

— WOMEN OF GRACELIFE —

A GUIDED STUDY PRACTICE



WATCH

Over Your Heart

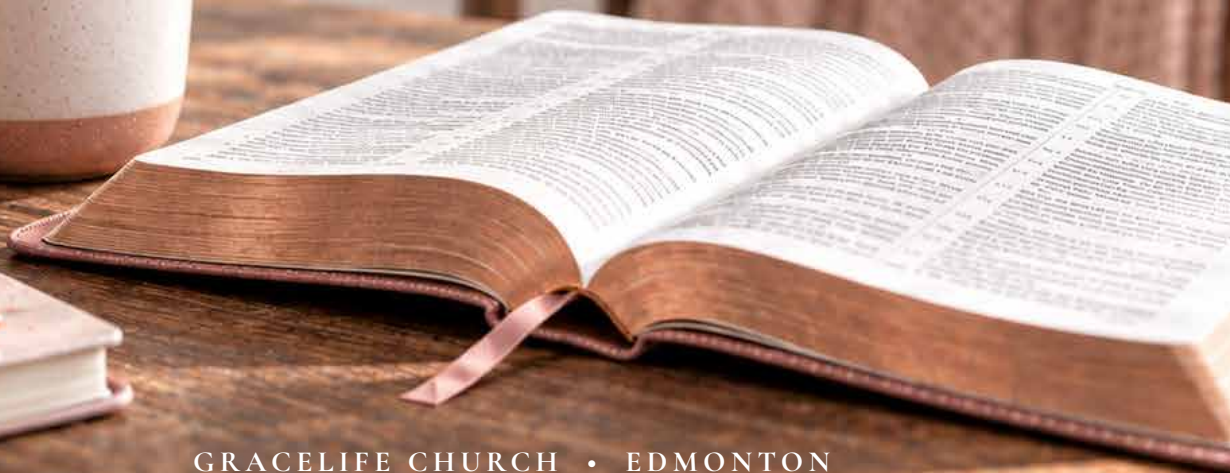
A SEASON OF FAITHFULNESS
IN GOD'S WORD

PSALM 101:2

*"I will give heed to the blameless way.
When will You come to me?
I will walk within my house in the
integrity of my heart."*

KNOW
MEDITATE
OBEY
LIVE

*With integrity
in the everyday
places of life.*



GRACELIFE CHURCH • EDMONTON

For His Glory. For Your Good.



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Continue in the Word

Looking for a Bible reading plan, your next good book, or additional resources to help you study?

Visit womenofgracelife.com for **Bible reading plans**, recommended **reading and book reviews**, **articles** from the Women of GraceLife blog, and **guided Bible studies** from past Women of GraceLife seasons.

Keep opening the Word. Keep growing in your knowledge of God. Keep walking faithfully in what He has said.





WELCOME TO

WATCH *Over Your Heart*

This study was created to help us slow down, open God's Word, and practice what we have been taught. God has given us His Word not only so we can know what is true, but so we can live it. WATCH is an invitation to spend a season being intentional about what we read, what we think about, and how we respond to God in the everyday places of life.

This is not another curriculum to complete or a replacement for the teaching we receive at church. It is a guided practice to help us develop a steady discipline of time in Scripture, meditation, and obedience. Each study spread provides simple guidance, thoughtful questions, and space to reflect, helping you engage carefully with God's Word for yourself.

Our desire is that this season would strengthen our love for Scripture, shape our thinking, and lead to a life of greater integrity, both in what others see and in the places only God sees.

*"Open my eyes, that I may behold
Wonderful things from Your law."*

PSALM 119:18

— A CALL TO FAITHFULNESS —

WATCH

Over Your Heart

THE HEART MATTERS

*“Watch over your heart with all diligence,
For from it flow the springs of life.”*

PROVERBS 4:23

Our hearts shape our thoughts, desires, words, and actions. What we allow into our hearts will eventually be seen in the way we live. God calls us to watch over our hearts carefully, not because we are strong on our own, but because we depend on His Word and the Spirit to renew our minds and direct our steps.

David longed for a life of integrity, one that was marked by a sincere commitment to God’s ways, even in the ordinary and unseen places.

*“I will give heed to the blameless way.
When will You come to me? I will walk within my
house in the integrity of my heart.”*

PSALM 101:2

Watchfulness and *integrity* go together. As we give careful attention to God’s Word, His Spirit shapes our hearts and enables us to walk in a way that honours Him, at home, at work, in our relationships, and in every area of life.

FOR HIS GLORY. FOR YOUR GOOD.



KNOW



MEDITATE



OBEY



LIVE



*With integrity
in the everyday
places of life.*



BEFORE YOU BEGIN

Come to the Word

NOT TO COMPLETE A TASK, BUT TO
HEAR WHAT GOD HAS SAID.



PRAY

Begin by asking the Lord to help you understand His Word, receive it rightly, and respond in obedience. We are dependent upon Him as we study.



