

D1: The Heart - The Discipline of Shepherding My Heart

Notes on Disciplines 1, 2, and 3:

Overview of the Heart:

- What is the heart?
- What is the condition of the heart?
- Is the heart alerted to its devastated condition?
- What is the highest calling of the heart?
- Does God see this predicament of the heart?
- What is the greatest need of the human heart?
- What has God provided for our hearts?

Introduction:

1. What is shepherding my heart?

2. Getting to the root of my sin.
 - a. How does God see my sin?

 - b. What did God do about my sin?

 - c. What are the benefits of what God did about my sin?

3. A Biblical response to temptation might look like this
 - a. recognize and acknowledge that you are being tempted
 - b. quickly ask God for His help to resist
 - c. if possible, remove yourself immediately form the source of temptation
 - d. identify the unbiblical desire that would be served by yielding to the temptation
 - e. quote and meditate on appropriate Scripture
 - f. remind yourself of God's presence, power and promises
 - g. reflect on the purpose of Christ's death
 - h. mentally and verbally make a commitment to do the godly thing
 - i. get busy with a mind-engaging, godly activity
 - j. call a godly friend and ask for help
 - k. repeat key aspects of this temptation plan until the power of the temptation is reduced

4. What do I do with and for my heart when I do sin
 - a. call unbiblical desires, thoughts, feelings and actions what God does – *S/N* – use biblical terms (not “annoyed” but “anger” / not “frustrated” but “impatient”)
 - b. take full responsibility for your sin
 - c. confess the sin both to God and to any others who were hurt
 - d. ask God for help in not doing it again
 - e. remind yourself what Christ has done and is doing for you
 - f. reflect on the resources available to believers in Christ (see New Man Chart)
 - g. meditate on God’s promises of forgiveness and deliverance from the power of sin
 - h. accurately evaluate the changes that have already occurred and the progress that has been made
 - i. learn from failure by briefly examining what you did that you should not have done and what you did not do that you should have done
 - j. make restitution where necessary

Planning is important but planning alone will accomplish nothing – for a plan to be effective it must be put into practice!

5. 2 Peter 1:1-15
 - a. What God has done for the believer:
 - i. v1
 - ii. v2
 - iii. v3
 - iv. v4

b. How to respond to what God has done:

i. v5

ii. v8 (Growing in these qualities, we guard against being unfruitful in our knowledge of Jesus)

iii. v9 (However, if he lacks these qualities (v5-7) this person is blind or shortsighted)

c. Why?

i. v9

6. What does my sin tell me?