

## D1: The Discipline of Shepherding My Heart

### I. Shepherding my heart when my Bible is open

Why we meet alone with God over His word. God's word:

- is where He has revealed Himself most clearly
- informs me of the nature of my sin and my fallenness before Him
- reminds me of the substitutionary suffering of my Savior to free me from sin's penalty
- strengthens me with the knowledge that Jesus' resurrection has freed me from sin's power
- reminds me of my own heart's inclination to deceive me into a fruitless pattern of sin
- reminds me of my eternal destiny after my days on this earth are complete

Summary: the daily intake of God's word grows me in holiness of life

### II. Shepherding my heart throughout the day

#### A. Counseling myself from my own desires

##### 1. I Desire + I Deserve = I Demand

- Thinking biblically about my desires
  - 1 Pet 1:22
  - Eph 1:4
  - 2 Cor 5:2
  - 2 Cor 5:9
- What my flesh will tell me throughout the day concerning my desires

## 2. **Disappointment, Discouragement and Despair (see spiral diagram)**

My pride compels me to be disappointed over unmet expectations

Attitudes:

Actions:

My worldly, unbiblical perspective on my situation leads me to discouragement

Attitudes:

Actions:

My unresolved discouragement leads me to despair

Attitudes:

Actions:

## **B. Counseling myself with biblical truth**

### 1. **I Desire + What I Truly Deserve = I Relinquish My Perceived Rights**

i. What I must tell myself throughout the day concerning my desires

- Prov 16:1,2
- Prov 16:9
- Prov 28:26

ii. What I must tell myself throughout the day concerning what I truly deserve

- Rom 2:5-6
- Rom 5:9
- Rom 6:23

iii. What I must tell myself throughout the day concerning my perceived rights

- Luke 17:7-10
- 1 Cor 6:19,20

## 2. **Request, Obedient, Hopeful (see spiral diagram)**

Because I understand that my trial is so much better than I deserve, I can request of the Lord trusting in Him to work for my good.

Attitudes:

Actions:

Because I understand that my trial is so much better than I deserve, I can lay aside my desire for comfort and pleasure and submit in obedience to God's plans for me.

Attitudes:

Actions:

Because I understand that my trial is so much better than I deserve, I can wait with hope for my trial to end.

Attitudes:

Actions:

## **You Talk to Yourself, by Paul David Tripp**

No one is more influential in your life than you are, because no one talks to you as much as you talk to yourself.

People laugh at that statement, but I'm really quite serious. You're in an unending, incredibly important conversation with your soul every moment of every day.

You interpret, organize, and analyze what's going on inside and outside of you. You talk to yourself about the past, you talk to yourself about the future, and you talk to yourself about what you're experiencing in the present.

Obviously, this is an internal conversation - if you had this conversation aloud they would probably put you into a ward! But that's why it's so dangerous - you often don't even realize that you're saying things to yourself. But you are. You're saying things to you that will shape your desires, actions, and theology.

What are you saying to you about God and your circumstances? Do your words stimulate faith, hope, and courage? Or does your talk stimulate doubt, discouragement, and fear? Do you remind yourself that God is near, or do you reason within yourself that, given your circumstances, he must be distant?

Here's the question: how wholesome, faith-driven, and Christ-centered is the conversation that you have with yourself every day? Do you remind yourself of your need? Do you point yourself once again to the beauty and practicality of God's grace? Do you tell yourself to run toward him in those moments when you feel like running from him?

No one is more influential in your life than you are, because no one talks to you as much as you talk to yourself. What will you say to you today?

God bless

Paul David Tripp