

Session 06

A New HEART

CENTRAL TRUTH | God promises to restore His people.

Whether it's a new article of clothing we're looking forward to wearing, a new piece of technology, a new game we've been excited to try, or a new opportunity that's coming to us, we're often excited at the idea of something new. In this week's passage, Ezekiel prophesies that God's people will receive something new—a new heart and new spirit. Their captivity will not be the end of the story. The Lord will gather His people and transform them so that they will be empowered to delight in Him and obey His instructions. Together, we'll discover that God promises to restore His people and that new life is found in Him alone.

REFLECT

What questions do I have about God?

What questions do I have about myself?

What questions do I have about the world and those around me?

EZEKIEL 36:22-23

²² “Therefore, say to the house of Israel, ‘This is what the Lord God says: It is not for your sake that I will act, house of Israel, but for my holy name, which you profaned among the nations where you went. ²³ I will honor the holiness of my great name, which

has been profaned among the nations — the name you have profaned among them. The nations will know that I am the LORD — this is the declaration of the Lord God — when I demonstrate my holiness through you in their sight.

EZEKIEL 36:24-27

²⁴ “For I will take you from the nations and gather you from all the countries, and will bring you into your own land. ²⁵ I will also sprinkle clean water on you, and you will be clean. I will cleanse you from all your impurities and all your idols. ²⁶ I will give you a new heart

and put a new spirit within you; I will remove your heart of stone and give you a heart of flesh. ²⁷ I will place my Spirit within you and cause you to follow my statutes and carefully observe my ordinances.

EZEKIEL 36:28-30

²⁸ “You will live in the land that I gave your ancestors; you will be my people, and I will be your God. ²⁹ I will save you from all your uncleanness. I will summon the grain and make it plentiful, and I will not bring famine on you.

³⁰ I will also make the fruit of the trees and the produce of the field plentiful, so that you will no longer experience reproach among the nations on account of famine.”

DEUTERONOMY 30:6-8

READ & RESPOND

In today's passage, God promises the Israelites that He will radically change their hearts, and in turn, they will intensely love and obey God. He will perform a spiritual surgery to remove whatever hardens their hearts and makes them unwilling to truly love Him. This is a promise we can take to heart too. Instead of obedience feeling like a heavy burden, God wants to give you an authentic desire to love and follow Him. When your heart is truly aligned with God's, obeying Him becomes a joy, not a chore.

↔ What might this kind of love look like in your daily life at school, at home, or with friends?

→ When have you felt like you *should* obey God or do the right thing but didn't want to? How does the idea of God changing your desires in verse 6 address this feeling?

↓ Why is this internal heart change more important than just trying to follow rules on your own?

MEMORIZE

Copy **Ezekiel 36:26** onto three to five note cards and tape them in places you see every day, like the bathroom mirror, your closet, or the back of your phone. Every time you see one of these cards, read it to yourself.

PRAY

Father, remove anything in my life that keeps me from loving You fully. Give me a genuine desire to obey and follow You so that my life brings You glory.

Day02

EZEKIEL 36:22-23

READ & RESPOND

Ezekiel's prophecies now shift to God's promise of restoration—not because His people have gotten it together but because of His reputation. When followers of God behave wrongly, it reflects poorly on Him to the world. So God is going to act powerfully to make His name respected again, so that everyone knows He is the one true God. And He will do this by restoring His people in such a way that the surrounding nations can't help but see His power and faithfulness. As His followers, our lives reflect on Him. When we sin, we can unintentionally “profane” His name. But when He restores us, He gets the glory. He doesn't restore us because we earned it but because He wants the world to see how incredible He is!

 What are ways Christians today might unintentionally dishonor God's name in front of others (such as through unloving actions)?

 How can knowing that God acts for His glory, not just our sake, change the way you pray?

 How can God be glorified through your life right now, in your school, family, or online communities, even if you don't feel perfect?

MEMORIZE

Create a graphic of **Ezekiel 36:26** using a photo editor app. Set this graphic as your background or lock screen this week.

PRAY

Lord God, Your name is holy and great. Forgive me for any way I have profaned Your name. Be glorified through my life so that others may know You are the Lord.

Day 03

EZEKIEL 36:24-27

 READ & RESPOND

God promised to cleanse His people from their sins and their impurities. But He didn't want to just cleanse them—He promised a complete heart transplant. A “heart of stone” is hard, resistant, and unresponsive to God's love or commands. A “heart of flesh” is soft, responsive, compassionate, and willing to follow Him. Finally, He promised them His Spirit, a power source unlike any other. The Spirit empowers us to understand and obey God's ways, making it possible to live a life that pleases Him. This passage isn't just ancient history; it's God's promise to you today. God wants to give you a complete spiritual makeover.



What do you think a “heart of stone” looks like in today's world?



How does the Holy Spirit help you obey God's commands, compared to trying to do it on your own?



What is the connection between God's cleansing from impurities and the way we become followers of Jesus?

 MEMORIZE

Create a “mind map.” Write **Ezekiel 36:26** in the center of a piece of paper, and around it, write at least five write key words, concepts, or images related to the verse.

 PRAY

Lord Jesus, thank You for Your incredible promise of a new heart and a new Spirit. Cleanse me and fill me with Your Holy Spirit. Help me to live with a “heart of flesh,” responsive and obedient to Your love.

EZEKIEL 36:28-30

📍 READ & RESPOND

Not only would God restore His people, heal them, and change them, but He would feed them too. Just as He rescued and restored the Israelites from Egypt, He would rescue and restore His people from exile. And He didn't just promise to provide "enough" for them. He promised abundance! Not just survival, but flourishing. He wanted to remove the shame of scarcity and replace it with visible blessing, so everyone could see His goodness. Likewise, God restores us completely, addressing not just our spiritual needs, but our physical needs, security, and reputation as well. As His people, He promises to be our God, providing abundantly for a full life that brings Him glory.

➔ Verse 28 says, "You will be my people, and I will be your God." What does this covenant relationship mean for you personally?

↑ How does God show His care for your spiritual needs and physical or practical needs?

↑ Why do you think God desires to bless His people visibly, sometimes even publicly?

📍 MEMORIZE

Use a notes app on your phone and create a quick reference note for **Ezekiel 36:26**. Set yourself a reminder to look at it a couple of times each day.

📍 PRAY

Heavenly Father, I praise You for Your faithful provision, not just spiritually but in every area of my life. Help me recognize Your blessings and bring glory to Your name.

Day 05

EPHESIANS 2:1-5

 READ & RESPOND

Before God, we were spiritually dead: disconnected, empty, and lacking real purpose. But God didn't leave us in our lifelessness. He overflows with mercy and love. Through Jesus's death and resurrection, He raised us from our spiritual deadness. God's rescue gives us spiritual life when we couldn't save ourselves. You receive this life not because of your goodness but because God is good and loves you. This is the gift from Jesus: changing spiritual emptiness into vibrant life through God's love and grace.

↓ What do you think this “deadness” or spiritual emptiness means in practical terms for someone's life before knowing Jesus?

→ What does it mean to be “made alive with Christ” in your daily experience? How does that feel different from spiritual “deadness”?

↻ What does “grace” mean? Why is it so important that our salvation is by grace and not by anything we do?

 MEMORIZE

Write **Ezekiel 36:26** five times on a piece of paper. Use a different color pen or marker for all of the nouns (the people, places, and things).

 PRAY

Heavenly Father, thank You for Your incredible mercy and great love that rescued me from spiritual deadness. I am so grateful that You made me alive with Christ through Your amazing grace.