

My Heart Unveiled

FREQUENTLY ASKED QUESTIONS

What is the significance of the title?

What is the mission statement or goal of the study?

What is the format of the study?

Who should go through it?

1. What is the significance of the title?

Unveiled means not hidden, revealed, laid bare, or disclosed.

In 2 Corinthians 3:16-18 the apostle Paul writes, “But when one turns to the Lord, the veil is removed. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.”

As followers of Christ behold the Lord, they become more and more like Him, the Holy Spirit transforming us into His image. And as we are transformed, we have greater capacity to live wholeheartedly for Him. Whether we realize it or not, we live from our hearts; this means that what we think, feel, and choose determine what we believe and how we live. Our unveiled hearts are at the core of transformation.

As we become more aware of how our hearts respond to the pressures of daily life, we will have an opportunity to bring our intellect, emotions, and will under submission to Christ—aligning our hearts to Truth while obeying and enjoying Him.

Transformed from one degree of glory to the next, our healthy, balanced hearts are able to love Jesus more wholly and as we do, we will increasingly delight in and live for the benefit of Him and others.

2. What is the mission statement?

My Heart Unveiled is a discipleship study designed for use in a small group setting (also can be effective one-on-one), focused on helping women to better understand their hearts in order to live wholeheartedly for Christ. After completing the material, a woman should feel confident that she has:

- (1) A good understanding of primary doctrines of the Christian faith;
- (2) Tools for unveiling her heart—understanding her thinking, feeling, and choosing;

- (3) Scriptural truth for aligning her heart; and
- (4) A plan for renewing her heart and walking in obedience.

Through increased understanding and greater intimacy with the Lord, she will have the capacity to live in the freedom and joy that Jesus purchased for her through His death on the cross.

In addition, after completing the material, a woman should feel equipped to lead other women through the material, thus multiplying its use and promoting a healthier community of believers, as the Bible instructs us to make disciples (Matthew 28:19), build up the body (Ephesians 4:11-16), and mentor women (Titus 2:3-4).

3. What is the format of the study?

My Heart Unveiled is a 7-part study: 3 parts on doctrine; 2 parts on defining and understanding our hearts; and 2 parts on attitudes and habits of the heart. Each part has 5 lessons. A group is typically led by 1-2 facilitators, is interactive through discussion, and requires approximately two hours of homework per week. Groups meet weekly or bi-weekly.

4. Who should go through *My Heart Unveiled*?

Any woman who loves Jesus or is investigating the claims of Christianity will benefit from the study. We hope you will prayerfully consider joining a *My Heart Unveiled* study.