



JASON HIETBRINK

ADDITIONAL TOOLS & RESOURCES

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TAKE THE GOSPEL FROM YOUR HEAD TO YOUR HEART

KNOWING ABOUT GOD VS. KNOWING GOD

Why your faith feels flat even though your theology is right.

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THE QUIET TIME KILLERS

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and how to take them out.

5 MINUTE GUIDE FOR ADORATION OF GOD

A word-for-word walkthrough for moving your prayer life from a grocery list to
actually enjoying God.

SABBATH: THE PRACTICE YOU'VE BEEN RESISTING

A weekly rhythm that recharges you and proves you're not a slave.

THE STEWARD SHIFT

What to do the moment the weight of the business lands back on your shoulders.

OUTSIDE RESOURCES

A compilation of some of my favorite Tim Keller sermons from his Gospel in Life
podcast as well as recommended books that have been highly influential in my life
Spiritually.

TOOLS & VISUALS FROM THE BOOK

Gathering of all the tools and visuals that were in the book available for download.



JASON HIETBRINK

KNOWING ABOUT GOD VS. KNOWING GOD

Why your faith feels flat even though your theology is right.

In America, we say we “know” something when we understand it intellectually. Like a list of facts: Boise is the capital of Idaho. Got it. I know it. But if you look at a Biblical understanding of what it means to “know” something, you’ll find something quite different. For the Jewish people, you didn’t “know” something unless you understood it mentally, experienced it, and had applied it to your life.

When Jesus says we will “know” the truth and the truth will set us free, He wasn’t talking about a set of doctrine. The Greek word for “know” is *ginōskō*, which means to know something through experience. It’s a knowledge that is relational, experiential, and progresses over time. It’s even the word used to express the intimacy a husband and wife experience through the covenant relationship of marriage. This word appears over 1,000 times throughout Scripture in its Hebrew or Greek forms. A quick snapshot:

“I will take you to be my people, and I will be your God, and you shall know that I am the LORD your God.” (Exodus 6:7)

“Let not the wise man boast in his wisdom... but let him who boasts boast in this, that he understands and knows Me.” (Jeremiah 9:23-24)

“And you shall know the truth, and the truth shall set you free.” (John 8:32)

“And this is life eternal, that they might know thee the only true God, and Jesus Christ, whom thou hast sent.” (John 17:3)

God isn’t saying He wants His people to know more about Him. This is relational language. God desires us to live in a loving relationship where we know Who He is with such depth and intimacy that it makes the “knowing” of a husband and wife pale in comparison.

I have many friends from high school and college that if you asked whether I “know” them, I’d say yes. But the truth is, many of them I haven’t seen or spoken to in 15-25 years. There’s a difference between knowing about someone and deeply knowing them experientially.



THE GOSPEL FROM YOUR HEAD TO YOUR HEART

I'm convinced one of the biggest problems facing the church today is that we have the pews filled with people who know God abstractly but do not have a sense of Who He is on their hearts. And it's precisely why our lives don't look much different than the unbelieving world around us. So the real question is how we go about gaining an experiential knowledge of God so that we "taste and see that the Lord is good." Because it's one thing to know that honey is sweet. It's something else to taste its sweetness on your lips.

Yes, you have to know the truth in order for it to set you free. But it won't set you free if you only know it in your head. It has to reach your heart.

THE TWO LEVERS

The two things that do 90% of the work in making God real in your daily life.

If you want to have your life transformed, where you're seeing what you know in your head lived out in your day-to-day life, there are two levers that do 90% of the heavy lifting.

First, you must get a sense of God's glory on your heart. How's that for Christiansese church speak? Sounds nice, Jason, but what does that mean? It means taking the truths about Who God is, His goodness, faithfulness, mercy, sovereignty, His holiness, His very essence, and moving them from abstractions to something so real to you that it changes how you interact with the events of your day.

It means on Sunday night, when you get that pit in your stomach and your mind fills with anxiety about the massive problem waiting for you Monday morning, the truth of God's sovereignty calms your heart and melts away your fears. It means on Thursday morning, when one of your employees makes a mistake that's going to cost you tens of thousands to fix, the grace of God is so real to you that you don't blow up at them. It looks like Wednesday evening, when you've had a long day and the house is a mess and the kids are fighting, the patience of God is so clearly felt in your own heart that you can engage your kids well rather than reacting in anger.



