by the gospel of peace. In all circumstances, take up the shield of Faith, which you can extinguish all the flaming darts of the evil one; and take the helmet of Salvation, and the sword of the Spirit, which is the word of God



Activity
Match your Armor

Match the pictures on the left to the words/scriptures on the right.



EPHESIANS 6:14

EPHESIANS 6:14

FAITH

PEACE

EPHESIANS 6:15

EPHESIANS 6:17

SALVATION

TRUTH

RIGHTEOUSNESS

SPIRIT

EPHESIANS 6:16

EPHESIANS 6:17

RENEW YOUR MIND

PROTECTS FROM LIES

PROTECTS YOUR HEART

GOD'S TRUTH

SPREAD THE GOOD NEWS

Moment of

TRUTH



Congratulations!!!

If you made it this far, you've made it to the halfway point!

Take a moment to reflect.

Have you applied anything you've learned in this book to your real life? Has there been any changes in your life?

Whether they are big or small, take a moment to thank God and celebrate!

Gift Activity



Think about the best gift you have ever received.

What was it? What made it special?

What about the best gift you have ever given? What made it special?



Lesson Three
Holy Spirit: Part One

Read John 16:7

Nevertheless, I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Helper will not come to you. But if I go, I will send Him to you.

Read: John 16:12

I still have many things to say to you, but you cannot bear them now. When the Spirit of Truth comes, He will guide you into all the Truth, for He will not speak on His own authority, but whatever He hears He will speak, and He will declare to you the things that are to come. He will glorify Me, for He will take what is Mine and declare it to you. All that the Father has is Mine; therefore, I said that He will take what is Mine and declare it to you.

From the above passages, what stands out to you the most?





Maybe you've heard about the Holy Spirit, or maybe this is a foreign subject to you. Ladies, the Holy Spirit is a gift. He is a person, and He wants to be our friend! In this next section, you will be introduced to 1/3 of the Godhead, the Holy Spirit. You will understand how He works in unity with the Father (God) and the Son (Jesus), and the different roles that He can play in our lives if we allow Him.

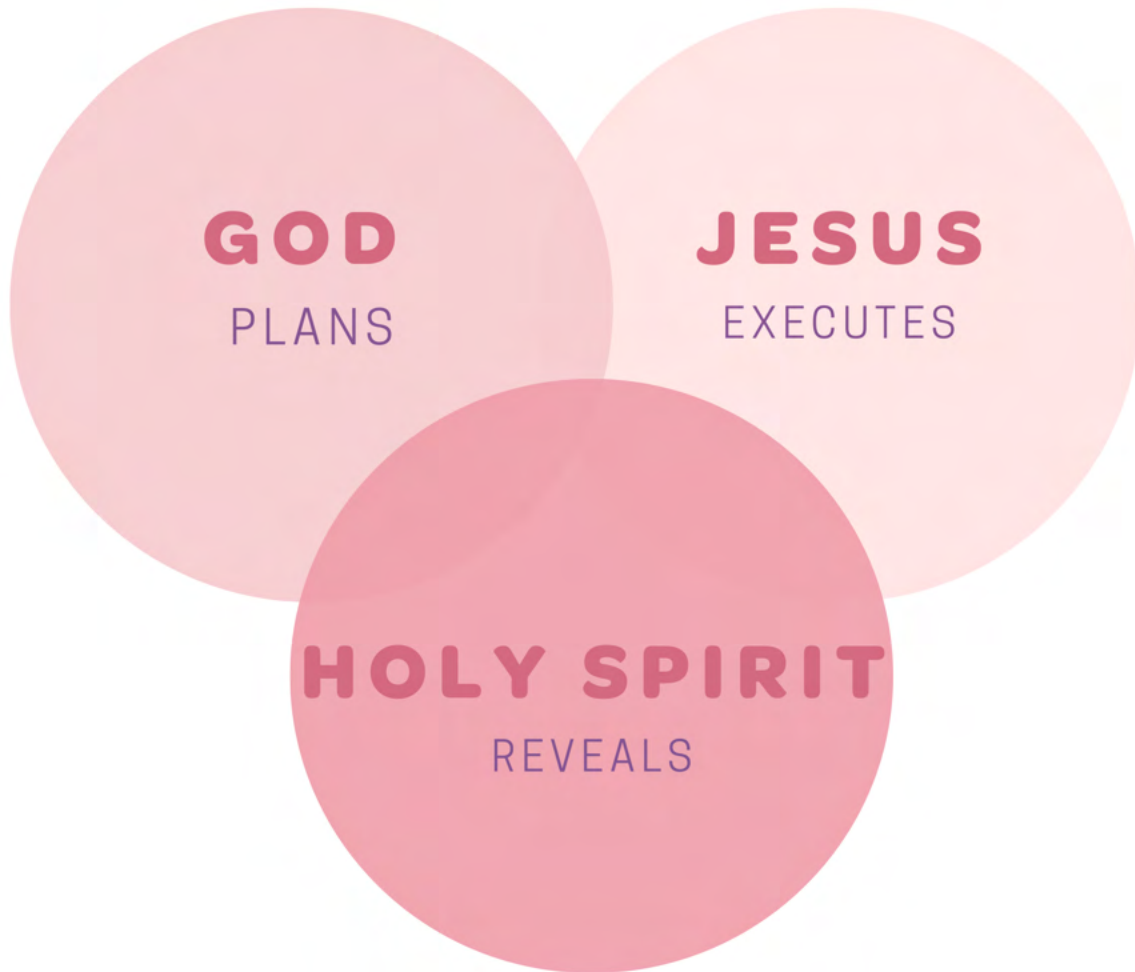
In the verses that we read in John, we see that the Holy Spirit was sent to the earth to be our Helper, but He is also the Spirit of Truth. To fully understand how He operates, we first need to understand how the Holy Spirit completes a full picture. God, Jesus, and the Holy Spirit all work together to fulfill the plans and purposes of God.



