

## **D1: The Heart—The Discipline of Shepherding My Heart in Prayer**

### **Wellspring Purpose and Disciplines:**

#### **Introduction:**

The sacrifice of the wicked is an abomination to the LORD, but the prayer of the upright is His delight. - Pro 15:8

#### **I. Jesus' prayer life in the gospel of Luke**

##### **A. Luke 3:21-22**

##### **B. Luke 5:15-16**

##### **C. Luke 6:11-12**

##### **D. Luke 9:18, 28-29**

**E. Luke 10:21**

**F. Luke 11:1-4**

**G. Luke 22:17-19**

**H. Luke 22:31-32**

Jesus ongoing intercession:

- Romans 8:34
- Hebrews 7:25

**I. Luke 22:40-45**

**J. Luke 23:33-46**

**II. Some considerations for our own prayer life and time alone with the Lord in His Word**

- **Where**
- **When**
- **How long**
- **Distractions**
- **Various components of prayer**

### III. Praying Scripture

- **Psalm 139:1-6**

**Psalm 139:1 - For the choir director. A Psalm of David. O LORD, You have searched me and known me.**

#### 1. Agreeing with God about the truth of this verse

*Verse 1 example:*

"God, Your Word says that You had searched and known David. You also search and know me."

#### 2. Confessing sin if the verse helps to shed light on sin

*Verse 1 example:*

"Lord, you have searched and known my thoughts, and You know my complaining attitude. Lord, I'm thankful that Jesus died on the cross so that I can be forgiven and walk in newness of life. I am not a slave to complaining. Instead of complaining, I offer my mind to You as an instrument of righteousness. When I am tempted to complain today, I will quickly repent, and turn to thoughts of thanks to You for Your perfect knowledge of me, and I will trust that You are working out my circumstances for Your glory and my good."

#### 3. Praising God for the truth of this verse

*Verse 1 example:*

"Your ability to search and know me is amazing! No one else can search and know me the way You do, God!"

#### 4. Thanking God for the truth of the verse

*Verse 1 example:*

"Thank You for searching and knowing me. Thank You for revealing this truth in Your Word so that I can consider and remember the greatness of Your knowledge."

#### 5. Pleading with God from the truth of this verse for myself

*Verse 1 example:*

"God, help me to believe that You have actually searched and known me the way that David believed this. Make me understand how thoroughly You have searched and known me."

#### 6. Pleading with God from the truth of this verse for an unsaved friend

*Verse 1 example:*

"Please make my unsaved friend realize that You have searched her and You are displeased by the sin You have found inside her. Cause her to turn to Jesus for salvation from Your displeasure."

- **Psalm 139:13-16**

I pick verse #: \_\_\_\_\_

**1. Agreeing with God about the truth of this verse**

**2. Confessing sin if the verse helps to shed light on sin**

**3. Praising God for the truth of this verse**

**4. Thanking God for the truth of the verse**

**5. Pleading with God from the truth of this verse for myself**

**6. Pleading with God from the truth of this verse for someone else**

#### IV. Praying with the Word of God—see booklet

- **Letting God’s truth help us pray—examples**
- **Preparing to meet with God in His Word**
- **Some focal points for prayer**
  - **Praising God**
  - **Battling sin**
    - My sin is offensive to God
    - My sin is powerful to entangle me
    - My sin is dangerous to me
    - My sin is deceptive to me (concerning the 3 categories above)
      - Psalm 19:12
      - Psalm 78:36-39
      - Matthew 7:3-5
    - Other passages about sin in general
    - Repenting of sin
  - **Rehearsing the gospel**
  - **Thanksgiving**
  - **Praying for myself and others**
- **Prayer guides for Sunday-Saturday**
  - **suggested verses for different focal points of prayer for each day of the week**
  - **a different area of intercession for each day of the week**
- **Praying through Titus 2:3-5**
- **Listening to Yourself vs. Shepherding Your Heart Throughout the Day**

**(Accompany lesson from Tom Angstead - Saturday, November 8, 2014 and Thursday, April 16, 2015)**

  - gray “listening to yourself” cycle
  - blue “shepherding your heart” cycle
- **What is repentance? (J. C. Ryle)**
- **Prepare for Temptation (adapted from Wayne Mack)**
- **Recovery Plan (adapted from Wayne Mack)**