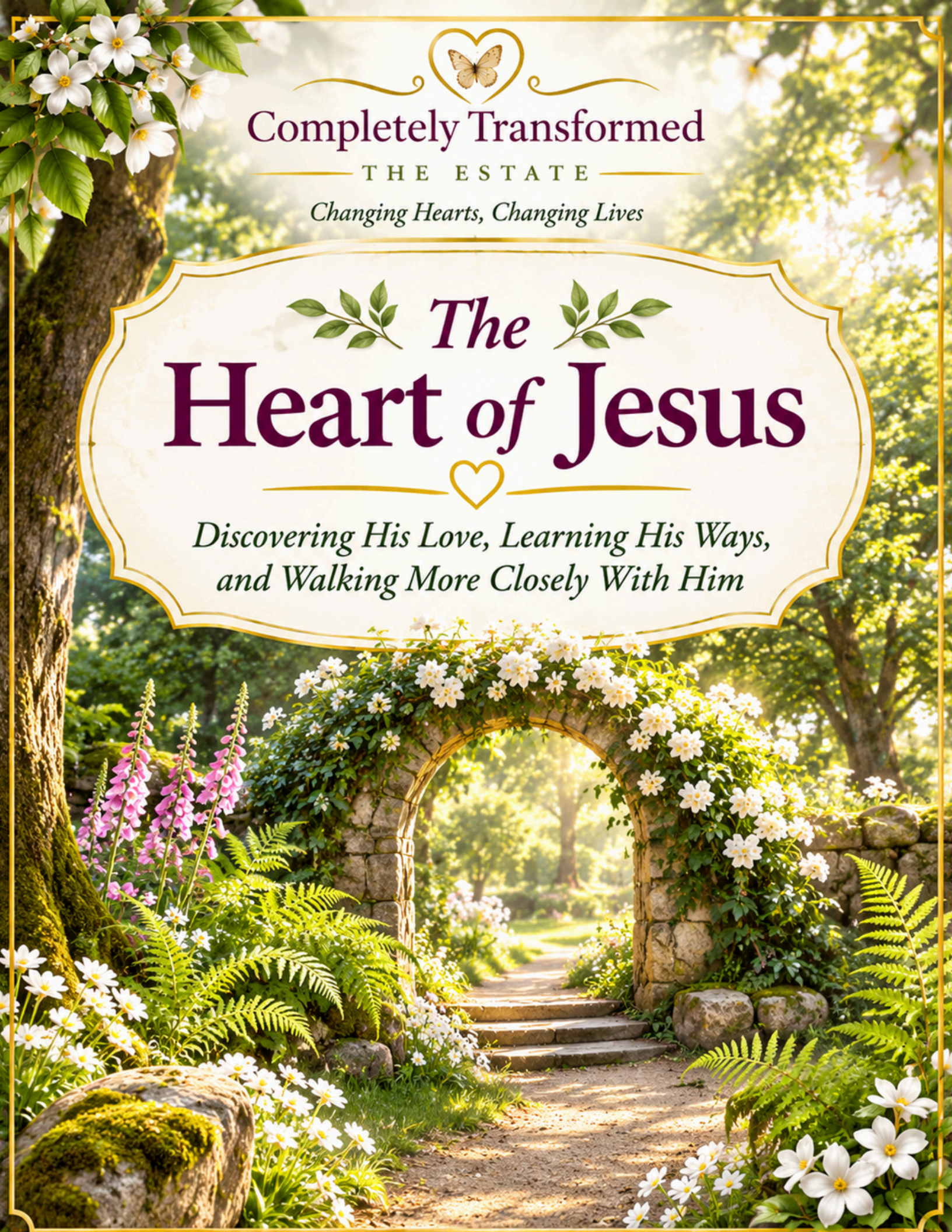

Completely Transformed
THE ESTATE
Changing Hearts, Changing Lives
The
Heart of Jesus
Discovering His Love, Learning His Ways,
and Walking More Closely With Him

Copyright & A Gentle Note

The Heart of Jesus

Discovering His Love, Learning His Ways, and Walking More Closely With Him

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A Note About Scripture

Scripture references throughout this workbook are accompanied by original summaries and reflections rather than extended quotations from a particular Bible translation.

