

## 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. - Pr 15:8

#### Four looks at Jesus' prayer life from the gospel of Luke

##### 1. Luke 5:15-16

But the news about Him was spreading even farther, and large crowds were gathering to hear Him and to be healed of their sicknesses. 16 But Jesus Himself would often slip away to the wilderness and pray.

**Col 4:2** - Devote yourselves to prayer, keeping alert in it with an attitude of thanksgiving.

How can I slip away often to pray?  
Do I have a place and time?  
Are there distractions to remove?  
How can I stay alert?

**2. Luke 6:11-13**

But they themselves were filled with rage, and discussed together what they might do to Jesus. 12 It was at this time that He went off to the mountain to pray, and He spent the whole night in prayer to God. 13 And when day came, He called His disciples to Him and chose twelve of them, whom He also named as apostles.

**Heb 4:15-16** - For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin. 16 Therefore let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.

What do I need to be bringing before the Lord in prayer so that I am strengthened to continue in humble, trusting service to Him?

**3. Luke 10:17, 21**

The seventy returned with joy, saying, "Lord, even the demons are subject to us in Your name." ... 21 At that very time He rejoiced greatly in the Holy Spirit, and said, "I praise You, O Father, Lord of heaven and earth, that You have hidden these things from the wise and intelligent and have revealed them to infants. Yes, Father, for this way was well-pleasing in Your sight.

In prayer, do I rejoice before God?  
 Do I praise God? Do I remember who He is and what He has done?  
 Is this what I do when things go well?  
 Do I give Him all the credit and glory?  
 Do I praise Him for how He reveals Himself through times of fruitful service?  
 Is God the One I want to celebrate?

#### 4. Luke 11:1-4

It happened that while Jesus was praying in a certain place, after He had finished, one of His disciples said to Him, "Lord, teach us to pray just as John also taught his disciples." 2 And He said to them, "When you pray, say: 'Father, hallowed be Your name. Your kingdom come. 3 Give us each day our daily bread. 4 And forgive us our sins, for we ourselves also forgive everyone who is indebted to us. And lead us not into temptation.'"

Is worship central in my prayers?

Do I seek Him for daily needs?...my needs as well as the needs of others?

Do I pray about sin, for myself and others?

Do I seek forgiveness?

Do I forgive?

Do I seek help against temptation?

## Praying Scripture

**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 as prompted by the truth of this verse

*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 23—praying individually***

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**

## Prayer tools in the 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)
    - 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** (accompanies lesson 17, Thurs., Feb. 25, 2016 or lesson 13, Sat., Mar. 19, 2016)
- **Listening to Yourself vs. Shepherding Your Heart Throughout the Day**  
(diagrams accompany lesson 8, Thursday, November 12, 2015 or lesson 6, Saturday, November 21, 2015)
- **What is repentance? (J. C. Ryle)**
- **Prepare for Temptation (adapted from Wayne Mack)**
- **Recovery Plan (adapted from Wayne Mack)**