THE GOSPEL FROM YOUR HEAD TO YOUR HEART

When the glory of God, Who He is, is so real to you in your own heart,
it changes you.

Think of that as one side of the coin. But what takes God's love, His goodness,
His mercy and faithfulness and beauty, and causes it to pierce through us is the
other side of the same coin. It's Jesus. God made flesh.

The second lever that creates true change in our lives is to know the love of Christ.
It's God's love that is the motivator; it's the fuel that creates the deepest heart
change. 2 Corinthians 5:14 says "the love of Christ compels us."

When you look at the New Testament letters, this is all over Paul's prayers for the
churches. He is constantly praying that they might know God. Perhaps the most
powerful passage is Ephesians 3:17-19 in the Amplified: "...may you, having been
deeply rooted and securely grounded in love, be fully capable of comprehending...
the width and length and height and depth of His love... and that you may come to
know, practically, through personal experience, the love of Christ which far
surpasses mere knowledge without experience, that you may be filled up
throughout your being to all the fullness of God.

"Paul isn't praying that the church would understand the love of Christ intellectually.
He's praying they would experience it. The love of Christ isn't something we're
meant to comprehend from a distance. It's meant to be something experienced in
our hearts.

HOW GOD ACTUALLY SEES YOU

The truth that ends the performance treadmill with God.

I want you to try something really quick. Close your eyes. Think about the past
couple weeks of your life. The time you've spent, or not spent, in God's Word and in
prayer. The times you've blown it at home or haven't shown patience or kindness to
someone at work. Now imagine the face of God looking at you right now.

What's the expression He has toward you? Don't overthink it.



THE GOSPEL FROM YOUR HEAD TO YOUR HEART

I was asked to do this exercise at a retreat with a few dozen Christian men who are leaders in business. You know what my initial response was? Disappointment.

Lukewarm at best. I envisioned God with almost a look of disgust on His face, scolding me for continuing to wrestle with the same sins, the same idols. That's the experience of most men I talk to. What if you were dead wrong? What if God had two very different words for you today?

DELIGHT. BELOVED.

It probably sounds too good to be true. Your track record this past week hasn't been great. You haven't earned that. Here's the problem: we don't understand grace. Not really. The only reason you can't imagine God's face filled with sheer delight in you is that you have too high a view of yourself and too low a view of Him. Living in a place of shame and guilt isn't humility. It's pride. You think too lightly of His grace and too highly of your own ability to live up to God's moral standards.

Let me ask you this: if your good deeds weren't enough to merit God's favor before He died for you, what makes you think your good deeds are what keep you in His favor after He's redeemed you?

When Jesus died on the cross, He exclaimed "tetelestai." Paid in full. He was declaring, at that moment and forevermore, that the debt you owed to God was paid. God's wrath had been satisfied. Once and for all. Past, present, and future. It is finished.

Scripture says Jesus is interceding for us at the right hand of God. I used to picture that as Jesus groveling before the Father on our behalf: "give Jason one more chance, I know he's a massive screw-up, but just one more chance." That's not it at all. Jesus stands as our Advocate and says, "Remember, you've already received payment in full for this man's sins. It would be unjust to demand two payments when I've already paid his debt in full."

You are clothed in the righteousness of Christ. When God looks at you, He no longer sees your failures, your impure motives, your imperfect service. He's removed all of it as far as the east is from the west. There is nothing more for you to do. Grace alone, faith alone, Christ alone. If you are in Christ, there is nothing you have done or will do that can separate you from His love. You are loved, treasured, delighted in. And not only that, you've been adopted as a son. God is no longer your distant Creator. He's your Father.



THE GOSPEL FROM YOUR HEAD TO YOUR HEART

Hebrews 12:2 says “for the joy set before Him, He endured the cross.” What was that joy? What was so precious to God that He would give up His Son? **You were.**

And grace rightly understood could never lead to a license to live however we want. Grace, fully embraced for what it is, becomes a fetter. It binds us to God. And He loves you too much to leave you where you are. He began the good work in you, and He will see it to completion.