Readers are encouraged to open their own Bibles, explore each passage in context, and allow God's Word to guide their understanding.

A Gentle Note

This workbook is not intended to be another task to complete or a standard you must achieve.

It is an invitation to slow down, open your Bible, and discover more deeply the heart of Jesus as revealed in Scripture.

There is no need to rush through the reflections or find the perfect answers.

Come with an open heart, a willingness to learn, and confidence that knowing Jesus is a relationship to grow in, not a performance to perfect.

With Love From Completely Transformed

May these pages encourage you to know Jesus more intimately, trust His Word more confidently, and reflect His character in the ordinary moments of everyday life.

Changing Hearts, Changing Lives

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Come and Discover His Heart

An invitation to know Jesus more deeply

There is a beautiful difference between knowing things ***about Jesus*** and growing in our relationship *with Him*.

We may know the stories of His life, remember His teachings, and believe that He died and rose again. Yet sometimes, the way we imagine Him responding to us is shaped more by our experiences, disappointments, or fears than by what Scripture reveals.

Throughout the Gospels, we discover a Saviour whose compassion is genuine, whose gentleness is never weakness, and whose love is inseparable from truth.

Jesus does not simply show us how to live. He reveals the Father to us.

And He invites us to come to Him, learn from Him, and remain in Him.

A Scripture to Carry With You

Matthew 11:28–30

Jesus invites the weary to come to Him for rest and describes Himself as gentle and humble in heart.
His invitation is not to become strong enough to approach Him, but to come and learn from Him.

As You Begin

Take a quiet moment to consider:

When I think about Jesus, what do I believe He is really like towards me?

A Gentle Reminder

You do not need to rush through these pages or find the perfect words.

Come with an open heart, an open Bible, and a willingness to discover Him as He has revealed Himself.

The more clearly we see Jesus, the more faithfully we can learn to walk with Him.

Jesus Reveals the Father

Discovering the Father's heart through His Son

Have you ever found it easier to imagine Jesus being compassionate towards you than to picture the Father feeling the same way?

Perhaps you see Jesus as gentle and approachable, but imagine the Father as distant, demanding, or difficult to please.

Yet Jesus revealed something extraordinary.

When we look at Jesus, we are seeing the Father's character perfectly expressed.

In John 14:9, Jesus told Philip that whoever had seen Him had seen the Father.

Jesus was not saying that He and the Father are the same Person. He was revealing that His words, works, compassion, holiness, and truth perfectly reflect the One who sent Him.

The Father did not send Jesus to persuade Him to become loving.

The Father sent Jesus because He already loved us.

Discover the Truth

- **John 14:6–11** — Jesus reveals the Father and shows us the way to Him.
- **John 3:16–17** — The Father's love is demonstrated in His sending of the Son.

When we see Jesus welcoming the overlooked, showing compassion to the suffering, and speaking truth with love, we are discovering what the Father is like.

His love is not separate from His holiness, and His holiness is not separate from His love.

A Moment of Reflection

Is there something I have believed about the Father that does not agree with what Jesus has revealed?

Renew Your Thinking

Old assumption: The Father is reluctant to love or receive me.

Biblical truth: The Father has revealed His love through Jesus Christ, and through Him I am invited to draw near.

A Prayer From the Heart

Father, thank You for revealing Yourself through Jesus. Where my understanding of You has been shaped by fear or painful experiences, help me see You more clearly through Your Word. Teach me to trust Your love, holiness, and goodness. In Jesus' name, amen.

The Gentle Heart of Jesus

His strength is never without compassion

When you feel weary, overwhelmed, or aware of your weaknesses, how do you imagine Jesus responding to you?

Perhaps you expect disappointment, impatience, or pressure to become stronger.

Yet the Gospels reveal something wonderfully different.

Jesus never confused gentleness with weakness.

He spoke with authority, confronted what was wrong, and remained completely faithful to the Father. Yet He also treated the hurting, vulnerable, and struggling with extraordinary compassion.

His gentleness did not diminish His strength. It revealed the beauty of His character.

Discover the Truth

- **Matthew 12:18–21** — Matthew describes Jesus as the promised Servant who would not break a bruised reed or extinguish a smouldering wick.
- **Hebrews 4:14–16** — Because Jesus is our compassionate High Priest, we can approach God's throne of grace with confidence.

