



You are a masterpiece; a one-of-a-kind, work of art!

- **God has a specific purpose for your life—a specific and unique “contribution” that only you can make. This is called your \_\_\_\_\_.**

**Kingdom Purpose defined:**

“Your specific contribution to the body of Christ, within your generation, that causes you to totally depend on God and authentically display His love toward others, all through the expression of your unique S.H.A.P.E.” —Erik Rees

**S** \_\_\_\_\_

**H** \_\_\_\_\_

**A** \_\_\_\_\_

**P** \_\_\_\_\_

**E** \_\_\_\_\_

*When you look into water, you see a likeness of your face.*

*When you look into your heart, you see what you are really like.*

Proverbs 27:19 (NIRV)

♥ HEART = Passions  
What you care about.

**What keeps you from following your HEART ♥?**

**Five Heart Stoppers**

- \_\_\_\_\_

*Unrelenting disappointment leaves you heartsick . . .*

Proverbs 13:12(MSG)

- \_\_\_\_\_

*A person’s fear sets a trap for him . . .*

Proverbs 29:25 (GW)

- \_\_\_\_\_

*I’m overwhelmed, swamped, and submerged beneath the heavy burden of my guilt. It clings to me and won’t let me go.*

Psalm 38:4 (TPT)

- \_\_\_\_\_  
*I realized that my heart was bitter, and I was all torn up inside.* Psalm 73:21 (NLT)
- \_\_\_\_\_  
(Job) *All my closest friends are disgusted with me. Those I love have turned against me.* Job 19:19 (GW)  
(King David) *There are more people who hate me for no reason than there are hairs on my head. Many terrible enemies want to destroy me, God.* Psalm 69:4 (CEV)

## What God says about you

### Spiritual Lipitor

*I made you. I formed you. I shaped you. I planned you. I have a purpose for your life. I put certain passions in your heart. I love it when you do what I made you to do, and I didn't make you to be anybody else. Stop living for the approval of other people.*  
Paraphrase of various scriptures

## How do I follow my HEART ♥ when it has been broken, battered and bruised?

- \_\_\_\_\_  
(Jesus speaking) *Look! I have been standing at the door, and I am constantly knocking. If anyone hears me calling and opens the door, I will come in and we will fellowship together.* Revelation 3:20 (TLB)
- Let the Lord \_\_\_\_\_  
(Jesus speaking) *The Spirit of the Lord is upon me; he has appointed me to preach Good News to the poor; he has sent me to heal the brokenhearted and to announce that captives shall be released and the blind shall see, that the downtrodden shall be freed from their oppressors, and that God is ready to give blessings to all who come to him.* Luke 4:18–19 (TLB)

## Take the S.H.A.P.E. challenge this week

- Monday** Write down some of the things that refresh your spirit and take 30 minutes out of your day to do them.
- Tuesday** Take a walk for 15 minutes or longer and talk to God out loud or silently. Ask the Holy Spirit to make you aware of God's presence.
- Wednesday** Read John 1:1–18 and jot down your thoughts.
- Thursday** Turn off the radio while you are driving and ask God to speak into the silence.
- Friday** If there is something specific bothering you this week, write down a special prayer asking God to help you release it.

**Discover how God has shaped you.** The S.H.A.P.E. Spiritual Gifts Assessment will be available on our website on January 15.

[www.christchurchva.org](http://www.christchurchva.org)