READ

Read the passage slowly and carefully. Then read it again. Resist the urge to rush immediately to a study note, commentary, or someone else's explanation. Give your attention first to the words God has given.



SLOW DOWN

You are not trying to cover as much Scripture as possible. Sometimes careful study means spending several days in the same passage. Notice words, connections, contrasts, commands, promises, and repeated ideas.



MEDITATE

Biblical meditation is not emptying your mind. It is deliberately dwelling on God's truth. Take what you have read with you. Turn it over in your mind. Consider its implications. Let Scripture shape what occupies your thoughts.



RESPOND

God's Word calls for more than understanding. Ask how the truth you have read should shape what you believe, love, desire, say, and do.

The goal is not to finish.

The goal is to faithfully know, believe, and obey what God has said.

Build a Faithful Discipline

SIMPLE PRACTICES CAN HELP US KEEP GOD'S WORD
BEFORE US THROUGHOUT THE DAY



SET ASIDE FOCUSED TIME

Choose a regular time when you can give Scripture your undivided attention. Protect that time where you can, while remembering that faithfulness will look different in different seasons of life.



LISTEN TO THE WORD

Play an audio Bible while driving, walking, or working around your home. Repeated listening can help you recognize a book's themes and structure.



WRITE SCRIPTURE OUT

Copy a passage slowly by hand. Writing can help you notice individual words, sentence structure, repetition, and connections that are easy to pass over when reading quickly.



KEEP SCRIPTURE BEFORE YOU

Write your memory verse on a card. Place it somewhere you will see it. Return to it throughout the day. Repetition helps move our attention back to what is true.



READ AGAIN

You don't always need a new passage. Read the chapter again tomorrow. Spend a week in a short book. Familiarity with the text often helps us see connections we missed on the first reading.



MISSED A DAY? BEGIN AGAIN.

A missed day is not a reason to abandon the practice. Open your Bible today and continue. Our aim is not a perfect record, but a growing pattern of faithfulness.

MY PLAN When can I regularly set aside
focused time in God's Word?

One simple practice I want
to begin or strengthen:



Study Tools to Take With You

Some passages invite us to slow down and look more closely. Use the blank Verse Mapping worksheet to grown in your study of God's Word.



Download the Verse Mapping Tool

Scan the QR code to access this worksheet and other study resources at womenofgracelife.com.



Additional Resources

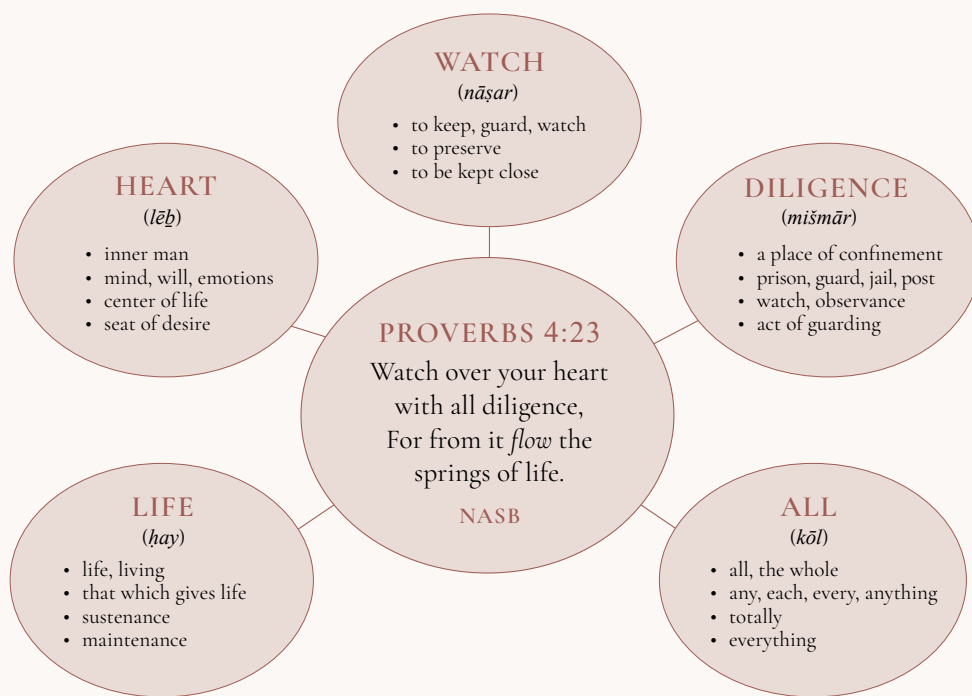
Bible Reading Plans
Guided Studies
Articles & More

Keep Seeking.
Keep Studying.
Keep Walking in the Word.

Scripture Mapping

SLOW DOWN. LOOK CLOSER. LET GOD'S WORD SPEAK.

Verse mapping helps us examine a verse more carefully by looking at **key words**, their **meaning**, and the **context** in which they are used. It's a simple tool to help us slow down, observe carefully, and better understand Scripture in its context. **EXAMPLE:**



CONTEXT

These verses call us to pay attention to what we hear, keep our eyes on what is right, guard our heart, and keep our feet on the path of wisdom. The heart affects the entire course of our life—the source of everything that affects our speech, sight, and conduct.