You do not have to hide your weakness from Jesus.

He understands our frailty, and His invitation is to draw near to Him rather than withdraw in fear.

A Moment of Reflection

When I feel weak or struggle with something, what response do I usually expect from Jesus?

Renew Your Thinking

Old assumption: Jesus must be disappointed when I am weak.

Biblical truth: Jesus understands my weakness and invites me to approach Him for mercy and grace.

A Prayer From the Heart

Lord Jesus, thank You that Your gentleness is never weakness and Your compassion is never indifference. Help me see Your heart clearly, especially when I feel vulnerable or overwhelmed. Teach me to approach You with confidence and to reflect Your gentleness towards others. Amen.

Seen and Known by Jesus

You are never just another face in the crowd

Have you ever felt overlooked, unheard, or as though your needs were too insignificant to matter?

Sometimes we believe Jesus cares deeply about people, yet struggle to recognise that His compassion extends to us personally.

In Mark 5, Jesus was on His way to help Jairus's dying daughter when a woman who had suffered for twelve years reached out and touched His clothing.

Jesus stopped. He listened to her, spoke to her personally, and acknowledged her faith. Her suffering had not escaped His attention.

Jesus was not too busy to care for the person before Him.

Discover the Truth

- **Mark 5:25–34** — Jesus responds personally to a suffering woman and sends her away in peace.
- **Luke 12:6–7** — Jesus reminds His followers that they are known and valued by the Father.

Jesus' attention to individuals reveals the personal nature of His compassion.

You are not an interruption to Him, and your circumstances do not have to appear extraordinary for you to approach Him.

A Moment of Reflection

Is there an area of my life where I have been assuming that my concerns are too small or unimportant to bring to Jesus?

Renew Your Thinking

Old assumption: My concerns are too insignificant for Jesus to notice.

Biblical truth: Jesus knows me, values me, and welcomes me to bring my concerns to Him.

A Prayer From the Heart

Lord Jesus, thank You for showing such personal compassion to those who came to You. Help me remember that I am known and valued, even when I feel overlooked. Teach me to bring my concerns to You with confidence and to notice the people around me with that same compassion. Amen.

His Compassion for the Overlooked

His mercy reaches beyond the labels people carry

Have you ever felt defined by something in your past, misunderstood by others, or quietly convinced that you don't quite belong?

In Luke 19, Zacchaeus was a chief tax collector whose reputation made him unpopular among his community.

Yet when Jesus entered Jericho, He noticed Zacchaeus and called him by name.

Rather than allowing the crowd's opinion to determine His response, Jesus chose to visit his home.

That encounter was followed by a remarkable change in Zacchaeus's life, including his willingness to make restitution for wrongdoing.

Jesus' compassion did not excuse sin. His kindness opened the way for genuine repentance and transformation.

Discover the Truth

- **Luke 19:1–10** — Jesus seeks out Zacchaeus, and his response demonstrates a changed heart.
- **Romans 2:4** — God's kindness is intended to lead us towards repentance.

Jesus sees beyond the labels people carry without pretending their choices do not matter. His mercy invites us to come into the light, receive His truth, and walk in a new direction.

A Moment of Reflection

Is there a label, past mistake, or opinion of others that I have allowed to shape how I see myself?

_____

_____

_____

_____

Renew Your Thinking

Old assumption: My past or reputation determines whether Jesus will welcome me.

Biblical truth: Jesus came to seek and save the lost, and His grace calls me into a transformed life.

A Prayer From the Heart

Lord Jesus, thank You that Your compassion reaches people others may overlook. Help me release the labels and assumptions that do not agree with Your truth. Give me a heart that responds to Your grace with genuine repentance, and teach me to extend compassion to others without compromising what is right. Amen.

The Humility of Jesus

Secure in who He was, free to serve in love

Have you ever felt that serving others meant putting your own worth aside, or that humility required you to think poorly of yourself?

Jesus reveals a very different picture.

In John 13, knowing that the Father had given all things into His hands and that He had come from God and was returning to Him, Jesus knelt to wash His disciples' feet.

