

Care for Your Heart Chapter Questions

1. RESTED HEART

Heart Work

Let these exercises help you receive the gift of true rest that Jesus lovingly offers.

Scripture Focus

1. Read Matthew 11:28-30. What do you think it means to “come to Jesus” for rest?
2. What burdens do you sense God inviting you to lay down right now?

Opening Reflection

3. What part of Laronda’s story can you relate to the most? Why?
4. Have you ever experienced a season of overwhelming fear, anxiety, worry, or restlessness? What were the main contributors?
5. When have you experienced God’s peace in a difficult moment?

What a Rested Heart Looks Like

6. How would you describe a woman who lives with a rested heart?
7. What traits would you like to grow in more fully?
8. How might living with a rested heart impact your physical, emotional, and spiritual well-being?

Identifying Your Struggle

9. Which of the checklist items in Your Struggle do you most identify with?
10. How have these symptoms impacted your spiritual life, relationships, or health?

What Can You Do?

11. Which of the What You Can Do suggestions best address your current needs?
12. In what ways have you been practicing the presence of pain instead of practicing the presence of Christ in your life?
13. What area of your life feels out of your control, and how might trusting God in that area bring you peace?
14. Which practical habits could help you experience God’s rest, and what small steps can you take this week to receive it?

Living with a Rested Heart

15. Read Philippians 4:6-9. What stands out to you about Paul’s advice on worry and peace?
16. What would it look like to be more aware of God’s presence in your life? In what ways can you invite Him into your daily struggles?

Prayer and Encouragement

17. Reflect on the Prayer for a Rested Heart. What part speaks to your heart most right now?

18. Write your own short prayer or affirmation inviting Jesus to give rest to your heart when you're feeling worried, anxious, restless, or fearful.
19. What truth will you carry with you this week when you feel overwhelmed?

2. EXAMINED HEART

Heart Work

Let these exercises help bring deeper healing, and serve as a reminder that God lovingly searches and heals the hidden places of your heart.

Scripture Focus

1. Read Psalm 139:23–24. What do these verses say about inviting God to search your heart?
2. What fears or hesitation do you feel when you think about God examining your heart? Why?

Opening Reflection

3. What part of Laronda's story can you relate to the most? Why?
4. Have you ever felt like your emotional needs or love language were not being met? How did that affect your sense of worth or connection with others?
5. Have you ever found yourself relying on others to meet emotional needs only God can fill?

What an Examined Heart Looks Like

6. How would you describe a woman who lives with an examined heart?
7. What traits would you like to grow in more fully?
8. How might living with an examined heart impact your physical, emotional, and spiritual well-being?

Identifying Your Struggle

9. Which of the checklist items in Your Struggle do you most identify with?
10. How have these symptoms impacted your spiritual life, relationships, or health?
11. What lies from the Lies (Wounded Heart) vs. Truth (Healed Heart) list have you believed?
12. In what ways have past experiences (childhood, relationships, trauma, etc.) shaped how you see yourself, God, and others?

What Can You Do?

13. Which What You Can Do suggestions best address your current needs?
14. Which truths from the Lies vs. Truth list do you most need to receive and believe right now? How can you begin to practice replacing lies with truth in your everyday thoughts and interactions?
15. Have you made "idols" out of people, desires, or expectations in your life? What do you need to surrender?
16. What strongholds do you feel God is inviting you to break with His help?
17. Which practical habits could help you move towards having an examined heart? What small steps can you take this week?

Living with an Examined Heart

18. How would you describe the difference between living from insecurity vs. living from a secure identity in Christ?
19. Where have you seen growth in your ability to recognize and reject negative thoughts or unhealthy patterns?
20. What would it look like to make examining your heart a habit?

Prayer and Encouragement

21. Reflect on the Prayer for an Examined Heart. Which part speaks to your heart most right now?
22. Write a short prayer asking God to reveal what He wants you to know about your heart. What is He telling you?
23. What truth will you carry with you this week as you continue allowing God to examine and heal your heart?

3. SUPPORTED HEART

Heart Work

Let these exercises encourage you to both receive and offer the kind of support that reflects God's love and care.

Scripture Focus

1. Read 2 Corinthians 1:4 and Ecclesiastes 4:9-12. What do these verses say about importance of giving and receiving support?
2. How does God use community to bring healing and strength?
3. In what ways have you accepted or resisted support from others?

Opening Reflection

4. What part of Laronda's story can you relate to the most and why?
5. Have you ever felt alone in your pain, even when others were physically present? What was that experience like?
6. How do fear, pride, or past wounds affect your ability to receive help?
7. Do you ever feel like you are trying to "earn" God's love, or feel too broken to be loved?

