



Check In

Connect with God honestly about where you are at



Reflect

"Review until" something pops to talk to God about



Share

Talk with God & others about what is now on your heart to do

Mutual Discipleship

Week 2 - Checking In

The rhythm of listening to your heart

Check-In

God is glad to connect with you. He wants to hear about how you are doing. Take a moment to notice your primary emotion of the day as a way to help yourself be fully present. Consider whether you are primarily sad, angry, scared, happy, tender, etc. Share with God that emotion. What are you thankful for? How does he feel about you?

Reflect

Spend some time with the biblical texts and the resources below. Feel the freedom to do so until something in particular pops out to you, you do not need to get through everything. What is your reaction to what you've just been exposed to? What encourages, challenges, or confuses you?

Read "[The Benefits of Checking In](#)" by LK10

[Romans 12:15](#): Rejoice with those who rejoice; mourn with those who mourn.

[Proverbs 4:23](#): Above all else, guard your heart, for everything you do flows from it.

[John Eldredge, from Waking the Dead](#): "Emotions are the voice of the heart... (They are) not the heart, but its voice. They express the deeper movements of the heart, as when we weep over the loss of someone we love, or when we cheer at the triumph of a son's team at the state championships. The mind stands detached, but it is with the heart that we experience and respond to life in all its fullness."

Extra: Dive deeper into "Checking In" by reading [Responding to Heavy Emotions](#) by LK10

Share

Be quiet for 3 minutes. What do you sense God is saying to you? How will you pursue being faithful with that this week?

The community is blessed when we share out of our life experiences, gifting, time with God, and reflection on scripture. We believe everyone contributes to teaching. What insight, question, or experience do you want to share with us?

Practice

As close to daily as possible do a check-in with your mutual discipleship partner.

If helpful, use SASHET: Sad, Angry, Scared, Happy, Excited, Tender. You can also check out a [Feelings Wheel](#). For example, "Today I am checking in as happy, sad, and tender. Happy because my daughter is coming for Thanksgiving, sad because I tore my hamstring and cannot exercise, and tender because my cousin has COVID and will be on oxygen for 8 weeks."

Take turns with your partner. Remember not to fix, change, or invalidate the other person for their feelings. If someone checks in heavily and you want to help, ask them what they most need from you.