

## D1—The Heart: Shepherding Your Heart Throughout the Day

### Wellspring Purpose:

To equip and \_\_\_\_\_ the women of Grace Bible Church to \_\_\_\_\_ their hearts toward \_\_\_\_\_  
\_\_\_\_\_ with the \_\_\_\_\_ of God so that they live \_\_\_\_\_-transformed lives, thus strengthening the  
\_\_\_\_\_ in its gospel purpose.

### Discipline one – the \_\_\_\_\_

She \_\_\_\_\_ shepherds her \_\_\_\_\_ toward God through the \_\_\_\_\_ of \_\_\_\_\_, and in particular,  
the \_\_\_\_\_.

### Discipline two - the \_\_\_\_\_

She \_\_\_\_\_ to those in her \_\_\_\_\_ with her \_\_\_\_\_ for God and the gospel.

### Discipline three – \_\_\_\_\_

With a heart for God and the \_\_\_\_\_, and fulfilling her \_\_\_\_\_ within her \_\_\_\_\_, she steps  
into the \_\_\_\_\_ to shepherd others toward God and the \_\_\_\_\_.

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"Above all else, \_\_\_\_\_ your \_\_\_\_\_, for it is the \_\_\_\_\_ of life." \_\_\_\_\_ 4:23

**I. Shepherding my heart when my Bible is open.**

1. Why do I read my Bible?

2. Why do I come before the Lord with my Bible open?

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

***1. Listening to myself, my thoughts, my reasoning***

***(wrong thinking/downward spiral)***

**I desire + I deserve = I DEMAND**

**2. *Shepherding my heart, my thoughts, my reasoning***

***(rights thinking/upward spiral)***

**I desire + what I truly deserve = NO DEMANDS**

**III. How do I shepherd my heart throughout the day?**