So go let the Father embrace you each morning like He embraces the prodigal. Rest securely in His love, knowing you no longer need to live as an orphan, but as a beloved child in whom, because of Christ, He is well pleased.

THE QUITE TIME KILLERS

The three silent assassins stealing your morning time with God,
and how to take them out.

All of my clients desire to spend unhurried time with the Lord in the morning, but that time keeps getting crowded out. They have every intention. Often it's even on their calendar. But there are silent quiet time killers stealing that time, and these assassins usually go undetected. Detect them and address them head-on, and most of the roadblocks disappear.

First, why morning? Over the years I've learned that if I don't spend time in the Word first thing, I typically won't do it at all. I've tried telling myself I'll do it over lunch or in the evening, but inevitably our family has plans I didn't know about, or I'm too tired, or I get whisked away by some unplanned fire. There's something to ordering your day around what you believe is most important. Give God the first fruits of your day.

I know what you're thinking. You already don't have enough time. How will inserting more into your calendar help? Put the big rocks in first, the ones that really matter, and let everything else fall into place around them. God owns the cattle on a thousand hills. He is perfectly capable of taking care of you while you put Him first.



THE GOSPEL FROM YOUR HEAD TO YOUR HEART

KILLER #1: YOUR BEDTIME

You're oversleeping because you're not getting enough sleep. I'm not going to tell you how much you need. I just know you need more of it. Start by getting to bed 30 minutes earlier.

KILLER #2: YOUR PHONE

I'm serious on this one. Your phone is the single greatest culprit stealing your joy, your freedom, your peace, and your presence. If you aren't willing to do this one, you aren't as serious about changing as you tell yourself. For years, the last thing I touched before bed and the first thing I grabbed when I woke up was my phone. I told myself I needed it in my room because it was my alarm. And inevitably, every day, I'd check the news, the weather, the scores, and worst of all, my texts and emails. You already know where this leads. There's a problem, and now the next 30 minutes are spent dealing with it. Or maybe you're disciplined enough to put it down and open the Word, but it's no matter. Your mind has already been set in motion with the problems of the day and you can't focus.

Put your phone in a drawer the night before. Leave it there. Get an old-school alarm clock. Let the first thing you touch in the morning be your Bible. Let the first communication you have be with your Heavenly Father. Nothing in your life or business is going to burn down because you waited an extra 30-60 minutes to check your phone. It can wait. Your customers can wait. Your employees can wait. First things first.

KILLER #3: NO PLAN

Have a structure for the time you'll spend with God. You create structure around everything else you do. You wouldn't dare show up to an executive meeting with your key leaders without an agenda. Structure isn't restrictive. It's like tracks for a train. And this is the most important meeting you'll have all day, with the Creator of the Universe. For me, it looks like listening to a worship song with my headphones on, spending a few minutes laying my day before the Lord and speaking the gospel over myself, then getting into the Word, reading through a specific section of Scripture and praying through that passage.



THE FIVE MINUTE ADORATION

WHY THIS MATTERS

One of the most significant reasons so many of us as Christians today do not experience the deep, satisfying presence of God in our lives is because we do not take the time to adore Him. For most of my life, my prayer life consisted of about 5% praising, adoring, and worshipping God and 95% of me bringing my grocery list to God of things I wanted Him to do for me.

Here's why adoration matters: you become what you behold. Adoration not only reorients your heart back to God; it is a means God uses to change it. You will never be changed by the gospel, by the beauty of God, until you slow down long enough to savor His beauty.

Adoration is taking a specific truth about God and staying with it long enough for it to sink into your heart, and for its truth and power to impact you. In your prayers, before you get to any requests, before you get to confession, take time to simply behold the beauty of God. Here's exactly what that can look like, five minutes, one attribute.

THE WALKTHROUGH: FIVE MINUTES ON THE FAITHFULNESS OF GOD

MINUTE 1: Name the attribute and slow down.

"Father, before I ask You for anything today, I just want to be with You. This morning I want to adore You for Your faithfulness. You keep every promise You have ever made. You have never failed anyone who trusted You, and You never will."

MINUTE 2: Contemplate what it means that God is like this.