What a Supported Heart Looks Like

8. How would you describe a woman who lives with a supported heart?
9. What traits would you like to grow in more fully?
10. How might living with a supported heart impact your physical, emotional, and spiritual well-being?

Identifying Your Struggle

11. Which checklist items in Your Struggle do you most identify with?
12. How have these symptoms impacted your spiritual life, relationships, or health?
13. What fears (rejection, shame, being a burden) might be holding you back from seeking support?
14. How has a lack of support affected your ability to trust God or others?

What Can You Do?

15. Which of the What You Can Do suggestions best address your current needs?
16. How can you begin to tear down the emotional walls that have been keeping others – or even God – at a distance?
17. What relationships in your life feel most nourishing and supportive? How can you build or strengthen them?

Living with a Supported Heart

18. Read 2 Corinthians 12:9-10. What do these verses reveal about how God meets us in our weakness, and is our “safe place” in times of troubles?
19. If you were to fully embrace the truth that you are seen, loved, and supported by God, how would your life change?
20. What are ways you can more intentionally support others while still honoring your own emotional needs and maintaining healthy boundaries?

Prayer and Encouragement

21. Reflect on the Prayer for a Supported Heart. Which part speaks to your heart most right now?
22. Write a prayer asking God to show you how to live supported by Him and others.
23. What is one small act of support you could offer someone this week?

4. PRAYERFUL HEART

Heart Work

Let these exercises help you recognize God welcoming you into relationship with Him through prayer.

Scripture Focus

1. Read Philippians 4:6-7 and 1 Thessalonians 5:17. What do these verses teach about prayer as a lifestyle?
2. How can maintaining an attitude of prayer bring peace and rest in times of uncertainty?
3. What role does prayer currently play in your life?

Opening Reflection

4. What part of Laronda’s story can you relate to the most? Why?
5. Have you ever viewed prayer more as a task than a relationship? What contributed to that view?
6. When was last time you felt truly connected to God in prayer?

What a Prayerful Heart Looks Like

7. How would you describe a woman who lives with a prayerful heart?
8. What traits would you like to grow in more fully?
9. How might living with a prayerful heart impact your physical, emotional, and spiritual well-being?

Identifying Your Struggle

10. Which of the checklist items in Your Struggle do you most identify with?

11. How have these symptoms impacted your spiritual life, relationships, or health?
12. How might past experiences, expectations, religion, culture, or personal wounds be affecting your prayer life?

What Can You Do?

13. Which of the What You Can Do suggestions best address your current needs?
14. Where have you felt stuck in your prayer life?
15. What changes can you make to deepen your prayer life?
16. How can the Lord's Prayer (Matthew 6) serve as a model for connecting more intimately to God?

Living with a Prayerful Heart

17. What does it mean to carry a prayerful posture throughout your day?
18. How can you listen as much as you speak when praying?
19. How can a prayerful heart influence your decisions and benefit your relationships?

Prayer and Encouragement

20. Reflect on the Prayer for a Prayerful Heart. What part speaks to your heart most right now?
21. Write a simple prayer asking the Holy Spirit to guide, comfort, and teach you, then be still and listen to what He speaks to your heart.
22. What promise of God will you cling to this week in your prayers?

5. OPEN HEART

Heart Work

Let these exercises help you open your heart and increase your capacity to receive and give love.

Scripture Focus

1. Read Colossians 3:12-15 and 1 Corinthians 13:4-7. How do these verses challenge or affirm the way you currently love others?
2. Which characteristics of love feel most natural to you and which feel difficult?
3. What fears or hesitations do you experience when you consider opening your heart more fully to God and others?

Opening Reflection

4. What part of Laronda's story can you relate to the most? Why?
5. Have you ever struggled to feel loved and valued, even when deep down you knew God loved you? How has that shaped your relationships?
6. Have you ever felt like protecting yourself from hurt by building walls around your heart? How did this affect your relationships?

What an Open Heart Looks Like

7. How would you describe a woman who lives with an open heart?
8. What traits would you like to grow in more fully?

9. How might living with an open heart impact your physical, emotional, and spiritual well-being?

Identifying Your Struggle

10. Which of the checklist items in Your Struggle do you most identify with?

11. How have these symptoms impacted your spiritual life, relationships, or health?

12. What past hurts or betrayals might be causing you to keep your heart guarded?

13. How do you tend to protect yourself when you feel emotionally unsafe – withdrawal, anger, denial, or something else?

What Can You Do?

