

Grace Guide



JANUARY 5-11

“God Has Put Eternity In The Human Heart”

MONDAY
1/5

ECCLESIASTES 3:11
GENESIS 1:26-31

Ecclesiastes tells us that God has put eternity into the human heart, and Genesis shows us why: humanity was created in the image of God. From the beginning, we were designed for more than survival, productivity, or momentary happiness. Bearing God’s image means we were made for relationship, purpose, beauty, and meaning that extends beyond this life. The restlessness we feel, the longing for something deeper or lasting, is not a flaw to be fixed but a signal pointing us back to God. St. Augustine wrote, “Our hearts are restless until we find our rest in you.” When we try to satisfy eternal desires with temporary things, frustration follows. True fulfillment begins when we recognize that the longing in our hearts is meant to draw us toward the God whose image we reflect.

1. Where do you notice a sense of restlessness or longing in your life right now?
2. How does knowing that you are created in the image of God shape the way you understand your own worth and purpose?

TUESDAY

1/6

EZEKIEL 36:24-28

Through the prophet Ezekiel, God promises not just external restoration but internal transformation, a new heart and a new spirit for those who are recalled from exile. The problem is not simply that people wander away from God; it is that the human heart becomes hardened, resistant, and unable to sustain faithfulness on its own. God's solution is complete renewal from the inside out. This promise speaks directly to our deep longing for change that actually lasts. Eternity in the human heart is not fulfilled by self-improvement alone but by God's renewing work within us, drawing us into a restored relationship marked by obedience, belonging, and life with God.

1. Have you experienced times in your life when it felt like you couldn't change, no matter what you did? How does God work in and through us even in those times?
2. What is the difference between outward "religious" activities and behavior and true inward spiritual renewal?

WEDNESDAY

1/7

JOHN 4:1-15

Jesus tells the Samaritan woman that everyone who drinks ordinary water will be thirsty again, but the water Jesus gives becomes a spring of eternal life. Her daily trip to the well represents the repeated attempts we all make to quench deeper thirsts in our hearts with things that cannot truly satisfy. Jesus does not shame her thirst; he redirects it. Eternity in the human heart shows up as a hunger for life that does not run dry. Jesus invites us to stop cycling through temporary sources of fulfillment and instead receive a life rooted in relationship with him, a life that flows from within and reaches beyond the present moment.

1. What "wells" have you returned to at times that never truly satisfied your longings?
2. How do you trust Jesus to meet your deepest needs and longings?

THURSDAY

1/8

ROMANS 6:1-7

The apostle Paul reminds us that through Jesus Christ we are not only forgiven but fundamentally reoriented and, as he writes here and in 2 Corinthians and elsewhere, made completely new. Baptism symbolizes a death to the old way of life and a resurrection into something new. Our longing for eternity is not fulfilled by clinging to what is familiar, but by letting go of what enslaves us. Sin promises satisfaction but always leaves us searching for more. In Christ, we are invited into a life that is no longer ruled by what is temporary or destructive. Eternity begins to shape the present when we trust that new life with God is better than the old patterns we are afraid to release.

1. What old habits and mindsets have been the hardest for you to let go of? Why?
2. What does “dying to self” mean to you and how do you live that out in your daily life?

FRIDAY

1/9

PSALM 42

The author of this psalm gives voice to a deep spiritual ache, comparing the soul’s longing for God to a deer’s fierce thirsting for water. This is not casual curiosity but desperate need. Even in despair, the psalmist refuses to ignore that longing and instead brings it honestly before God. Eternity in the human heart often reveals itself through seasons of dryness, grief, or confusion, when easy answers fall short. Rather than numbing that ache or rushing past it, God invites us to listen to our thirst and allow it to draw us toward hope in God, who alone can restore the soul.

1. When have you experienced a time of spiritual dryness or longing most deeply?
2. How do you experience true hope even in the times of desperate longing for God – like times of discouragement or disappointment?

**SATURDAY/
SUNDAY**
1/10-11

MATTHEW 3:7-17

At Jesus' baptism, heaven breaks into the ordinary as God's voice declares delight in the Son and the Holy Spirit descends. Before Jesus begins his public ministry, he is affirmed not for what he has done but for who he is. "This is my Son, whom I love; with him I am well pleased." This moment speaks powerfully reflecting our own longing for identity and belonging. Eternity in the human heart is not only about life beyond death but about knowing we are claimed by God now – that the Kingdom of God begins in our own lives here and now. In Jesus, we see that true fulfillment begins when we receive our identity from God rather than striving to earn it through performance or approval or success.

1. How do you draw your identity and affirmation from God through your relationship with Christ? How do you experience that you, too, are "beloved" by God?
2. How might the Church be able to help us understand that we are valued because of who we are (created in God's image) and not because of what we can (or can't) do? How might you help to accomplish this?

VERSE OF THE WEEK

"[God] has made everything beautiful in its time. He has also set eternity in the human heart; yet no one can fathom what God has done from beginning to end."

(Ecclesiastes 3:11)