Lesson Three

Holy Spirit: Part One

The God Head



Reflect:

What are some of your personality traits? Are you funny? Maybe you're serious? Are you patient? Think back to the introduction of this book...

What were some of the things you listed that made you who you are?

Activity

This or That

Let's think about friendship for a moment. What are characteristics that you would want friends to have? Circle your choice in each question below.

Would you rather a friend who is:

Always happy or Always sad

Would you rather a friend who is:

Always nice or Always mean

Would you rather a friend who is:

Always making fun of you or Always cheering you on

Would you rather a friend who is:

Always dependable or Always flaky

Would you rather a friend who is:

A Liar or Honest

Would you rather a friend who is:

Fun or Boring

Now, what kind of personality do you think the Holy Spirit has?

Being able to recognize this helps us keep perspective about the Holy Spirit. He has a personality. He has feelings, and if we're not aware of this, we can unknowingly reject Him or hurt His feelings.

The Holy Spirit is:



He is on the Earth to...

Teach us ~ 1 Cor 2: 13
Guide us ~ John 16: 12
Comfort us ~ Acts 9: 31
Help us ~ John 16: 7



As you begin to dive deeper into the Bible, you will see that even though the Holy Spirit was not sent to us until after Jesus went to Heaven, He was always there. In the Old Testament, He first appears in Genesis hovering above the earth. In other sections, He falls on the people that God chose to use to further the kingdom of heaven. In the New Testament, the Holy Spirit can be seen in every believer.

The next section of this workbook teaches us how we can choose to be friends with the Holy Spirit.

When we choose to accept Jesus into our lives and make Him Lord, we receive the full measure of the Holy Spirit, along with everything else that was completely at the cross. In other words, we receive the fullness of God. However, that does not mean that we are functioning in that fullness that was given to us. We can function in that fullness, but it takes continuous surrender and a willingness to give up our own control.

Read Acts 2:1-13

When the day of Pentecost arrived, they were all together in one place. And suddenly, there came from Heaven a sound like a mighty rushing wind, and it filled the entire house where they were sitting. And divided tongues as of fire appeared to them and rested on each one of them. And they were all filled with the Holy Spirit and began to speak in other languages as the Spirit gave them utterance. Now, there were dwelling in Jerusalem Jews, devout men from every nation under heaven. And at this sound, the multitude came together, and they were bewildered, because each one was hearing them speak in his own language. And they were amazed and astonished, saying, "Are not all these who are speaking Galileans? And how is that we hear, each of us in his own native language? Parthians and Medes and Elamites and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, Cretans and Arabians - we hear them telling in our own tongues the mighty works of God." And all were amazed and perplexed, saying to one another, "What does this mean?" But others mocking said, "They are filled with new wine."





Lesson Three

Holy Spirit: Part Two

Reflect:

Have you ever had a glass of chocolate milk? You start with a nice cold glass of , and, in order to make it CHOCOLATE milk, you HAVE to add chocolate syrup. You squeeze the chocolate syrup (or powder) into the cup, and it goes straight to the bottom. If you tried to drink it at that point, it would taste just like regular milk. It doesn't become chocolate milk until we stir it up really good. Try it.

