



wholehearted.

your best in every area of life.

captivate church

The word “**wholehearted**” means to give every part of your heart to something. Most people spend their whole lives searching for what or who that something might be. As believers we know we do not need to search any longer. We have found our Jesus. In actuality, He has found us and now we have been given the privilege of following Him for the rest of our days in the only way He deserves: **Wholeheartedly**.

Being a believer becomes stale when we stop being a follower. In the rigors of life, it becomes easy to make Jesus a priority and not *the* priority. He can at times find himself somewhere on a long list of many priorities in our life instead of being above it all. The problem with that is **a life with Jesus will never satisfy as long as He is an accessory to our life and not the entirety of our life.**

In this journal and through this series we will discover together how to put Jesus at the center of every area of life.

“And whatever you do, do it **wholeheartedly** as unto the Lord...”

Colossians 3:23



week 1

family

We don't come
together because
we like all the
same things,
we come
together because
we need the
same person.

wholehearted.

family

Sermon Notes:

Day 1 | Mark 2:5

One of the most beautiful aspects of community is that we lift each other up. List three people in your community that are in need of your faith. How can you lift them up this week?

Day 2 | Mark 2:3–4

We all have a mat. Our mat's represent our brokenness. How does sharing in our weakness with those around us bring us into deeper fellowship?

Day 3 | Jeremiah 1:5

One mark of a vibrant family is to cultivate each other's calling. God has set each of us apart for a specific mission. Who could you speak an encouragement to this week?

Day 4 | 1 Corinthians 13:4–5

Some family members are easy to love, while some are not. And yet, as unlovable as we are, Christ chose to love us wholeheartedly. What makes loving people so difficult at times? Does the way people have loved you effect the way you love others?

Day 5 | Matthew 18:21–22

There is freedom in forgiveness. We find a deeper connection to God and family when we choose to forgive. Is there someone in your life that you haven't forgiven? Why? What step can you take to forgive them this week?

Day 6 | Creative Practice

Turn off all electronics, pick your favorite board game, grab a dessert and enjoy an unplugged night with the family.



time

week 2

Don't use your
time proving
others were
wrong about
you. Use your
time proving
God was right
about you.

wholehearted.

time

Sermon Notes:

Day 8 | Psalm 90:12

Time is our only non-renewable resource. What we do with it matters. What takes up the most of your time? How can you bring what you give your time to in alignment with what you value most?

Day 9 | Proverbs 16:3

Often our life is lived by default rather than by design. Take a look at your calendar and write down what your calendar says about what you value most.

Day 10 | Proverbs 16:9

God gives us freedom to plan our way. It's in the discipline of spending time with Him that we make space for God to show up. Choose a spiritual discipline to practice today (i.e., prayer, worship, Bible reading, silence & solitude, fasting, etc.)

Day 11 | Psalm 31:15

God has plans for every moment of your life and the secret to a fruitful life is to join Him in His plans. Set aside some time today to pray and ask God what His plans are for you in this season. Write down what he shows you. What can you do to live this out in this season?

Day 12 | Luke 19:10

Jesus' whole life was tied to His calling - "to seek and save the lost." Our calling will always be tied to people and introducing them to Jesus. Write down three people God is calling you to give your time to in this season.

Day 13 | Creative Practice

Find the most peaceful place you can. Spend one to three hours with God. Sit in silence. Listen. Journal. Pray.

Think over these questions:

- What's different about this atmosphere than the one I'm normally in?
- What's God saying?
- What's next?

work

week 3

Where society
draws a line
between work
and calling, God
draws a circle
around them.



wholehearted.

work

Sermon Notes:

Day 15 | Genesis 2:15

God created us to work! The good news is, the work he created you for is meant to bring life and joy to the world around you as you help make an invisible God, visible. Write some initial thoughts and feelings to the idea, "I was made to work".

Day 16 | 1 John 2:17

We were made for eternity, yet we often give too much of our life to ambitions that are temporary. Nobody wants to wonder what their life meant at the end of it. What's one ambition that you give too much of your time to?

Day 17 | Luke 4:42–43

The reason we do not always accomplish the great things we hope to is that we don't have as narrow of a focus as Jesus had. The greatest deterrent to great things are often good things. What are some 'good' things that take your focus off your main goal?

Day 18 | Joshua 10:12

Prayers that are never asked are never answered. The size of your ask reveals the size of your God. What keeps you from asking God for big things?

Day 19 | Mark 5:19

The evidence of your purpose is found all around you. It's found in the people God has placed in your life—the people you do life with. Write down four people in your life that you believe God has put there for a reason.

Day 20 | Creative Practice

Take some time to discover your purpose by analyzing these three categories in your life.

Ability: What are you good at? What do others tell you you're good at?

Affinity: What do you enjoy? What are your passions?

Assistance: What are the needs of those around you? How can you fill in the gaps?

week 4 money

If you're not
enough without it,
then you'll never be
enough with it.

wholehearted.

Day 22 | Matthew 6:21

What do you treasure? Not sure? Look at your bank statement. List three things your bank account says you treasure most (l.e Coffee, entertainment, possessions, generosity). Do your priorities need to change?

Day 23 | Haggai 1:6

A self-centered attitude towards money leads to never having enough; as though our money was stored in a pocket full of holes. Recall a time when you felt like you didn't have enough. What did generosity look like at that time?

Day 24 | Mark 8:36

Sometimes we work to gain a world that's fading. But God is asking us to turn our work towards eternity. How do you feel God speaking into your finances? Are there any changes He's leading you to make?

