

“Garden of the Heart”
Becky Stayton
March 22nd, 2026
Adult Class Study Notes

<https://www.youtube.com/watch?v=ZUE33hd2rEg>

<https://www.livinghopebranch.org/2026-03-22-becky-stayton-garden-of-the-heart/>

Summary

Becky Stayton’s “Garden of the Heart” adult study class presents a powerful and inspiring metaphor for the spiritual life, emphasizing the heart as a garden where God desires to dwell.

The class outlines four essential points:

1. The lesson follows the “Garden of the Heart” song/poem.
2. The condition of one’s heart garden affects others, for good or bad.
3. Removing obstacles such as “rocks and weeds” is only possible through Jesus.
4. The world has been hijacked by Satan, scattering thorns and disease, but followers of Jesus—the Master Gardener—are called to plant seeds of faith and love.

Becky teaches that the heart is a battleground where sin entered and where God desires restoration through Jesus. The heart is the meeting place of mind, spirit, and soul, and it must be carefully tended with God’s Word, prayer, praise, repentance, and forgiveness.

The Holy Spirit empowers believers to cultivate fruit that can be shared with others, ultimately building God’s kingdom on earth. The class closes with a prophetic call to sanctify all aspects of life and deepen one’s relationship with God, highlighting the urgency of readiness for spiritual trials ahead. Becky encourages participants to surrender their burdens to Jesus and trust the Spirit’s transformative power to cultivate a heart garden that reflects God’s love and victory.

Highlights

1. **The class follows the “Garden of the Heart” song/poem** as a teaching framework.
2. **Our heart gardens deeply influence others’ hearts**, extending our spiritual impact.
3. **Personal transformation requires surrendering “rocks and weeds”** (sin, unforgiveness) to Jesus.
4. **Satan has hijacked the world**, scattering thorns and disease, but believers are called to reclaim the garden by planting seeds of faith.
5. **The heart is a spiritual battleground** and meeting place of mind, spirit, and soul, where God desires to dwell and work.
6. **Cultivating the fruit of the Spirit depends** on ongoing prayer, praise, repentance, and forgiveness empowered by the Holy Spirit.
7. **A prophetic exhortation calls believers** to sanctify their entire lives and deepen their devotion to God in preparation for coming challenges.

Key Insights

1. **Heart as a Garden Metaphor:** The heart being likened to a garden vividly illustrates the necessity of cultivation, care, and vigilance in spiritual growth. This imagery inspires believers to view their inner life as a sacred space where God desires to flourish.
2. **Interconnectedness of Hearts:** The teaching that our heart gardens affect others as far as we reach underscores the communal dimension of faith, inspiring believers to nurture not only themselves but also those around them by planting seeds of love and grace.
3. **Dependence on Divine Help:** A critical insight is the recognition that removing "rocks and weeds"—symbolizing sin and unforgiveness—is impossible by human effort alone. This invites believers into deeper reliance on Jesus and the Holy Spirit's power for transformation.
4. **Spiritual Warfare:** The acknowledgment that Satan has hijacked the world's garden frames the Christian life as an ongoing spiritual battle, motivating believers to be intentional seed planters who reclaim territory for God's kingdom.
5. **Fruit of the Spirit as a Gift:** The fruit of the Spirit—love, joy, peace, and others—does not arise from human striving but flows from the Spirit's presence within, encouraging believers to cultivate intimacy with God rather than self-effort.
6. **Repentance and Forgiveness Unlock Treasures:** The acrostic "fruit = Forgiveness and Repentance Unlock Inherited Treasure" reveals the transformative power of these acts, leading to freedom, joy, and spiritual abundance that can be shared with others.
7. **Urgency of Sanctification:** The prophetic message about "running out of time" and the call to sanctify every aspect of life challenges believers to deepen their commitment and spiritual readiness, highlighting God's desire to be central in every facet of existence.

Outline

- 1. Introduction to the Garden of the Heart Concept**
 - Overview of class goals and connection to the Garden of the Heart song/poem.
 - Explanation of the heart as a spiritual garden where God desires to dwell.
- 2. Biblical Foundations of the Heart Garden**
 - The garden of Eden as the original place of communion with God.
 - The heart as the meeting place of mind, spirit, and soul.
 - The battle for the heart and the entrance of sin in the garden.
- 3. Spiritual Condition and Challenges of the Heart Garden**
 - Types of soil (hard, stony, thorny, good) and their spiritual implications.
 - The presence of “rocks and weeds” representing sin, unforgiveness, and pride.
 - The hijacking of the world’s garden by Satan and its effects.
- 4. Role of Jesus as the Master Gardener**
 - Jesus’s sacrifice to redeem and restore the heart garden.
 - The necessity of surrendering burdens and obstacles to Jesus.
- 5. Cultivating the Heart Garden: Practices and Spiritual Disciplines**
 - Prayer, praise, worship, and thanksgiving to nourish the heart.
 - The power of words and taking thoughts captive.
 - Repentance and forgiveness as keys to unlocking spiritual fruit.
- 6. The Fruit of the Spirit and Spiritual Growth**
 - The fruit as a gift from the Holy Spirit, not human effort.
 - Sharing fruit as seed planting in others’ gardens.
- 7. Communal and Kingdom Implications**
 - The interconnectedness of individual hearts forming God’s kingdom on earth.
 - The believer’s responsibility to tend their garden and influence others.
- 8. Prophetic Exhortation and Call to Readiness**
 - The message from the Lord to sanctify time, work, thoughts, and resources.
 - Deepening devotion to God as the foundation for enduring spiritual tests.
 - Encouragement to cultivate a heart fully surrendered to God.