You might be thinking, "How does a glass of milk relate to the Holy Spirit?" The milk is representative of our new life in Christ, and the Chocolate Syrup is representative of the Holy Spirit. Remember, we receive Christ; we are given the Holy Spirit, but we still have to act. If we do not stir ourselves up by praying and communing with our friend, the Holy Spirit, He'll still be with us, but He won't have our permission to do much. He'll sit there...waiting. When we stir ourselves up with the Holy Spirit, we're able to flow with Him; and we're able to be led by Him. In other words, we allow Him to do with us what He was sent to the earth to do.



Moment of

TRUTH



Are you ready to become friends with the Holy Spirit?

There is an invitation to experience the fullness that God wants for us. All we have to do is ask Him.

Take this moment to center your heart towards the Lord and ask His Holy Spirit to encounter you right where you are.



Character Spotlight



Elizabeth, a woman of God, gave birth to John the Baptist. While she was pregnant, she had an encounter with Mary the mother of Jesus. At the time of the encounter, Mary was also pregnant with Jesus; when Elizabeth realized that, she became full of the Holy Spirit.

Read more about Elizabeth in the Book of Luke chapter 1.



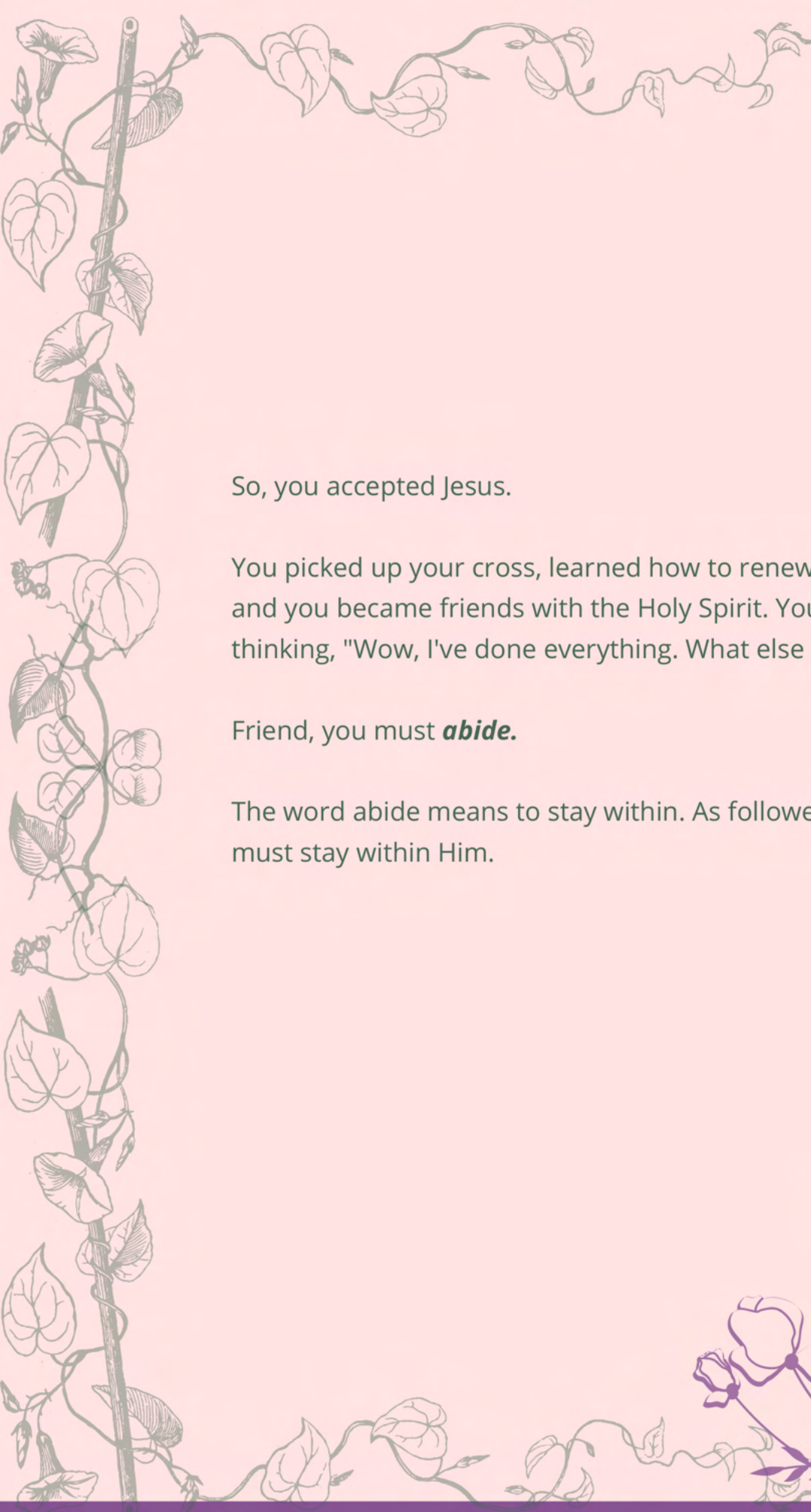
Lesson Four: Abiding

So, you accepted Jesus.

You picked up your cross, learned how to renew your mind, and you became friends with the Holy Spirit. You might be thinking, "Wow, I've done everything. What else is there to do?"

