

## 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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