



Living with a Heavenly Focus: Letting Jesus Guide Our Hearts

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Fix Your Heart on Him | Seek His Kingdom | Live with Purpose

This profoundly expanded activity and learning sheet set is designed to inspire individuals and families to align their hearts and minds with God's eternal purposes. Through in-depth reflections, dynamic creative projects, and comprehensive practical applications, participants will learn to live with a heavenly focus, trusting Jesus to guide their decisions and priorities. This extensively enriched guide equips participants to cultivate an eternal perspective and live lives filled with purpose, peace, and joy rooted in Christ.

Introduction

Blog Summary

The blog "Living with a Heavenly Focus: Letting Jesus Guide Our Hearts" highlights the transformative power of setting our hearts on Jesus and seeking His kingdom above all else. Key scriptures such as Colossians 3:1-2 and Matthew 6:33 remind us that focusing on eternal values brings clarity, peace, and purpose. By letting Jesus guide our hearts, we can live with confidence and joy, knowing our lives reflect His love and truth. This activity set invites participants to explore how a heavenly focus shapes our thoughts, actions, and priorities, transforming every moment into an opportunity to live with intention and faith.

Memory Quote

Inspired by the Blog: "A heavenly focus changes everything—let Jesus guide your heart."

Expanded Introduction

Living with a heavenly focus is about trusting Jesus to direct every part of our lives—our thoughts, actions, priorities, and relationships. It involves aligning our hearts with God's eternal purposes, letting go of distractions, and embracing a Christ-centered perspective. This set invites participants to discover the freedom and joy that come from fixing our hearts on Jesus, trusting Him to lead us in peace, clarity, and purpose in every situation. By living with a heavenly focus, we reflect His love and transform the way we engage with the world around us.

Reflection Questions

Understanding a Heavenly Focus

1. What does it mean to set your heart on things above, and how can this change your perspective?
2. How can focusing on Jesus help you navigate life's challenges with peace and clarity?
3. Why is trusting Jesus to guide your thoughts and actions essential to living with a heavenly focus?

Faith in Action

1. What daily practices can help you develop a Christ-centered perspective?
2. How can reflecting on eternal values change the way you approach relationships and decisions?
3. How does prayer strengthen your ability to focus on Jesus and trust His guidance?

Living with Purpose

1. How does trusting Jesus help you prioritize God's kingdom over worldly concerns?
2. What habits can you cultivate to align your heart with God's eternal values?
3. How can you encourage others to fix their hearts on Jesus and live with a heavenly perspective?

Section 1: Interactive Activities

Activity 1: Heavenly Treasure Map

Objective: Create a personalized map representing eternal values and goals inspired by Jesus.

Materials Needed:

- Large paper or poster board.
- Markers, crayons, or colored pencils.
- Stickers, decorative gems, or craft embellishments.

Instructions:

1. Draw a treasure map with a winding path leading to a treasure chest labeled "Heavenly Focus."
2. Along the path, include milestones representing values like love, kindness, gratitude, generosity, and faith.
3. Write scriptures or inspirational quotes near each milestone to affirm God's guidance.
4. Decorate the map with symbols of faith, such as crosses, stars, and hearts, to reflect its spiritual significance.

Reflection: How does this map remind you of the importance of focusing on eternal treasures and living with purpose?

Activity 2: Heart and Mind Jar

Objective: Reflect on areas where Jesus guides your heart and mind toward heavenly priorities.

Materials Needed:

- A clear jar or container.
- Strips of colored paper, pens, and decorative stickers.
- Ribbon or decorative tape.

Instructions:

1. Write down areas where you seek Jesus' guidance or want to let go of worry, such as relationships, gratitude, or trust.
2. Place the strips in the jar, symbolizing your surrender to His guidance.
3. Select a strip daily or weekly, praying over it and reflecting on God's direction for that area.
4. Decorate the jar with encouraging scripture verses or symbols to serve as a visual reminder of your heavenly focus.

Reflection: How does surrendering your concerns to Jesus bring clarity, peace, and spiritual growth?

Activity 3: Kingdom Goals Vision Board

Objective: Create a vision board to prioritize living with purpose and eternal values guided by Jesus.

Materials Needed:

- Poster board or large paper.
- Magazines, printed words, or images.
- Markers, scissors, glue, and decorative items.

Instructions:

1. Write "Living with a Heavenly Focus" at the top or center of the board.
2. Arrange scriptures, images, and affirmations representing God's eternal purposes (e.g., acts of kindness, prayer, and serving others).
3. Include prayer requests, goals, and inspirational quotes that encourage trust in Jesus' guidance.
4. Display the vision board in a prominent place as a daily reminder to live with a heavenly focus.

Reflection: How does your vision board inspire you to align your life with God's eternal purposes?

5. Memory Quote Challenge

Objective: Memorize and internalize the quote: "A heavenly focus changes everything—let Jesus guide your heart."

Instructions:

1. Divide the quote into smaller sections and recite it together as a family or group.
2. Turn the quote into a song, chant, or poster to make memorization creative and engaging.
3. Reflect on how this truth applies to your daily life and share it with someone in need of encouragement.

6. Practical Applications

Daily Heavenly Focus Journal

Instructions:

1. Reflect on one way Jesus influenced your decisions or thoughts each day.
2. Write down areas where you want to trust Him more deeply and seek His guidance.
3. Conclude each entry with a prayer asking for clarity, strength, and the ability to keep your heart aligned with God's eternal values.

Family Heavenly Focus Plan

Structure:

- **Monday:** Read Colossians 3:1-2 and discuss how to set your heart on things above.
- **Tuesday:** Create Heavenly Treasure Maps together, identifying eternal values to focus on as a family.
- **Wednesday:** Begin a Heart and Mind Jar, writing down areas where each family member seeks Jesus' guidance.
- **Thursday:** Design a Kingdom Goals Vision Board to emphasize faith, love, and generosity.
- **Friday:** Pray together, reflecting on how a heavenly focus has shaped your week.
- **Saturday:** Share stories of how Jesus guided your hearts and transformed your perspectives.
- **Sunday:** Celebrate God's work in your lives by recounting moments of joy and growth.

7. Closing Reflection

Gratitude Journal Entry

- Prompt: "How has focusing on Jesus helped me live with peace and purpose this week?"
- Prompt: "What specific steps can I take to prioritize God's eternal values in my daily life?"

Take-Home Question

- "How can I deepen my heavenly focus and let Jesus guide my heart this week?"