STRONG'S

Watch - H5341 - nāšar
Heart H3820 - lēb
All H3605 - kōl
Diligence - H4929 - mišmār
Life - H2416 - ḥay

DICTIONARY DEFINITION

H5341 - nāšar - naw-tsar', a primitive root; to guard, in a good sense (to protect, maintain, obey, etc.) or a bad one (to conceal, etc.)—besieged, hidden thing, keep(-er, -ing), monument, observe, preserve(-r), subtil, watcher(-man).

OTHER TRANSLATIONS

Watch - keep (ESV), guard (LSB), keep (KJV)
Diligence - carefully (ESV), with all vigilance (CSB)
Flow - well up (ESV), spring (LSB)
Life - life (ESV), life (LSB), living (CSB)

Remember: Individual words do not determine a verse's meaning on their own. Word studies, definitions, and other translations are tools that help us understand the text. Always return to the verse in its context.

Putting It Together

FROM UNDERSTANDING TO FAITHFUL RESPONSE.

After mapping a verse, take time to consider what you have learned. Use the questions below to help you think through the verse in its context and apply it to your life.

1. WHAT DID I OBSERVE?

What became clearer as I slowed down and examined the verse?

Write your answer here...

2. WHAT DOES THE VERSE MEAN IN CONTEXT?

How does it fit within the paragraph, chapter, book, and author's argument?

Write your answer here...

3. WHAT DOES THIS TEACH ME ABOUT GOD?

Write your answer here...

4. HOW SHOULD I RESPOND TO THIS TRUTH?

Is there something to believe, confess, obey, put off, put on, remember, or give thanks for?

Write your answer here...

VERSE TO MEDITATE ON / MEMORIZE

Write your Bible verse here...

PRAYER

Dearest Heavenly Father, Thank You ...





WATCH • IN THE WORD

Study the Word

SLOW DOWN. LOOK CLOSER. LET GOD'S WORD SPEAK.

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PASSAGE _____

1. READ + OBSERVE

What do you see in the text? Note repeated words, key ideas, contrasts, commands, promises, people, places, or anything else you notice.

2. UNDERSTAND

What is the author communicating? Consider the immediate context and how this passage fits within the book.

3. DIG DEEPER

Record helpful cross-references, definitions, word studies, translation comparisons, or other observations. Follow the cross-references in your Bible's margins, or consult a trusted study Bible. Record anything that helps clarify the passage.

4. WHAT DOES THIS TEACH ME ABOUT GOD?

What do you learn about His character, works, purposes, promises, or ways?

VERSE TO MEDITATE ON / MEMORIZE

Respond to the Word

FROM UNDERSTANDING TO FAITHFUL RESPONSE.

1. WHAT TRUTH DO I NEED TO BELIEVE OR REMEMBER?

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Is there something to believe, confess, obey, put off, put on, pursue, remember, or give thanks for?

Prayer

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Is there something to believe, confess, obey, put off, put on, pursue, remember, or give thanks for?

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What do you learn about His character, works, purposes, promises, or ways?

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Don't rush. You do not need to complete this spread in one sitting.



WATCH • IN THE WORD

Study the Word

SLOW DOWN. LOOK CLOSER. LET GOD'S WORD SPEAK.

DATE _____

PASSAGE _____

1. READ + OBSERVE

What do you see in the text? Note repeated words, key ideas, contrasts, commands, promises, people, places, or anything else you notice.

2. UNDERSTAND

What is the author communicating? Consider the immediate context and how this passage fits within the book.

3. DIG DEEPER

Record helpful cross-references, definitions, word studies, translation comparisons, or other observations. Follow the cross-references in your Bible's margins, or consult a trusted study Bible. Record anything that helps clarify the passage.

4. WHAT DOES THIS TEACH ME ABOUT GOD?

What do you learn about His character, works, purposes, promises, or ways?

VERSE TO MEDITATE ON / MEMORIZE

Respond to the Word

FROM UNDERSTANDING TO FAITHFUL RESPONSE.

1. WHAT TRUTH DO I NEED TO BELIEVE OR REMEMBER?

2. WHERE DOES MY THINKING, DESIRE, OR BEHAVIOUR NEED TO BE BROUGHT INTO AGREEMENT WITH GOD'S WORD?

3. HOW SHOULD I RESPOND?

Is there something to believe, confess, obey, put off, put on, pursue, remember, or give thanks for?

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“Questions, passages, words, connections, or resources I want to come back to as I continue studying God’s Word.”

“I will put My Spirit within you and cause you to walk in My statutes, and you will be careful to observe My ordinances.”

E Z E K I E L 36:27



*Watch over your heart
with all diligence,
For from it flow the springs of life.*

PROVERBS 4:23

FOR HIS GLORY. FOR YOUR GOOD.

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