

HEAD TO HEART

A SUMMIT POINT CHURCH WOMEN'S EVENT

HEAD TO HEART 31 DAY CHALLENGE

DIRECTIONS:

1. Read the verse of the day.
2. Take 3-5 minutes to reflect on that verse and the character of God. Ask nothing from Him. Only reflect on His character, but leave room for silence.
3. Breathe slowly. Listen for Him to speak to your heart. You may not “hear” anything. Don’t be discouraged.
4. After the 3-5 minutes, tell the Lord one thing you’d like to remember from that passage for the day.

DAY 1 ~ “For thus says the One who is high and lifted up, who inhabits eternity, whose name is Holy: ‘I dwell in the high and holy place, and also with him who is of a contrite (repentant) and lowly (humble) spirit, to revive the spirit of the lowly, and to revive the heart of the contrite.’” -- **Isaiah 57:15**

DAY 2 ~ “The Lord is merciful and gracious, slow to anger and abounding in steadfast love. He does not deal with us according to our sins, nor repay us according to our iniquities.” -- **Psalms 103:8, 10**

DAY 3 ~ “I led them with cords of kindness, with the bands of love, and I became to them as one who eases the yoke on their jaws, and I bent down to them and fed them.” -- **Hosea 11:4**

DAY 4 ~ “The Lord your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing.” -- **Zephaniah 3:17**

DAY 5 ~ “...In returning and rest you shall be saved; in quietness and in trust shall be your strength...” -- **Isaiah 30:15**

DAY 6 ~ “Why do you say, O Jacob, and speak, O Israel, ‘My way is hidden from the Lord, and my right is disregarded by my God’? Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and to him who has no might he increases strength. Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.” -- **Isaiah 40:27-31**

DAY 7 ~ “Indeed, none who wait for you shall be put to shame; they shall be ashamed who are wantonly treacherous. Make me to know your ways, O Lord; teach me your paths. Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the day long.” -- **Psalm 25:3-5**

DAY 8 ~ “His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire.” -- **2 Peter 1:3-4**

DAY 9 ~ “Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!” -- **Psalms 27:14**

DAY 10 ~ “I sought the Lord, and he answered me and delivered me from all my fears. Those who look to him are radiant, and their faces shall never be ashamed.” -- **Psalm 34:4-5**

DAY 11 ~ “Are there any among the false gods of the nations that can bring rain? Or can the heavens give showers? Are you not he, O Lord our God? We set our hope on you, for you do all these things.” -- **Jeremiah 14:22**

DAY 12 ~ “God is not man, that he should lie, or a son of man, that he should change his mind. Has he said, and will he not do it? Or has he spoken, and will he not fulfill it?” -- **Numbers 23:19**

DAY 13 ~ “You keep him in perfect peace whose mind is stayed on you, because he trusts in you. Trust in the Lord forever, for the Lord God is an everlasting rock.” -- **Isaiah 26:3-4**

DAY 14 ~ “And you were dead in the trespasses and sins in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience— among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind. But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—” -- **Ephesians 2:1-5**

DAY 15 ~ “Behold, the eye of the Lord is on those who fear him, on those who hope in his steadfast love, that he may deliver their soul from death and keep them alive in famine. Our soul waits for the Lord; he is our help and our shield. For our heart is glad in him, because we trust in his holy name. Let your steadfast love, O Lord, be upon us, even as we hope in you.” -- **Psalms 33:18-22**

DAY 16 ~ “But as for me, I will look to the Lord; I will wait for the God of my salvation; my God will hear me.”
-- **Micah 7:7**

DAY 17 ~ “O Israel, hope in the Lord! For with the Lord there is steadfast love, and with him is plentiful redemption. And he will redeem Israel from all his iniquities.” -- **Psalms 130:7-8**

DAY 18 ~ “Those who wait for me shall not be put to shame.” -- **Isaiah 49:23c**

DAY 19 ~ “The Lord is my portion (inheritance, habitual mode of life),” says my soul, “therefore I will hope in him.” The Lord is good to those who wait for him, to the soul who seeks him. It is good that one should wait quietly for the salvation of the Lord.” -- **Lamentations 3:24-26**

DAY 20 ~ “From of old no one has heard or perceived by the ear, no eye has seen a God besides you, who acts for those who wait for him.” -- **Isaiah 64:4**

DAY 21 ~ “I waited patiently for the Lord; he inclined to me and heard my cry. He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure. He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the Lord.” -- **Psalms 40:1-3**

DAY 22 ~ “I wait for the Lord, my soul waits, and in his word I hope; my soul waits for the Lord more than watchmen for the morning, more than watchmen for the morning.” -- **Psalms 130:5-6**

DAY 23 ~ “For God alone, O my soul, wait in silence, for my hope is from him. He only is my rock and my salvation, my fortress; I shall not be shaken. On God rests my salvation and my glory; my mighty rock, my refuge is God.” -- **Psalms 62:5-7**

DAY 24 ~ “I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.” -- **John 16:33**

DAY 25 ~ “But thanks be to God, who gives us the victory through our Lord Jesus Christ. Therefore, my beloved brothers, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain.” -- **1 Corinthians 15:57-58**

DAY 26 ~ “But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore, I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong.” -- **2 Corinthians 12:9-10**

DAY 27 ~ “For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.” -- **Ephesians 3:14-19**

DAY 28 ~ “Do not be deceived, my beloved brothers. Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.” -- **James 1:16-17**

DAY 29 ~ “For the mountains may depart and the hills be removed, but my steadfast love shall not depart from you, and my covenant of peace shall not be removed,” says the Lord, who has compassion on you.” -- **Isaiah 54:10**

DAY 30 ~ “The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name’s sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.” -- **Psalms 23:1-4**

DAY 31 ~ “For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.” -- **Romans 8:38-39**