

wellspring

"Above all else, guard your heart, for it is the wellspring of life." Proverbs 4:23

Name: _____

November 17 and 20, 2021

Lesson 7

(D1: THE HEART)

SHEPHERDING MY HEART THROUGHOUT THE DAY

DUE:

Wednesday, December 1 / Saturday, December 4

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...

1. Take some time to read through the prayer booklet. Choose something from the booklet to use in your approach to God in prayer this week.

Here are some ideas: maybe some scripture that helps you praise God for who He is, maybe you could commit to praying through one or more of the daily prayer guides, or maybe you have sin God has revealed to you that you need to identify and pray through using the spirals or 11 P's from our last lesson, or maybe there are areas that you need to thank God for where you see evidence of His grace in your heart as you look at those same tools.

2. Record how you were able to use the prayer booklet; how it was helpful, and/or how you would like to use it differently in the future.

3. How does reflecting on the attributes of God help you shepherd your heart during times you might be prone to listening to yourself?

4. Read and meditate on Psalm 145. Underline all the attributes or characteristics of God found in this Psalm. (It is written out for you on the next page)

Psalm 145 NASB A Psalm of Praise, of David.

1 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 the next lesson on Repentance read Psalm 51- David's repentance after the prophet Nathan confronts him about his sin with Bathsheba.

Notice all the times David mentions his own sin. Write down all the things he says about his own sin.

Wellspring Kids Memory Verse:

Exodus 34:6-7

"...I am the Lord, the Lord. I am the God who is tender and kind. I am gracious. I am slow to get angry. I am faithful and full of love. I continue to show my love to thousands of people. I forgive those who do evil. I forgive those who refuse to obey me. And I forgive those who sin. But I do not let the guilty people go without punishing them..." (NIRV)