

D1 – The Heart: Shepherding My Heart Throughout the Day

Wellspring Disciplines:

- 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
(Right thinking / upward spiral)

I desire + what I truly deserve = NO DEMANDS

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

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11.

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Attitudes

submissive, Js 4:13-17
content, 2 Cor 12:7-10; Phil 4:10-14
not seeking my own way, 1 Cor 13:5
not wise in own estimation, Rm 12:3, 16
humble, Phil 2:3-7; Col 3:12
peaceable/peaceful, Phil 4:6-7; Col 3:15; Tts 3:2; Js 3:17
joyful, 1 Th 5:16; Rm 12:12; Js 1:2
self-controlled, Gal 5:23; 2 Pt 1:6
needing endurance, Hb 12:2; Js 1:3-4
needing strength, Hb 12:3; Js 5:8
trusting, Pr 3:5-6



Actions

asking God, Phil 4:6; 1 Jn 5:14
patient, Gal 5:22; Col 3:12; 1 Th 5:14
thankful, Eph 5:20; Col 3:15; 1 Th 5:18
forgiving, Eph 4:32; Col 3:13; 1 Pt 4:8
gentle, Gal 5:22; Col 3:12; Tts 3:2; Js 3:17
kind, Col 3:12; Gal 5:22; 2 Pt 1:7
loving, Eph 5:1-2; Col 3:14; 1 Cor 13:1-8
overcoming evil with good, Rm 12:21
devoted to prayer, 1 Th 5:17; Rm 12:12; Js 1:5-8
not vengeful, 1 Pt 3:9; Rm 12:17-19

I Desire + What I Truly Deserve = No Demands!

I Desire + I Deserve = I Demand

Attitudes

prideful/arrogant, Pr 21:24, 28:25
wise in my own estimation, Pr 26:12; Rm 12:16
without peace, Rm 3:17
bitter, Rm 3:14
lover of pleasure/comfort, 2 Tm 3:4
angry, Gal 5:20
anxious/fearful, Mt 6:27
ungrateful, Lk 6:35; 2 Tm 3:2
envious/jealous, Rm 1:29; Gal 5:2
hopeless, Eph 2:12



Actions

demanding, Lk 11:16
loving self, 2 Tm 3:2
boasting, 2 Tm 3:2; Js 3:5, 4:16
grumbling, Ex 16:8; Jn 7:12; Jude 16
biting and devouring, Gal 5:15
disputing, 2 Cor 12:20; Gal 5:20; 1 Tim 6:4
criticizing/judging, Lk 6:41-42; Rm 2:1
not asking God, Josh 9:14; 1 Sam 13:12; Js 4:2
withdrawing, Pr 18:1
returning evil for good, Pr 17:13