

Name: \_\_\_\_\_

Saturday, October 22, 2016

Lesson 4-Sat.

## D1- THE HEART: THE DISCIPLINE OF SHEPHERDING MY HEART

**DUE:**

**Saturday, November 5, 2016**

Before starting your Wellspring homework, praise God for who He is based on something you learned about Him from this lesson or something you've seen in your daily Bible reading. Ask Him to help you love and obey Him more through your time of study.

### LOOKING BACK...

Review your notes from lesson 4 (D1 - the Heart: The Discipline of Shepherding My Heart). What from the lesson can you use to help you shepherd your heart with the truth of God's Word throughout the day?

Now, take some time to think about your time of heart shepherding when you're reading God's Word and answer one of the following: (Write your answer on the next page)

- If you tend to be *consistent* in daily meeting worshipfully with God in his Word, why do you think that is? Take some time to thank God for this fruit of faithfulness that He has grown in in you by His Spirit. How would you graciously, gently encourage someone who struggles with consistency?
- If you tend to be *inconsistent*, how can you prepare to grow in this discipline? 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?
  - How can I make the most of unexpected small windows of time to shepherd my heart?

### LOOKING DAY BY DAY...

The Psalmist prays in Ps 119:41, *"May your loving kindnesses also come to me O LORD, Your salvation according to Your word."* List the Psalmist's "I" statements that follow in verses 42-48.

verse 42:        *I will have an answer for him who reproaches me  
I trust in Your word*

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

As you meet worshipfully with God in His Word each day, identify verses that would be helpful as you shepherd your heart throughout the day. What verses did you choose? How are they helpful?

### LOOKING AHEAD...

In preparation for lesson 5, D2/D3 - The Home/Ministry: Women Encouraging Women (Titus 2:3-5), read through all three chapters of the book of Titus. Now write out Titus 2:3-5. Underline the reason Paul gives for these instructions to women in the church. Consider memorizing these verses as well!