The One who possessed all authority willingly took the place of a servant.

Jesus did not serve because He lacked significance. He served from the security of knowing who He was.

His humility was an expression of love, not a denial of His identity.

Discover the Truth

- **John 13:3–15** — Jesus washes His disciples' feet and calls them to follow His example.
- **Philippians 2:3–8** — Christ demonstrates humility through His willingness to take the form of a servant and obey the Father.

Biblical humility does not require us to deny our God-given worth.

It invites us to lay aside selfish ambition and consider the needs of others, following the example of Jesus.

A Moment of Reflection

Where might I be seeking recognition or approval when Jesus is inviting me to serve from a heart established in His love?

Renew Your Thinking

Old assumption: I must prove my worth through what I do for others.

Biblical truth: My worth is not something I earn through service. I can serve others freely, following Jesus' example of humility and love.

A Prayer From the Heart

Lord Jesus, thank You for showing me what true humility looks like. Help me become secure in Your love rather than seeking approval through my actions. Teach me to recognise the needs of others and serve willingly, with wisdom, sincerity, and joy. Amen.

Love and Truth Together

Learning to reflect the heart of Jesus in our relationships

Have you ever found yourself avoiding an uncomfortable conversation because you were afraid of hurting someone's feelings?
Or perhaps you've spoken what you believed was true, only to realise afterwards that your words lacked gentleness.
Jesus shows us that love and truth were never meant to compete.
Throughout His ministry, He welcomed people with compassion, spoke honestly about sin, and invited them to follow Him into a new way of living.

Jesus never compromised truth to appear loving, and He never used truth as an excuse to withhold love.

His example teaches us to care about both what we say and the heart from which we say it.

Discover the Truth

- **John 1:14** — Jesus came full of grace and truth.
- **Ephesians 4:15** — Believers are called to speak the truth in love as they grow towards maturity in Christ.

Following Jesus does not mean avoiding every difficult conversation or saying whatever others want to hear.
It means allowing His love to shape our motives, His truth to guide our words, and His wisdom to influence when and how we speak.

A Moment of Reflection

Is there a relationship or conversation where I need to grow in expressing both love and truth?

Renew Your Thinking

Old assumption: I must choose between being kind and being honest.

Biblical truth: Through Christ, I can learn to speak truth with love, humility, and wisdom.

A Prayer From the Heart

Lord Jesus, thank You for revealing the beauty of grace and truth together. Help me recognise when fear, frustration, or the desire for approval is influencing my words. Teach me to listen with compassion, speak with honesty, and treat others with the same dignity and love You have shown me. Amen.

Receiving His Invitation to Rest

Learning to walk with His gentle and humble heart

Have you ever felt that you must get everything right before you can truly rest in your relationship with God?
Perhaps you've been carrying the pressure to do more, become better, or somehow prove that you're growing spiritually.
Yet Jesus offers a different invitation.
In Matthew 11, He calls those who are weary and burdened to come to Him.
He doesn't invite us into a life without responsibility. He invites us to take His yoke upon us and learn from Him.

The rest Jesus offers is found in coming to Him, trusting Him, and learning to walk in His ways.

His gentleness does not mean He has no expectations of us. It means we can learn from Him without being driven by fear or the need to earn His acceptance.

Discover the Truth

- **Matthew 11:28–30** — Jesus invites the weary to come to Him, take His yoke, and learn from His gentle and humble heart.
- **John 15:4–5** — Jesus teaches His disciples to remain in Him, recognising that fruitfulness comes through abiding in Him.

We are not called to manufacture spiritual growth through anxious striving.
We are invited to remain connected to Christ, trust His Word, and respond to His leading.

A Moment of Reflection

What pressure have I been carrying that Jesus is inviting me to surrender as I learn to walk with Him?

Renew Your Thinking

Old assumption: I must work harder to become acceptable to God.

Biblical truth: Through Jesus Christ, I am welcomed into relationship with God and invited to grow as I trust and follow Him.

A Prayer From the Heart

Lord Jesus, thank You for inviting me to come to You when I am weary. Help me recognise where I have been striving in my own strength. Teach me to trust Your Word, receive Your rest, and walk faithfully with You, one step at a time. Amen.