14. Which of the What You Can Do suggestions best address your current needs?

15. What role does forgiveness play in keeping your heart open?

16. How can God's love and forgiveness give you courage to stay open and tenderhearted?

17. What areas do you need to invite God into (e.g., hidden wounds, shut-down and numb places)?

18. What's one small way you can begin opening your heart, and what impact would that have on your relationships?

Living with an Open Heart

19. Read Ezekiel 36:26 and Proverbs 4:23. What do these verses say about guarding and softening your heart?

20. How do you recognize when your heart is becoming closed off?

21. How can you keep your heart open even when it feels risky?

Prayer and Encouragement

22. Reflect on the Prayer for an Open Heart. Which part speaks to your heart most right now?

23. Write a short prayer asking God to soften any hard places in your heart and open your heart more fully to Him and others.

24. What's one way you will intentionally choose openness and love this week?

6. NURTURED HEART

Heart Work

Let these exercises lead you to rest deeply in God's love and care; and as He restores your heart, may you be strengthened to extend that same tender care to others.

Scripture Focus

1. Read Ephesians 5:29-30, Isaiah 66:13 and Psalm 147:3. What do these verses reveal about God's nurturing character?

2. What images or emotions come to mind when you think of God nurturing your heart?

3. What holds you back from receiving God's love for you?

Opening Reflection

4. What part of Laronda's story can you relate to the most? Why?

5. Have you ever struggled to receive nurture or care? What made it difficult?
6. Can you relate to feeling “disconnected” from yourself, others, or God due to emotional depletion?
7. How can nurturing your own heart allow you to better love and care for others?

What a Nurtured Heart Looks Like

8. How would you describe a woman who lives with a nurtured heart?
9. What traits would you like to grow in more fully?
10. How might living with a nurtured heart impact your physical, emotional, and spiritual well-being?

Identifying Your Struggle

11. Which of the checklist items in Your Struggle do you most identify with?
12. How have these symptoms impacted your spiritual life, relationships, or health?
13. Are there areas in your life where you’ve been running on empty or ignoring your own needs?
14. What early experiences impacted the way you receive or resist nurturing?
15. In what ways has emotional neglect – by yourself or others – left lasting effects?

What Can You Do?

16. Which of the What You Can Do suggestions best address your current needs?
17. What nurturing practices do you need to begin or return to, and how?

Living with a Nurtured Heart

18. What might it look like for you to live each day as a woman deeply cared for by God?
19. In what ways can you nurture others without sacrificing your own well-being?
20. How can living with a nurtured heart change how you relate to God, yourself, and others?

Prayer and Encouragement

21. Reflect on the Prayer for a Nurtured Heart. What part speaks to your heart most right now?
22. Write a short prayer thanking God for His love and care and asking Him to show you how to love and care for yourself?
23. What’s one truth you want to remember this week to help you slow down and receive God’s care?

7. DETERMINED HEART

Heart Work

Let these exercises help you receive strength from your loving Father so you can keep moving forward with determination.

Scripture Focus

1. Read Hebrews 12:1-2, Philippians 3:13-14 and Galatians 6:9. What do these verses say about pressing forward?
2. How do these scriptures encourage you “run with perseverance” even when your healing journey feels long or difficult?
3. What might God be asking you to keep pursuing, even when it’s hard?

Opening Reflection

4. What part of Laronda's story can you relate to the most? Why?
5. Have you experienced times when you had to choose move forward with God even when it was hard? How did you feel before, during, and after?
6. Have you ever felt worn out or tempted to give up? What helps you keep going?

What a Determined Heart Looks Like

7. How would you describe a woman who lives with a determined heart?
8. What traits would you like to grow in more fully?
9. How might living with a determined heart impact your physical, emotional, and spiritual well-being?

Identifying Your Struggle

10. Which of the checklist items in Your Struggle do you most identify with?
11. How have these symptoms impacted your spiritual life, relationships, or health?
12. Are there specific fears, patterns, or lies that tend to paralyze your progress?

What Can You Do?

13. Which of the What You Can Do suggestions best address your current needs?
14. What truths can you remind yourself of when discouragement sets in?
15. How can you cultivate a heart that stays steady, hopeful, and committed?

Living with a Determined Heart

16. What would it look like to live with a renewed sense of purpose?
17. What would it mean to finish your race well?

Prayer and Encouragement

18. Reflect on the Prayer for a Determined Heart. What part speaks to your heart most right now?
19. Write a short prayer thanking God for His love and guidance, and for giving you everything you need to finish your race strong.
20. What's one encouraging truth or scripture you want to carry forward this week to help you maintain a determined heart?