



Heart of the Matter: Daily Reflections for Changing Hearts and Lives

Christian Counseling & Educational Foundation (CCEF)

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Start a Year of Thoughtful Change

Change that goes deeper than the surface of our lives happens over the long haul as we daily remember and connect the truths of the gospel to our lives. Every day we need to be reminded in different ways that Jesus, God's own Son, came to this world to save us from sin, sorrow, and death. The promises of God, which are all *yes* in Jesus, change the way we view ourselves, our circumstances, and other people. This devotional gives a daily reminder of these life-changing truths. The 366 selections, anchored in Scripture and saturated with the gospel, will help the reader to:

- Learn how God in his Word addresses a host of life situations
- Focus on how the gospel intersects with life
- Look beyond circumstances to God's purposes
- See how God values relationship with his children
- Learn to value others by speaking truth in love, by not shying away from conflict, by forgiving, and by being patient and persistent
- Grow in wisdom when confronted by life's changes
- Learn how God works change that is effective and visible

Topics covered in the devotional include: love, hope, grace, redemption, faith, contentment, conflict, relationships, prayer, fear, patience, humility, and anger.

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