

3. Evaluate how the holidays tend to affect the discipline of shepherding your heart.

If you tend to be consistent, why do you think that is? Take some time to thank God for this fruit of faithfulness that He has grown in you by His Spirit. How would you encourage someone who struggles with consistency, particularly during the holidays? (Write your answer below the next question.)

If you tend to be inconsistent, how can you prepare to grow in this discipline, particularly during the holidays? Evaluate any of the following questions that are helpful for you in answering this question.

- Where will I meet alone with God in His Word? Why is this a helpful choice?
- When will I meet alone with God in His Word? Will it be the same every day, or do I need a different plan for different days?
- How much time will I set aside for meeting with God in His Word? How might I use that time?
- Will the time I spend vary? Would it be helpful to plan for a smaller amount of time, with a list of ideas for how I can spend more time if it's available some days?
- What distractions do I need to plan for? How might I minimize those?
- Would it be helpful for me to plan ahead for how/when to incorporate some of the "focal points" from the lesson (see outline)?
- How can I make the most of unexpected small windows of time to shepherd my heart?

4. The Psalmist prays in Psalm 119: 41, “May your lovingkindnesses also come to me O LORD, Your salvation according to Your word.” List the Psalmist’s “I” statements that follow in verses 42-48 that reveal his understanding and commitments that flow (result) from this prayer:

*i.e. verse 42— I will have an answer for him who reproaches me
I trust in Your word*

5. How do the Psalmist’s responses teach, challenge, and encourage you to shepherd your heart as you consider your own salvation?

6. As you progress through your reading plan, identify verses that you could add to the outline for lesson 5, “The Discipline of Shepherding My Heart.” This might be a passage that prepares you to pursue God, that describes some aspect of the gospel, that describes praise to God and/or His attributes, that reveals the true character of sin or that would help you battle sin, that would enhance your thankfulness, that would direct you in how you can pray for yourself and others, or that would help you trust Him and obey Him. What references did you choose? How are those verses helpful?