

## (D1: The Heart) Shepherding My Heart Throughout the Day

### The Wellspring Purpose and 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?

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

## D1: The Heart: Shepherding My Heart Throughout the Day

### ATTITUDES

**prideful/arrogant**

*Prov 21:24; 28:25*

**wise in my own estimation**

*Prov 26:12, Rom 12:16*

**without peace**

*Rom 3:17*

**bitter**

*Rom 3:14*

**loving pleasure/comfort**

*2 Tim 3:4*

**angry**

*Gal 5:20*

**anxious/fearful**

*Matt 6:27*

**ungrateful**

*Luke 6:35, 2 Tim 3:2*

**envious/jealous**

*Rom 1:29, Gal 5:20*

**hopeless**

*Eph 2:12*

**DISAPPOINTED**

**DISCOURAGED**

**DESPAIRING**

### ACTIONS

**demanding**

*Luke 11:16*

**loving self**

*2 Tim 3:2*

**boasting**

*2 Tim 3:2, James 3:5; 4:16*

**grumbling**

*Phil 2:14*

**biting and devouring**

*Gal 5:15*

**disputing**

*2 Cor 12:20, Gal 5:20, 1 Tim 6:4*

**criticizing/judging**

*Luke 6:41-42, Rom 2:1*

**not asking God**

*Josh 9:14*

**withdrawing**

*Prov 18:1*

**returning evil for good**

*Prov 17:13*

**I DESIRE + I DESERVE = I DEMAND**

### ATTITUDES

**submissive**

*James 4:13-17*

**content**

*2 Cor 12:7-10, Phil 4:10-14*

**not seeking own way**

*1 Cor 13:5*

**not wise in own estimation**

*Rm 12:3, 16*

**humble**

*Phil 2:3, Col 3:12*

**peaceable/peaceful**

*Phil 4:6-7, Col 3:15, Titus 3:2, James 3:17*

**joyful**

*1 Thes 5:16, Rm 12:12, Js 1:2*

**self-controlled**

*Gal 5:23, 2 Pt 1:6*

**enduring**

*Heb 12:2, Js 1:3-4*

**strengthened**

*Heb 12:3, Js 5:8*

**trusting**

*Prov 3:5*

**HOPEFUL**

**OBEDIENT**

**REQUEST**

### ACTIONS

**overcoming evil with good**

*Rom 12:21*

**not vengeful**

*1 Pet 3:9, Rom 12:17-19*

**patient**

*Gal 5:22, Col 3:12, 1 Thes 5:14*

**forgiving**

*Eph 4:32, Col 3:13, 1 Pet 4:8*

**thankful**

*Eph 5:20, Col 3:15, 1 Thes 5:18*

**gentle**

*Gal 5:22, Col 3:12, Titus 3:2, James 3:17*

**kind**

*Col 3:12, Gal 5:22, 2 Pet 1:7*

**loving**

*Eph 5:1-2, Col 3:14, 1 Cor 13:1-8*

**devoted to prayer**

*1 Thes 5:17, Rom 12:12, James 1:5-8*

**asking God**

*Phil 4:6, 1 John 5:14*

**I DESIRE + What I Truly DESERVE = NO DEMANDS!**