Friend, you must **abide**.

The word abide means to stay within. As followers of Christ, we must stay within Him.



Activity

Take a look at the grapes below:

Picture One

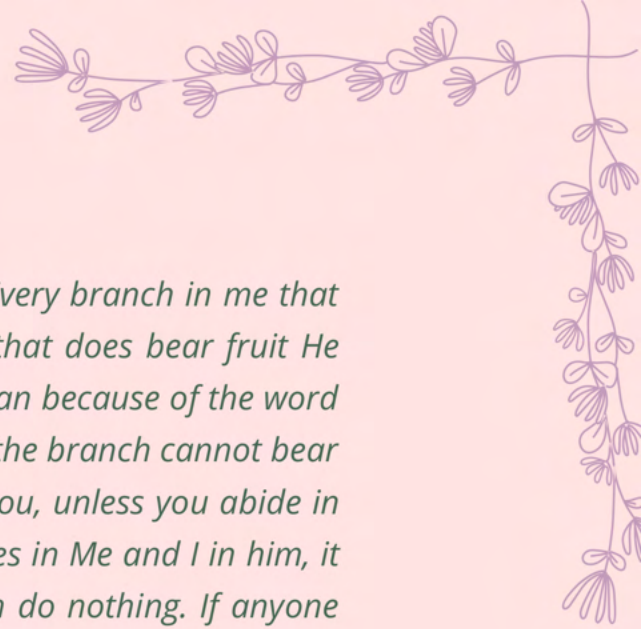


Picture Two



What are some differences between the two pictures?

Why do you think the grapes in picture two look better than the grapes in picture one?



Lesson Four:

Abiding

Read John 15:1-11

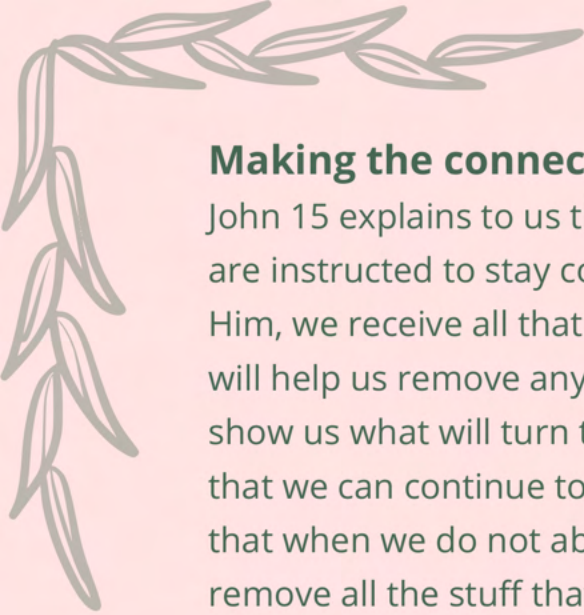
"I am the true vine, and my Father is the vinedresser. Every branch in me that does not bear fruit he takes away, and every branch that does bear fruit He prunes, that it may bear more fruit. Already you are clean because of the word that I have spoken to you. Abide in Me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine; you are the branches. Whoever abides in Me and I in him, it is he that bears more fruit, for apart from Me you can do nothing. If anyone does not abide in Me, he is thrown away like a branch and withers; and the branches are gathered, thrown into the fire, and burned. If you abide in Me, and My words abide in you, ask whatever you wish, and it will be done for you. By this My Father is glorified, that you bear much fruit and so prove to be my disciples. As the Father has loved Me, so have I loved you. Abide in My love. If you keep my commandments, you will abide in My love, just as I have kept My Father's commandments and abide in His love. These things I have spoken to you, that My joy may be in you, and that your joy may be full.

