

D1: The Heart - The Discipline of Shepherding My Heart

Review of the Wellspring Purpose and Disciplines:

I. Shepherding my heart when my Bible is open

a. Why do I read my Bible?

b. Why have I come before you (Lord) with my Bible open?

- Grow
- Grow
- Grow
- Grow
- Grow
- Grow
- ETC

II. Shepherding my heart throughout the day (see diagrams)

1. *Listening to myself, my thoughts, my reasoning (diagram 1)*

a. "I desire + I deserve = I DEMAND"

i) Thinking biblically about my desires

ii) What I might hear myself tell myself throughout the day concerning my desire

b. Disappointment, Discouragement and Despair (the cycle)

c. What can I expect if the cycle continues unbroken?

2. *Shepherding my heart, my thoughts, my reasoning (diagram 2)*

a. "I desire + what I truly deserve = I relinquish my perceived rights!!!" No demands!

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

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

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

b. Disappointment (short lived), Dependent, Hopeful (the cycle)

c. Going after the root