

Tyson Ziegler  
**SESSION 2 | Heat—The Impact  
of Circumstances**

**AIM:**

To help you reflect on the ways in which your circumstances affect your heart, and to enable you to begin your journey of change.

**JEREMIAH 17:5-14**

“To turn from bearing thorns and to grow in bearing fruit, we need to acknowledge our heart is wayward (v. 9). The Lord knows this already because he can see our deepest motivations and desires (v.10). Without God, we desire to go our own way, depending only on ourselves for help. God calls us to turn to him (and away from self-dependence) in our circumstances for hope (v.13) and transformation (v.14).”<sup>1</sup>

**Owning It**

What heat (positive or negative pressures) did you experience this last week?

How did you respond?

Share with your Discussion Partner(s) and give them the opportunity to ask clarifying questions.

Write a summary sentence of your DP's struggles:

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<sup>1</sup> Andrew Nichols and Helen Thorne, *Real Change: Becoming More Like Jesus In Everyday Life*, n.d., pg. 14

## **PSALM 22:1-21**

How does Jesus identify with our experience of heat?

### **Owning It**

Share with your DP how Jesus' experience reflected in Ps. 22 helps you in your struggle.

## **1 PETER 1:3-9**

What does Peter say is needed more than relief from our present heat (struggles)?

What faith response are we encouraged to respond with when we endure heat?

“We often want God to take away our trials, and sometimes, he does. But always he uses our trials and troubles to change us in immeasurably precious and important ways, bringing us deep joy even in the midst of the hardest times.”<sup>2</sup>

### **Owning It**

How does Peter's imagery in this passage of what God is forming in you give you hope?

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<sup>2</sup> Nichols and Thorne., 16

## **NUMBERS 11:4-15**

How did the Israelites respond with their trials?

## **DEUTERONOMY 8:2-3**

Why were these things happening to them?

## **1 CORINTHIANS 10:1-11**

What else does this passage teach us about why they were going through their experience?

### **Owning It - Read and Reframe**

- 1) Read your summary sentence of your discussion partner's shared struggle. Ask if you've heard accurately.
- 2) Once you are clear, apply the emphasis of the passages above by reframing your summary sentence to show the priority of God's good purposes.

## **HOMEWORK**

Next week, we will be considering the thorn bush on the three trees diagram which represents our ungodly reactions to our life circumstances. Take time this week to consider your responses to the heat in your life. The following questions are designed to help you.

- What would people see in your reaction that would inform them things are going wrong?
- This week, as you notice yourself responding badly to your circumstances (heat), ask yourself:
- What are you saying to those around you? What exact words and tone of voice are you using?
- What are you doing in response to the heat?
- Where are you looking (toward God/other people/other priorities)?
- What are you thinking/feeling? Any unspoken words?
- What is being reaped as you respond like this? What is the result of your “thornlike” response?<sup>3</sup>

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<sup>3</sup> Nichols and Thorne. All questions have either been taken from or informed by chapter 2 of this resource.