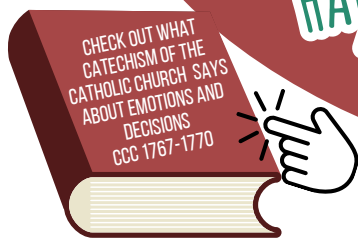


MAKE IT HAPPEN



Know your heart!

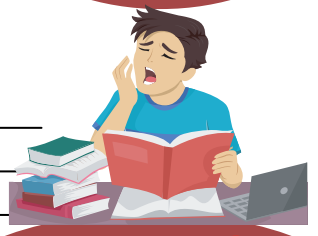
Try replacing "I have to" with "I get to"...
"I get to go to school",
"I get to help my parents", "I get to go to Mass"...



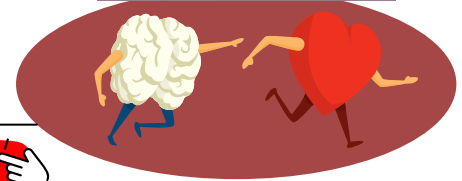
PRAYER DOESN'T HELP YOUR RELATIONSHIP WITH GOD. PRAYER IS YOUR RELATIONSHIP WITH GOD. MARK HART

LIST THE TOP THREE THINGS YOU STRUGGLE TO MOTIVATE YOURSELF TO DO!





THINK OF ONE SITUATION WHERE IT'S BETTER NOT TO BE GUIDED BY YOUR EMOTIONS



WATCH THIS VIDEO FROM FR MIKE SCHMITZ "WHEN YOU DON'T FEEL LIKE IT" AND REFLECT ON THE QUESTIONS THAT FOLLOW



What temptation do we all often face, according to Fr Mike?

When we don't feel like doing something, or struggle to find the motivation or be enthusiastic, what should we do?

WHY?

Our reason / why should be: it's _____ to do the right thing.

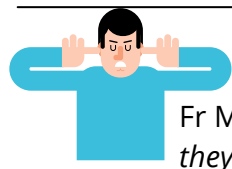
Mark Hart says: "Prayer doesn't _____ our relationship with God. Prayer _____ our relationship with God." That means if we don't have a daily prayer life, then we don't have a _____ relationship with God.



Our motive to pray should be: "I want _____"

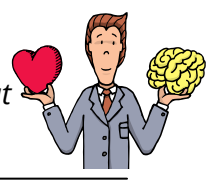
What did Jesus make possible for us to have? _____

What can the Holy Spirit do for us? _____

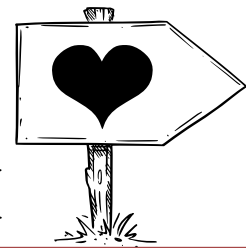


SO, SHOULD WE JUST IGNORE OUR EMOTIONS?

Fr Mike's friend Dean says, "Emotions do not reveal the truth about reality, but they do reveal the condition of your heart." How would you explain this in your own words? _____



Think of a situation that could explain this idea: where your feelings could show where your heart is at, but it would be wiser not to follow your heart in that situation!



REMEMBER: YOU HAVE A REASON, A WHY, A MOTIVE: THE LORD WANTS A RELATIONSHIP WITH YOU, HE WANTS TO BE PART OF YOUR LIFE, HE WANTS YOU TO HAVE ACCESS TO HIS HEART, TO ENTER IN AND ENGAGE WITH THE FATHER, THE SON AND THE HOLY SPIRIT.

KNOW YOUR HEART

LUKE 5:1-11

Are there areas in your life where you find yourself saying, "My heart's not in it, I can't do it, I don't feel like it."? Reflect on one of those areas, and what the condition of your heart might really be saying. Then find your motive, your why and name it!

SITUATION: _____

WHAT MY HEART MIGHT BE SAYING: _____

MY MOTIVATION TO ACTUALLY ACT: _____



REGARDLESS OF WHAT YOU'RE FEELING, DO THE RIGHT THING!



Now Read, Luke 5:1-11



This Gospel passage tells the familiar story of the miraculous catch of fish. Simon (Peter) has been fishing all night, and is no doubt exhausted. He's skilled at his trade, but for whatever reason, the night has not gone his way, and he has nothing to show for his efforts. He's weary, disappointed, possibly cranky at the loss of earnings, the weather, his own inability, maybe the faults of others. He could have lots of excuses to just pack up and go home. Then Jesus of Nazareth, a Carpenter, not a fisherman, tells him to cast his nets again. Simon has listened to Jesus preaching and although every emotion in him was already strained and telling him to give up, he chose to obey (although not without a little grumbling!) We know what happens next: his nets filled to breaking point, his boats almost sank! Simon dropped to his knees, overcome and significantly very aware of the condition of his own heart. We don't know a lot about Simon before this point, but the heart of Jesus spoke directly to his heart that day, and caused him to leave his comfort zone and follow Jesus. Could he have known what Jesus meant by a fisher of men? Highly unlikely! But Simon had a motive, to stay close to Jesus, and that was enough for him.



MISSION!

BE VERY CONSCIOUS THIS WEEK OF AREAS YOU STRUGGLE TO MOTIVATE YOURSELF IN. MAYBE IT'S HOUSEHOLD CHORES, ASSIGNMENTS, SPENDING TIME WITH PARTICULAR PEOPLE, CUTTING DOWN ON SCREEN TIME, SERVING OTHERS: WHATEVER IT IS, STOP AND ASK YOURSELF WHERE YOUR HEART IS AT, AND MORE IMPORTANTLY, WHAT'S YOUR MOTIVE FOR DOING THE RIGHT THING IN EACH SITUATION. LET THAT DRIVE YOU FORWARDS.



PRAYER TIME: Dear Jesus, you know I struggle a lot sometimes to do the right thing. Getting out of bed on time, pulling my weight around the house, completing assignments to the best of my ability and on time, not making excuses for myself... the list goes on. Help me to see my heart as you see it, to acknowledge what's truly going on in there. Give me the strength to rise above myself and my emotions, to find the why and the motive, daily, because the battle is daily. Amen



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON THE CONDITION OF YOUR HEART



- [Lord I need you - Matt Maher](#)
- [Blessed be your name - Matt Redman](#)
- [Today I Choose - Brian Doerksen](#)
- [I raise a Hallelujah - Bethel](#)
- [Ten Thousand Reasons - Matt Redman](#)
- [I shall not want - Audrey Assad](#)
- [Nothing I hold onto - W Reagan & Utd Pursuit](#)
- [I will follow you - Kristene di Marco](#)
- [Here's my heart - David Crowder Band](#)
- [Build my Life - Pat Barrett](#)

Click the links for the YouTube videos to listen to some suggestions!



HFM Testimony: Watch Áine's story of how she knew she had a choice to make in her faith



Fr Patrick Cahill: The Spirit of God