The Heart That Welcomes Us

You can approach Him with confidence

Have you ever hesitated to come to Jesus because you felt ashamed, unworthy, or disappointed in yourself?
Perhaps you know that He is loving, yet still imagine that you must first put everything right before approaching Him.
But the invitation of Jesus is not reserved for those who have already managed to overcome every struggle.

He welcomes those who come to Him in faith.

Jesus does not minimise sin or pretend that our choices are unimportant. Yet His mercy gives us every reason to turn towards Him rather than hide from Him.
Through His finished work, we are invited to draw near to God with confidence.

Discover the Truth

- **John 6:37** — Jesus promises that He will not reject those who come to Him.
- **Hebrews 4:14–16** — Through Jesus, our great High Priest, we can approach God's throne of grace to receive mercy and help.

We do not approach God because we have made ourselves worthy.
We come through Jesus Christ, trusting His grace and receiving the help we need to walk in His ways.

A Moment of Reflection

Is there something that has been causing me to hesitate before approaching Jesus?

Renew Your Thinking

Old assumption: I must put everything right before Jesus will welcome me.

Biblical truth: Through Jesus Christ, I can draw near to God for mercy, grace, and help.

A Prayer From the Heart

Lord Jesus, thank You for welcoming those who come to You in faith. Help me turn towards You rather than hide when I recognise my weaknesses or mistakes. Teach me to trust Your mercy, receive Your grace, and walk in the freedom of knowing I can draw near to God through You. Amen.

Learning to Walk in His Ways

Letting His character shape our everyday responses

Knowing the heart of Jesus is not simply about understanding how He treated people long ago. It changes the way we learn to live today.
His gentleness can influence how we respond when someone is struggling. His humility can shape the way we serve. His truth can guide difficult conversations, and His compassion can help us notice people we might otherwise overlook.

We are not called to imitate Jesus through willpower alone. We are called to follow Him in dependence upon His life and grace.

As we remain in Him, His Word and Spirit continue shaping our thinking, attitudes, and choices.

Discover the Truth

- **John 13:34–35** — Jesus commands His disciples to love one another as He has loved them.
- **Galatians 5:22–25** — The fruit of the Spirit is expressed as we live and walk by the Spirit.

Following Jesus is expressed in ordinary moments, not only extraordinary acts of faith.
Each day brings opportunities to respond to others in ways that reflect His character.

A Moment of Reflection

What is one everyday situation where I would like my response to reflect the heart of Jesus more clearly?

Renew Your Thinking

Old assumption: Becoming more like Jesus depends entirely upon my effort.

Biblical truth: As I walk with Christ and depend upon the Holy Spirit, His character is increasingly expressed in my life.

A Prayer From the Heart

Lord Jesus, thank You that You have not left me to follow You in my own strength. Help me recognise opportunities to reflect Your compassion, humility, and truth. Teach me to listen to Your Word, depend upon Your Spirit, and respond with love in the ordinary moments of life. Amen.

Remaining Rooted in Christ

Growing through relationship rather than striving

Have you ever measured your spiritual growth by how much you have accomplished, how consistently you have behaved, or whether you feel closer to God than you did yesterday?
It can be easy to turn even our desire to know Jesus into another measure of personal performance.
Yet Jesus describes a very different picture of spiritual fruitfulness.
In John 15, He speaks of Himself as the vine and His followers as the branches.
A branch does not produce fruit by separating itself from the vine and trying harder.

Fruitfulness comes through remaining connected to Christ.

This is not an invitation to spiritual passivity. It is a call to continue trusting, obeying, and depending upon the One who gives us life.

Discover the Truth

- **John 15:4–5** — Jesus teaches that His disciples bear fruit by remaining in Him.
- **Colossians 2:6–7** — Those who have received Christ are called to continue walking in Him, rooted and established in faith.

Our relationship with Jesus is not merely the starting point of the Christian life.
He remains the source of our strength, growth, and fruitfulness.

A Moment of Reflection

Where have I been measuring my spiritual growth by performance rather than remaining focused on Christ?

Renew Your Thinking

Old assumption: Spiritual maturity means becoming increasingly self-sufficient.

Biblical truth: Spiritual maturity grows as I remain rooted in Christ and continue depending upon Him.

