

D1: The Discipline of Shepherding My Heart

I. Shepherding my heart when my Bible is open

An example of how the BUILD disciplines might shape your prayerful approach to God through His word

Heavenly Father,

I intend this time in Your word to be an expression of worship of You, desire for You, love for You, need of You, dependence on You. Any of this and all of this is only possible through Your Son, Jesus Christ, who is my Savior. I approach You through Him, my Substitute and High Priest - the One whom I love, but have not yet seen.

I have Your word open before me because You have revealed Yourself there more clearly than any other place and I long to know You better. I desire to see You in all Your glory in the pages before me. I simply and humbly draw near to You to study You. Nearness to You through these pages of Scripture is my good.

I also have Your word open before me because I need to learn more of the nature of my sin and fallenness before You, so that I might better understand what danger I truly was in and what dangers still lurk within me. I need to see both the sin that provoked Your righteous wrath toward Your Son and Your grace that moved You to act as Savior toward me in Jesus. If I do not fight to have Scripture's view of my sin today, I will easily be duped by sin's deception and become unaware of sin's nearness to me. I will then be vulnerable to sin's entanglements. Sin at that point can then become familiar to me. Finally, sin can then become a delight to me. Before I know it I will be in a position of weakness with sin. I will be in the fight of my life to be free from its entanglements. If I do nothing today concerning my view of sin, my view of sin will only grow cloudy.

Your word is open before me so that I might undergird my life again today with Your saving heart and motive in the gospel of Your Son, who overcame the penalty of my sin and the power of my sin to enslave me. I need the foundation of Your gospel under me clearly so that I can see just how You have equipped me through it to fight against my sin and to fight for obedience to You through Jesus Christ. I am here to rehearse Your bedrock promises in the gospel to my soul. There are treasures in the gospel of Jesus that I have yet to discover in my own life and I long to find them. If I stagger today under the weight of my sin, the gospel will buoy me and provide me the gospel rest I need. And if I'm in a moment of gospel growth and success, rehearsing the gospel will lead me to humbly acknowledge that all the credit goes to You.

I have Your word open before me to also study what righteousness and holiness of life looks like for one who has been made into a new creature in Christ. In the new man You have created a desire for obedience (Rom 6:17; Eph 4:24). I need to consistently feed those new God-given desires in my new condition so that they grow. If I do not study this righteousness and holiness of life and what the blessings of obedience are, I should not expect my desire for obedience to grow. Indwelling sin will do everything possible to quench that desire. By your grace and power, as I see holiness of life placed in front of me in the pages of Scripture, I will long to better align my life and behavior with what pleases You.

I desire my heart to be full of You because of what these pages reveal about You in all Your triune greatness. I long for You to spill out of me into my home and wherever You lead me today. All who come into contact with me today must interact with a man whose heart has drawn near to You. Their best hope for salvation or for growth in the gospel will come from a man who has searched for You in Your Word and gazed upon Your Son in the gospel and who walks by Your Spirit.

In Christ's name I pray,
Amen

II. **Shepherding my heart throughout the day**

A. **Unbiblical Approach - Listening to myself, my thoughts, my reasonings**

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

The nature of my desires as a man in a mixed condition

What my flesh might tell me throughout the day concerning my desires

I deserve what I desire.

- Jeremiah 17:9

How can I tell when I am deceiving myself?

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

My attitudes when I listen to myself

- Proverbs 12:16 - prideful
- Romans 12:16 - wise in my own estimation
- 2 Timothy 3:4 - lover of pleasure
- 2 Timothy 3:2 - ungrateful
- Romans 1:29 - envious
- Ephesians 2:12 - hopeless

My actions when I listen to myself

- Luke 11:16 - demanding
- 2 Timothy 3:2 - lover of self
- Exodus 16:8 - grumbling
- 2 Corinthians 12:20 - disputing

- Joshua 9:14 - prayerless
- Proverbs 18:1 - withdrawal

What can I expect if continue to listen to myself?

B. Biblical Approach - Counseling my heart, my thoughts, my reasonings with Scripture

1. I Desire + What I Truly Deserve = No Demands

- i. How I must counsel myself throughout the day concerning my desires
 - Proverbs 16:1,2
 - Proverbs 16:9
 - 2 Corinthians 5:9
- ii. How I must counsel myself throughout the day concerning what I truly deserve
 - Romans 2:5,6
 - Romans 5:9
- iii. How I must counsel myself throughout the day concerning my perceived rights
 - Luke 17:10
 - 1 Corinthians 6:19,20

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

Three implications in view of the fact that my trial is much better than I deserve:

1. I can request of the Lord and at the same time trust in Him to work for my good.
2. I can lay aside my desire for comfort and pleasure and joyfully submit to God's plans for me.
3. I can wait with hope for my trial to end.

My attitudes when I listen to myself (reading from bottom to top)

- Proverbs 3:5,6 - trusting
- Hebrews 12:3 - needing strength
- Galatians 5:23 - self control
- 1 Thessalonians 5:16 - joyful
- Colossians 3:15 - peaceful
- Colossians 3:12 - humble
- Philippians 4:12 - content
- James 4:13-15 - submissive

Actions:

- 1 Thes 5:17 - devoted to prayer
- Colossians 3:14 - loving
- Colossians 3:12 - kind
- Colossians 3:13 - forgiving
- Colossians 3:15,16,17 - thankful
- Colossians 3:12 - patient