Reflect:

In picture one, the grapes are no longer connected to the vine. The vine is their source of life. When the grapes were disconnected from their source of life, they were no longer able to receive the nutrients that they needed in order to stay healthy and fresh. Once they were disconnected, they began to rot. Once they were rotten, they were of no good use.

In picture two, the grapes are still hanging on the vine. However, if you look closely at the picture, you'll notice that not all of them are perfect, and that is okay. The person responsible for tending the grapes can pick off the grapes that are of no use without disconnecting the full branch from the vine, their source of life.





Making the connection:

John 15 explains to us that Jesus is our vine, and God is the vinedresser. We are instructed to stay connected to Jesus because He is our life source. In Him, we receive all that we need to stay alive. As we grow, our vinedresser will help us remove anything that does not belong. If we allow Him, He will show us what will turn to rotten fruit in our lives and remove it from us so that we can continue to grow and produce better fruit. It's also pretty clear that when we do not abide in Him, or we are unwilling to allow Him to remove all the stuff that needs to be removed, we run the risk of being useless.

When we abide, not only do we stay connected to our life source, we also are:

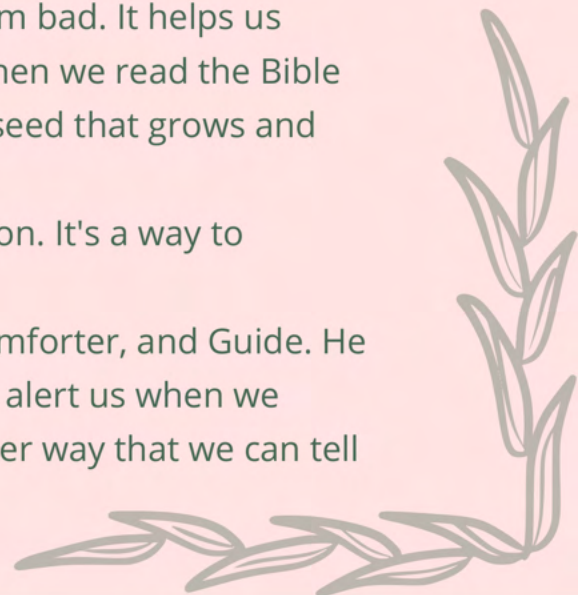
- Showing obedience
- Loving God and allowing Him to love us
- Being Faithful

Apply:

Being able to abide takes effort. Remember, we should:

1. *Read out Bibles every day.* This is not just important for keeping our minds renewed. Reading the Bible helps us learn the true character of the Father, Jesus, and the Holy Spirit. When we know their character, we will have an easier time telling good apart from bad. It helps us abide in the parameters that we should be in. When we read the Bible everyday, it becomes rooted in our hearts like a seed that grows and cannot be stolen.
2. *Pray.* Remember, prayer is just a daily conversation. It's a way to connect and form a relationship.
3. *Follow the Holy Spirit.* He is our Friend, Helper, Comforter, and Guide. He will lead us in the direction we should follow and alert us when we might not be making good decisions. He is another way that we can tell what's from God and what's not from God.

Lesson Four: Abiding





Moment of **TRUTH**



As you have been going through these pages, is there something that the Lord is telling you needs to go from your life?

Maybe, there are certain things that you are doing that you shouldn't be doing. Maybe, there are certain friends that you hang out with that you shouldn't be hanging out with.

The Lord wants to help you get rid of all the dead or rotten fruit in your life. Are you ready?

If you are, pray this prayer:



Lord, thank You for showing me the things in my life that shouldn't be here. I am ready to let them go, and I am ready to abide in You. Help me center my heart through this process, so that my focus is on You, and our hearts can become one. In Jesus's Name I pray,

Amen.

Character Spotlight



Anna was a prophet in the New Testament. She was married for 7 years until her husband died, and she became a widow. She remained a widow for the rest of her life and spent her time waiting on Jesus. She never left the temple. She prayed and worshipped day and night.

Read more about Anna in the book of Luke chapter 2.



Final Thoughts:

It is my hope that as you have journeyed through this workbook, you have not only allowed Jesus to enter your life as Lord, but that you have learned tools that will keep you safe in a fallen world. It is my prayer you have learned to see yourself through the eyes of Christ and that you know deep in your heart, how truly loved and cared for you are, and that you will begin to experience the depth, width, and height of God's love (Ephesians 3:18). It is my prayer that you know that your identity can only be established by the One who created you, and that when the world comes to try and steal that from you, you can stand strong against it. Finally, it is my prayer that this is only the beginning of your journey with Jesus, and long after you have put this book down, you will continue to stay in the word and abide in Christ.