A Prayer From the Heart

Lord Jesus, thank You that You are the source of my life and fruitfulness. Help me recognise when I have become focused on measuring my progress rather than remaining close to You. Teach me to trust Your Word, walk in obedience, and depend upon Your grace each day. Amen.

When Old Patterns Return

Learning to respond with truth instead of condemnation

Even as we grow in our relationship with Jesus, there may be moments when familiar thoughts, fears, or reactions return.
Perhaps you become impatient, respond defensively, or find yourself striving for approval again.
Recognising an old pattern does not mean that everything you have learned has disappeared.
It can become an opportunity to return to God's Word, acknowledge what needs to change, and respond differently.

Our confidence is not in never making a mistake. It is in the faithfulness of Jesus Christ.

His grace does not encourage us to ignore what is wrong. It teaches us to turn towards Him and continue walking in truth.

Discover the Truth

- **Romans 8:1–2** — There is no condemnation for those who are in Christ Jesus.
- **Romans 12:2** — Believers are called to be transformed through the renewing of their minds.

A Simple Renewal Exercise

1. Recognise the pattern

What thought or reaction have I noticed returning?

_____

_____

2. Remember the truth

What have I learned about Jesus that speaks to this situation?

_____

_____

3. Respond differently

What is one practical step I can take in agreement with His Word?

_____

_____

A Prayer From the Heart

Lord Jesus, thank You that my hope rests in Your faithfulness. When old patterns appear, help me respond with humility rather than condemnation. Renew my thinking through Your Word and teach me to walk in the freedom You have given me. Amen.

My Walk With Jesus

A personal reflection for the journey ahead

Throughout these pages, we have explored the compassion, gentleness, humility, truth, and faithfulness of Jesus.
But the purpose of discovering His heart is not simply to gather more knowledge.

It is to know Him more deeply and allow His truth to shape the way we live.

You do not need to create an elaborate spiritual plan or promise that you will never struggle again. Instead, take a few moments to consider what the Lord has been showing you and how you would like to respond.

My Personal Reflection

One truth about Jesus I want to remember:

_____

_____

_____

One old assumption I am choosing to replace with biblical truth:

_____

_____

_____

One way I want to respond to His love in everyday life:

_____

_____

_____

A Gentle Commitment

Lord Jesus, I want to continue knowing You, trusting Your Word, and learning to walk in Your ways. Help me remain rooted in You, attentive to Your Spirit, and willing to respond when You lead me. Thank You that I can continue this journey with confidence in Your faithfulness. Amen.

Remember

You do not have to see every step ahead.
You can continue walking with Jesus, one ordinary day at a time.

Keep Your Eyes on Jesus

The journey continues with Him

As you reach the final page of this workbook, I hope you are carrying something more precious than a collection of completed reflections.
I hope you have discovered a clearer picture of Jesus.
The One who perfectly reveals the Father.
The One whose gentleness is never weakness.
The One who notices individuals, welcomes the weary, speaks truth with love, and serves with extraordinary humility.
And the One who invites you to remain in Him.

The Christian life is not a journey towards becoming independent of Jesus.
It is a life of growing in our knowledge of Him and our dependence upon Him.

There will be days when you respond beautifully to His leading, and other days when you recognise an old habit or thought returning.
Neither your progress nor your struggles change who Jesus is.
Keep returning to His Word.
Keep learning from His example.
Keep trusting His faithfulness.

A Scripture to Carry Forward

Hebrews 12:1–3 — We are encouraged to run with perseverance, keeping our attention fixed upon Jesus.

A Final Prayer

Lord Jesus, thank You for revealing Your heart through Scripture. Thank You for Your compassion, holiness, gentleness, humility, and truth.

As I continue walking with You, help me remember what I have discovered. Where my thinking needs renewing, lead me into truth. Where my responses need changing, teach me to follow Your example.

Above all, keep my heart established in You.
May my life increasingly reflect the beauty of knowing You.

Amen.

Before You Continue Along the Path

You are welcome to return to these pages whenever you need to remember what Scripture reveals about Jesus.
There is always more to discover as you continue walking with Him.

Keep your eyes on Jesus. He is faithful.

With love,

Completely Transformed

Changing Hearts, Changing Lives