

Name: _____

January 10 and January 12, 2019

Lesson 8

D1: THE HEART: SHEPHERDING MY HEART THROUGHOUT THE DAY

DUE:

Thursday, January 24, 2019 / Saturday, January 26, 2019

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 145. Underline all 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?

Psalm 145:1-21 NASB

- 1 A Psalm of Praise, of David. I will extol You, my God, O King, And I will bless Your name forever and ever.
- 2 Every day I will bless You, And I will praise Your name forever and ever.
- 3 Great is the LORD, and highly to be praised, And His greatness is unsearchable.
- 4 One generation shall praise Your works to another, And shall declare Your mighty acts.
- 5 On the glorious splendor of Your majesty And on Your wonderful works, I will meditate.
- 6 Men shall speak of the power of Your awesome acts, And I will tell of Your greatness.
- 7 They shall eagerly utter the memory of Your abundant goodness And will shout joyfully of Your righteousness.
- 8 The LORD is gracious and merciful; Slow to anger and great in lovingkindness.
- 9 The LORD is good to all, And His mercies are over all His works.
- 10 All Your works shall give thanks to You, O LORD, And Your godly ones shall bless You.
- 11 They shall speak of the glory of Your kingdom And talk of Your power;
- 12 To make known to the sons of men Your mighty acts And the glory of the majesty of Your kingdom.
- 13 Your kingdom is an everlasting kingdom, And Your dominion [endures] throughout all generations.
- 14 The LORD sustains all who fall And raises up all who are bowed down.
- 15 The eyes of all look to You, And You give them their food in due time.
- 16 You open Your hand And satisfy the desire of every living thing.
- 17 The LORD is righteous in all His ways And kind in all His deeds.
- 18 The LORD is near to all who call upon Him, To all who call upon Him in truth.
- 19 He will fulfill the desire of those who fear Him; He will also hear their cry and will save them.
- 20 The LORD keeps all who love Him, But all the wicked He will destroy.
- 21 My mouth will speak the praise of the LORD, And all flesh will bless His holy name forever and ever.

LOOKING AHEAD...

In preparation for D3-Ministry: The Practice of Biblical Relationships (The "One -Others"), look up the following verses and write out your observations of a Christian's practice of biblical relationships.

John 13:34-35

Gal 6:2

Rom 14:13

Rom 15:14

James 5:16

Wellspring Kids Memory Verse:

Matthew 28:18-20 (ESV) for room 4; John 14:6 for Room 2 and 3
to be memorized by the end of the year.