Think about the implications. He has been faithful from eternity. He was faithful to Abraham, to Israel in the wilderness, to David. He was faithful to send Jesus exactly as He promised. Nothing has ever caused Him to break His word. He cannot be talked out of His promises, and He doesn't change His mind about His children.



THE GOSPEL FROM YOUR HEAD TO YOUR HEART

MINUTE 3: Personalize it.

Think of the ways you've seen His faithfulness displayed in your own life. The season you thought would break you, and didn't. The provision that showed up. The marriage, the kids, the business He's entrusted to you. Say them out loud: "You were faithful when _____. You were faithful when _____. You've never once let me go."

MINUTE 4: Thank Him and praise Him for it.

Thank You that Your faithfulness doesn't depend on mine. Thank You that when I am faithless, You remain faithful. I praise You because the thing I'm anxious about today is already held by a God who has never dropped anything. You are faithful, and I adore You for it."

MINUTE 5: Sit in silence.

No words. No requests. Simply acknowledge Him for it and let the truth settle. If your mind runs to your to-do list, gently come back with one line: "You are faithful." Then be still.

HOW TO KEEP GOING

Try this for two weeks, three minutes to start if five feels long. It's going to feel clunky at first, and you're going to feel like you're not sure if you're doing it right, but I promise you, over time you will start to sense the love, grace, magnificence, and beauty of God descend into the recesses of your heart.

Rotate the attribute: His patience, His inexhaustible love, His sovereignty, His mercy, His holiness. Same five minutes, same pattern: name it, contemplate it, personalize it, thank and praise Him for it, sit in it.

And that, my friend, will allow the gospel to begin to move from an intellectual concept you believe in to something that is deeply felt and experienced in your day-to-day life.



SABBATH: THE PRACTICE YOU'VE BEEN RESISTING

A weekly rhythm that recharges you and proves you're not a slave.

For most of my life, Sabbath was the most neglected of all God's commands. And if I'm honest, my resistance had nothing to do with theological reasoning. Deep down, it felt more like a noose than a gift. I had so much to do, and removing an entire day off the table felt like it would only make the other six more stressful. And frankly, I didn't know what I would even do. Just sit around all day? Take a nap? Then what?

A few months ago, one of my clients came to me with weekends and evenings so overloaded between work and kids' activities that he rarely had time to rest. I asked him what he thought about Sabbath: a 24-hour period devoted to rest, enjoying God, and activities that fill your soul rather than drain it. No work. A day focused less on productivity and more on presence. Sixty days later, here's what he said:

"I look forward to it now. I'm more present. It's a chance to reset my heart and mind. It's strengthened my relationships with my family and created more intentional moments with them. When I head back to work, my battery is charged and my gas tank is full. Intentionally taking rest has given me permission to work hard and to put work down when it's time. I no longer feel that constant tension of thinking I should be doing something other than resting."

Here's the thing. When God commands us to rest, He's offering something far deeper than physical recovery. He's offering rest from the deep inner murmur of our souls that is constantly seeking applause, constantly searching for some level of accomplishment that will finally make us feel like it's enough, like we're enough. Hebrews 4 says, "There remains a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from His."

In Deuteronomy 15, God says, "Remember that you were slaves in Egypt and that I brought you out with a mighty hand. Therefore, observe the Sabbath day." Isn't that interesting? You were slaves, but you're free, therefore observe the Sabbath. Why?

Because slaves didn't have a day off. And if you can't rest, you're a slave. The reason we can't rest is we're not sure we're okay. Sabbath is an act of liberation. You have to say, deep in your own soul: my work does not define me. Christ defines me. I'm taking this day off, and I'm not going to think about it, because I am not a slave.



HOW TO SABBATH WELL

No work. Shut off your computer, turn off email notifications, consider turning off your phone. It can wait.

Time with God. Similar to your weekday rhythm, but unhurried. Extend it by at least 50%.

Inactive activity. Intentional time to do nothing. A nap, a walk without headphones, sitting on the deck listening to the sounds of nature.

Contemplative activity. Time to reflect on your life, your family, what God's teaching you. Journaling. Ask God to examine your heart. Sometimes I avoid this time because I'm afraid of what I might find, but when I do it, I'm always glad I did.

