

Name: _____

October 24 and 26, 2019

Lesson 4

(D1: THE HEART) SHEPHERDING MY HEART THROUGHOUT THE DAY

DUE:

Thursday, November 7, 2019 / Saturday, November 9, 2019

Before you begin your lesson, prayerfully read 1 Corinthians 10:31 and 2 Corinthians 5:9. Consider writing these verses on a card to memorize or review throughout your 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 shepherded your heart throughout the day during the past 2 weeks.

LOOKING DAY BY DAY...

List any attributes of God or Bible promises (include the Scripture reference) that you come across in your daily reading.

Read and meditate on Psalm 103. 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 103 NASB A Psalm of David.

- 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 none of His benefits;
- 3 Who pardons all your iniquities, Who heals all your diseases;
- 4 Who redeems your life from the pit, Who crowns you with lovingkindness and compassion;
- 5 Who satisfies your years with good things, So that your youth is renewed like the eagle.
- 6 The LORD performs righteous deeds And judgments for all who are oppressed.
- 7 He made known His ways to Moses, His acts to the sons of Israel.
- 8 The LORD is compassionate and gracious, Slow to anger and abounding in lovingkindness.
- 9 He will not always strive with us, Nor will He keep His anger forever.
- 10 He has not dealt with us according to our sins, Nor rewarded us according to our iniquities.
- 11 For as high as the heavens are above the earth, So great is His lovingkindness toward those who fear Him.
- 12 As far as the east is from the west, So far has He removed our transgressions from us.
- 13 Just as a father has compassion on his children, So the LORD has compassion on those who fear Him.
- 14 For He Himself knows our frame; He is mindful that we are but dust.
- 15 As for man, his days are like grass; As a flower of the field, so he flourishes.
- 16 When the wind has passed over it, it is no more, And its place acknowledges it no longer.
- 17 But the lovingkindness 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 His precepts to do them.
- 19 The LORD has established His throne in the heavens, And His sovereignty rules over all.
- 20 Bless the LORD, you His angels, Mighty in strength, who perform His word, Obeying the voice of His word!
- 21 Bless the LORD, all you His hosts, You who serve Him, doing His will.
- 22 Bless the LORD, all you works of His, In all places of His dominion; Bless the LORD, O my soul!

LOOKING AHEAD...

In preparation for our next lesson, answer the following questions.

Read Titus 2:3-5.

What are older women to be and do?

- 1.
- 2.

What are older women NOT to be?

- 1.
- 2.

Why do they need to be these kinds of women? (See Titus 2:4a)

What are older women to encourage the young women to be and do?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Why do older and younger women need to live as described in Titus 2:3-5? (See Titus 2:5b)

Read Titus 2:11-14.

What has God done to enable believing women to do this?

Pray and thank God for the generous provision of His grace to instruct His children in godly living.

Wellspring Kids Memory Verse:

Psalm 100

to be memorized by the end of the year.