Read Psalm 139

O Lord, you have searched me and known me! You know when I sit down and when I rise up; You discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways. Even before a word is on my tongue, behold, O Lord, you know it altogether. You hem me in, behind and before, and lay your hand upon me. Such knowledge is too wonderful for me; it is high; I can not attain it. Where shall I go from Your Spirit? Or where shall I flee from Your presence? If I ascend to heaven, You are there! If I make my bed in Sheol, You are there! If I take the wings of the morning and dwell in the uttermost parts of the sea, even there your hand shall lead me, and your rights hand shall hold me. If I say, "Surely the darkness shall cover me, and the lights about me be night," even the darkness is not dark to you; the night is bright as the day, for darkness is as light within you. For your formed my inward parts; you knitted me together in Your works; my soul knows it very well. My frame was not hidden from You, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me. When as yet there was none of them. How precious to me are Your thoughts, O God! How vast is the sum of them! If I could count them, they are more than the sand. I awake, and I am still with you. Oh that you would slay the wicked, O God! O men of blood, depart from me! They speak against You with malicious intent; Your enemies take Your name in vain.

Do I not hate those who hate You, O Lord? And do I not loathe those who rise up against you? I hate them with complete hatred; I count them my enemies. Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!



Reflect:

Think back to the goals that you set in the Introduction. Have you met any of them? Did they change as you pushed through? What are some things that you want to change in your new Christian life? Maybe you want to pray or read the Bible more. Whatever it is, take a moment to jot them down. Come back in a few weeks to check your progress.

Journal







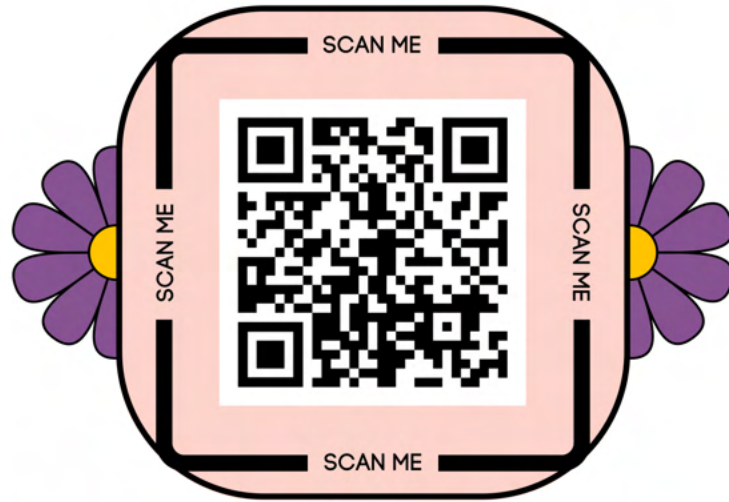
Handwriting practice lines (18 horizontal lines) with a large faint heart graphic and the text "God Hearted Girls" written diagonally across it.





Lined writing area with a large, faint heart watermark in the center. The watermark contains the text "God Hearted Girls" written diagonally across it.

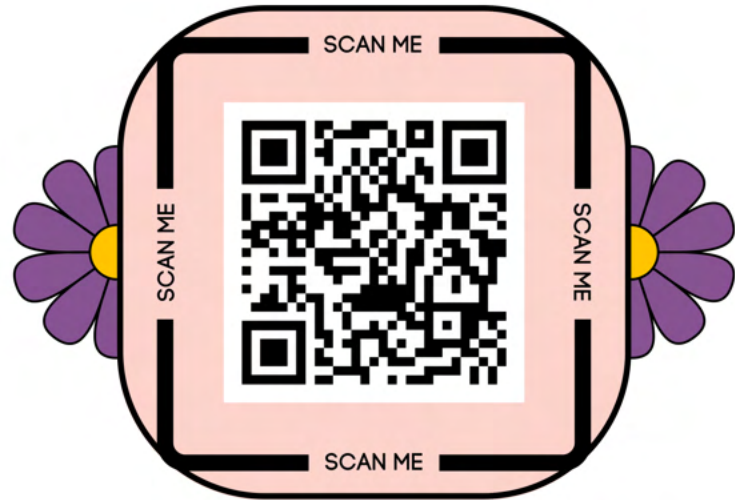
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