Day 25 | Psalm 119:36

Every spending decision is a spiritual decision. When our hearts are captivated by Jesus, we reflect a life that looks like Jesus—one marked by generous living and not materialistic desires. Who's the most generous person you know? How do you see this unfolding in other areas of their life?

Day 26 | 2 Corinthians 8:9

Jesus gave up the riches of heaven so you might know true wealth. Our giving is motivated by His most generous act of laying down His life so that we might have eternal life. How does God's selfless generosity motivate yours?

Day 27 | Creative Practice

Pick two people you want to be generous towards this week. Find a fun way to bless them (i.e. buy coffee, drop off lunch, write a card, etc.).

Reflect on the experience:

- How did it make you feel?
- What was their reaction?
- Who did it bless more, you or them?

week 5

romance



Although we are more broken,
flawed, and imperfect than we care to
admit, we are more loved, accepted,
and pursued than we could ever imagine.

wholehearted.

romance

Sermon Notes:

Day 29 | Ecclesiastes 3:11

It can be easy to feel incomplete and therefore look to a romantic relationship to fill that void. In what ways have you looked to a romantic relationship for fulfillment? What blessings did you find? What pain did you experience?

Day 30 | Ephesians 5:22–25

God gives us the freedom to choose who we enter into a romantic relationship with. When choosing a partner, (if married know that choosing your spouse is a daily thing!) what attributes do you look for? What attributes make you worth choosing?

Day 31 | Genesis 34:3

Chemistry between two people can be defined as the way their lives interact, combine, and change. What we view as sexy will ultimately impact the future of our romantic life. Define “sexy.”

Day 32 | Proverbs 31:30

We all want to find a partner with good character. Unlike charm, which is fleeting and deceptive, character is steady and lasting. What are the top 3 character traits you look for in a partner? (Or in your spouse, if married) Do you model these in your own life?

Day 33 | Amos 3:3

A unified direction is more important than speed. What unified calling do you want with your/a spouse?

Day 34 | Creative Practice

Great romances never stop dating.

If in a relationship: Take your significant other on a date they'd never expect. Here are some fun ideas: Recreate your first date. Go to a farmer's market. Take a dance class. Play mini golf. Plan on a picnic on the beach.

If single: Get bold! Ask that super fantastic (and Godly!) person you're interested in to grab coffee or a bite to eat.

social

week 6

We are most human when we share in each other's hurts, pains, wins, and losses.



wholehearted.

social

Sermon Notes:

Day 36 | Proverbs 13:10

It's been said that we are the sum of the five people we spend the most time with. Who are your five? Do they help bring you closer to Jesus?

Day 37 | Proverbs 18:24

Friends are of unspeakable value in our lives. However, in the age of social media, the lines have blurred between followers and friends. Of your friends on social media, how many have you shared a meal with? What does this say about our society's view of connectedness?

Day 38 | Proverbs 27:17

Love isn't a one-time choice; it's a daily decision. We're blessed by those around us who make a daily commitment to love us. Is there someone in your life that needs a friend? What friends do you feel God is calling you to love at all times?

Day 39 | Proverbs 27:6

God divinely and strategically puts people in our life to bring correction and accountability in areas we might be blind. What areas of your life do you need accountability in (sexual impurity, pride, finance, health, etc.)? Who is someone you can ask to help hold you accountable?

Day 40 | John 15:13

The depth of our love is measured by the depth of our sacrifice. The most valuable things in life often cost us the most. Why does real love require a sacrifice? What things in your life are hard for you to sacrifice for the people around you?

Day 41 | Creative Practice

Invite a group of friends to hang out. If in person, tell them to bring their favorite dish. Leave your phones at the door. Write down some fun party questions.

Here are some ideas to get you started:

- If you could have lunch with anyone in history...
- Childhood celebrity crush...
- One food for the rest of your life...
- Trapped on an island with three people...



week 7

health

God doesn't give
sickness for sins
because He won't
punish you for
something He's
already punished
Jesus for.

wholehearted.

health

Sermon Notes:

Day 43 | 1 Corinthians 6:10

Your body is a temple of the Holy Spirit. Likewise, it is also a gift that has been given to you. Do you think of your body as a gift from God? Why or why not?

Day 44 | 1 Corinthians 10:31

No moment is without purpose. You have the opportunity to glorify God in something as practical as how you eat and exercise. How can you prioritize eating healthy? How does exercise fit into your daily or weekly rhythm?

Day 45 | Proverbs 17:22

Studies show that in moments of gratitude our bodies release dopamine (our body's pleasure regulating hormone). A cheerful heart literally changes our brain's chemistry. What are you thanking God for today?

Day 46 | 1 Corinthians 3:16

Stop for a minute and think on this reality: God's Spirit is living inside of you. How would you live differently if you acknowledged this truth on a daily basis?

Day 47 | Proverbs 3:7–8

Fearing the Lord, in this verse, means to stand in awe. When you stand in awe of the Lord, you're no longer in awe of your worries. Where does your mind wander to most? Are you more inclined to worry or worship?

Day 48 | Creative Practice

Take a morning to invest in your physical and spiritual health. Grab some headphones, put on some worship music, and go on a hike, run, ride, walk, etc.. Worship as you move. Exercise your body and spirit.

Jesus,

You are everything! I repent of ever putting anything above you or before you. Please be the center of it all. Thank you for giving everything for us so we could know you and follow you. We know that when we believe we will go to heaven. But when we follow, heaven will come to us. And so we pray for that Lord: Send heaven down! We ask you to honor our obedience in your name. Bring new life as we seek to follow you **wholeheartedly**.

Amen!

