

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

October 19-21, 2017

Lesson 3

## D1—THE HEART: SHEPHERDING MY HEART THROUGHOUT THE DAY

**DUE:**

**Thursday, November 2, 2017 / Saturday, November 4, 2017**

Before you begin your lesson, prayerfully read through Philippians 4:6-8. Consider writing this passage on a card to memorize or review throughout the day and week.

### **LOOKING BACK...**

Review your notes from the lesson *Shepherding My Heart Throughout the Day*. Evaluate how you have been handling your desires. Is there anything that you would like to change? Please explain. Be ready to share with your discussion group some examples of how you have used God's word to shepherd your heart throughout the day.

### **LOOKING DAY BY DAY...**

Look through the *Wellspring Songbook* and choose a few songs to read or sing that help you to shepherd your heart throughout the day. What songs did you choose and how did they help you?

Read and meditate on Psalm 103. Underline all of the attributes or characteristics of God found in this Psalm. How does reflecting on the attributes of God help you shepherd your heart during times you might be prone to listening to yourself?

- 1 Bless the Lord, O my soul, and all that is within me, bless his holy name!
- 2 Bless the Lord, O my soul, and forget not all his benefits,
- 3 who forgives all your iniquity, who heals all your diseases,
- 4 who redeems your life from the pit, who crowns you with steadfast love and mercy,
- 5 who satisfies you with good so that your youth is renewed like the eagle's.
- 6 The Lord works righteousness and justice for all who are oppressed.
- 7 He made known his ways to Moses, his acts to the people of Israel.
- 8 The Lord is merciful and gracious, slow to anger and abounding in steadfast love.
- 9 He will not always chide, nor will he keep his anger forever.
- 10 He does not deal with us according to our sins, nor repay us according to our iniquities.
- 11 For as high as the heavens are above the earth so great is his steadfast love toward those who fear him;
- 12 as far as the east is from the west, so far does he remove our transgressions from us.
- 13 As a father shows compassion to his children, so the Lord shows compassion to those who fear him.
- 14 For he knows our frame; he remembers that we are dust.
- 15 As for man, his days are like grass; he flourishes like a flower of the field;
- 16 for the wind passes over it, and it is gone, and its place knows it no more.
- 17 But the steadfast love of the Lord is from everlasting to everlasting on those who fear him, and his righteousness to children's children,
- 18 to those who keep his covenant and remember to do his commandments.
- 19 The Lord has established his throne in the heavens, and his kingdom rules over all.
- 20 Bless the Lord, O you his angels, you mighty ones who do his word, obeying the voice of his word!
- 21 Bless the Lord, all his hosts, his ministers, who do his will!
- 22 Bless the Lord, all his works, in all places of his dominion. Bless the Lord, O my soul!

### **LOOKING AHEAD...**

To prepare for the next lesson on the heart, read Hebrews 3:12-15. According to this passage, what might be some factors that could produce hardness of the heart? Prayerfully consider if any of these factors have a foothold in your heart and life.