Avocational activity. Anything life-giving that uses different muscles than your work week. My work is mostly mental, so yard work, a bike ride, or golfing with my son are great for me. Rest thankfully doesn't just mean sitting in a chair.

Get aligned with your wife. Don't make this another thing you announce to the family. Partner with her and come up with a plan together for your season of life.

Start small. Pick one, and I'd recommend starting with no work. After a couple weeks, add another. Once you start experiencing the benefits, you won't want to go back.

Sabbath is not a rule meant to restrict you. It's a gift meant to free you. If you see it that way, you'll engage in it completely differently.



THE STEWARD SHIFT

What to do the moment the weight of the business lands back on your shoulders.

STEP 1: NOTICE

YOU'RE OPERATING AS THE OWNER WHEN YOU FEEL:

ANXIETY ABOUT OUTCOMES
NEED TO CONTROL
ANGER WHEN THREATENED
RACING THOUGHTS AT 2AM
CAN'T SHUT IT OFF
WEIGHT ON YOUR SHOULDERS

STEP 2: ASK

"WHO OWNS THIS?"
"AM I CARRYING THIS AS
IF IT ALL DEPENDS ON ME?"
"HOW WOULD A STEWARD RESPOND?"

STEP 3: SHIFT

RELEASE

GIVE THE EMOTIONAL WEIGHT TO GOD

ACT

DO WHAT'S YOURS TO DO AS A FAITHFUL STEWARD

TRUST

LEAVE THE OUTCOMES IN THE OWNER'S HANDS



GOSPEL IN THE LIFE - TIM KELLER

Money/Possessions/Materialism/Generosity/Contentment

- [The Problem of Materialism – 5/22/2024](#)
- [Treasure and Money – 7/16/2025](#)
- [Overflowing Joy – 1/26/2026](#)
- [Rich in Faith – 1/28/2026](#)
- [Contentment – 2/2/26](#)

Idols/Sin

- [The Heart of Darkness – 7/3/2023](#)
- [No One Seeks God – 7/10/2023](#)
- [Self-Control \(Part 2\) – 6/24/2024](#)
- [Runaway Believer – 8/2/2024](#)
- [Enslaved to non-gods – 5/2/2025](#)
- [Anatomy of Sin Part 1 – 9/29/2025](#)
- [Anatomy of Sin Part 2 – 10/1/2025](#)
- [Gluttony: The Case of Achan – 10/10/2025](#)
- [Integrity – 7/11/2025](#)
- [The Cornerstone](#)
- [Out of the Grave](#)
- [Dead to Sin](#)
- [Alive with Christ \(Part 1\)](#)

Submission/Freedom/Surrender

- [Our Walk: The Freedom of Submission](#)
- [God's Plan \(Part 1\)](#)

Wisdom

- [Wisdom: How to Get It -July 28th 2025](#)
- [Wisdom: How to Live It - July 30th 2025](#)

Work

- [Work and Calling – 2/17/2023](#)
- [Faith and Work – 5/9/2025](#)
- [Feeling His Pleasure – 5/7/2025](#)

The Gospel/Works-Based Righteousness

- [He Welcomes Sinners – 8/31/2022](#)
- [Freedom in the Spirit – 1/16/2023](#)
- [Justified By Faith – 7/10/2023](#)
- [The Lord of the Sabbath – 5/16/2025](#)
- [The Inside Out Kingdom – 7/4/2025](#)
- [Jesus Our Gift – 9/5/2025](#)
- [A New Heart – 8/27/2025](#)

Our Worth / Performance / Identity

- [- The Sickness Unto Death – 4/3/2024](#)
- [- The Search for Achievement – 6/27/2025](#)
- [- Born Again – 12/19/2025](#)
- [- How to Find Real Treasure](#)
- [- Love's Way with the Self](#)
- [- Adoption](#)
- [- Adoption Part 2](#)
- [- Hope, Riches, and Power Part 1](#)
- [- Union with Christ](#)

Faith

- [Noah and the Nature of Faith – 3/31/2025](#)
- [Abraham and the Cost of Faith – 4/11/2025](#)
- [Abraham and the Test of Faith – 4/16/2025](#)
- [How to Find Faith - 5/25/2026](#)

Holiness

- [Holiness Overview - 2/16/2026](#)
- [Our Call: Holy Living - 4/13/2026](#)
- [Before Him - 7/8/2026](#)
- [House of God \(Part 2\) 9/14/2026](#)
- [House of God \(Part 4\) 9/18/2026](#)

Guilt

- [The Problem of Guilt – 5/17/2024](#)
- [Praying Our Guilt – 12/2/2024](#)

Anxiety/Fear/Doubt

- [The Problem of Anxiety – 5/15/2024](#)
- [Facing Doubt – 8/8/2025](#)
- [Peace – 11/10/2025](#)

Rest

- [The Restful Burden – 12/14/2022](#)
- [The Rest-Giver – 1/6/2025](#)
- [Work and Rest – 6/25/2025](#)
- [The Lord of the Sabbath – 5/16/2025](#)

Who God Is

[God Our Father – 8/24/2022](#)

[Abounding in Love – 10/17/2022](#)

[Indestructible Love – 11/3/2025](#)

[God Our Lover - 6/22/2026](#)

[Hope, Riches, & Power – Part 2 - 7/31/2026](#)

[Brought Near Part 3 - 9/4/2026](#)

Heart Change / Becoming Like Jesus

[Love and the Fruit of the Spirit – 11/5/2025](#)

[Perfect Freedom – 12/3/2025](#)

[Splitness – 12/5/2025](#)

[The Inside Out Kingdom – 7/4/2025](#)

[True Spirituality – 7/23/2025](#)

[Loving Deeply - 2/27/2026](#)

[Principles of Christian Growth Part 1 - 3/2/2026](#)

[Principles of Christian Growth Part 2 - 3/4/2026](#)

[Love and the Practical Graces - 10/2/2026](#)

[Paul's Prayer Part 2 - 9/28/2026](#)

Joy / Fulfillment / Contentment

[The Search for Happiness – 5/1/2024](#)

[A Christian's Happiness – 12/27/2024](#)

[Christ: The Final Word – 1/1/2025](#)

[The Search for Pleasure – 9/22/2025](#)

[Real Joy – 11/8/2025](#)

[Worship - 4/1/2026](#)

[Love's Way with God - 6/5/2026](#)

[Secret of Our Discontent - 9/30/2026](#)

Prodigal Son Series

[To Be Called Your Son – 9/7/2022](#)

[And He Kissed Him – 9/9/2022](#)

[We Had to Celebrate – 9/12/2022](#)

[The Prodigal Sons – 5/19/2025](#)

Suffering

[God with Us: In Our Suffering – 4/25/2025](#)

[Our Cross: Path to Suffering - 4/15/2026](#)

[Paul's Detour - 9/23/2026](#)

Community

[Building Blocks - 9/9/2026](#)

Fruit of the Spirit Series

[Love and the Fruit of the Spirit – 11/5/2025](#)

[Real Joy – 11/8/2025](#)

[Peace – 11/10/2025](#)

[Patience – 11/12/2025](#)

[Kindness – 11/14/2025](#)

[Integrity – 11/17/2025](#)

[Humility – 11/19/2025](#)

Prayer

[Jesus' Model of Spirituality – 7/18/2025](#)

[Contemplation – 11/15/2024](#)

[Confident in Prayer - 4/29/2026](#)

Lord's Prayer Series

[Teach Us to Pray - 2/17/2025](#)

[How to Pray - 12/29/2025](#)

[Family: Our Father - 2/1/2025](#)

[The Basis of Prayer: Our Father - 2/19/2025](#)

[Awe: Hallowed Be Thy Name - 2/3/2025](#)

[Adoration: Hallowed Be Thy Name - 2/21/2025](#)

[Struggle: Thy Will Be Done - 2/7/2025](#)

[Hope: Thy Kingdom Come - 2/5/2025](#)

[Submission: Thy Kingdom, Thy Will - 2/24/2025](#)

[Petition: Our Daily Bread - 2/26/2025](#)

[Reality: Forgive Us Our Debts - 2/10/2025](#)

[Aspiration: Lead Us - 2/28/2025](#)

[Battle: Lead Us and Deliver Us - 2/12/2025](#)

[Repose: The Power and Glory - 2/14/2025](#)