

## (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.

**RESOURCES:**

Altrogge, Stephen. *The Greener Grass Conspiracy: Finding Contentment on Your Side of the Fence*. Crossway, 2011.

Anderson, Jonathan. "Psalm 119:33-40 - Praying to the God Who Is Able." Grace Bible Church, 19 Oct. 2021, <https://www.gbcaz.org/sermon/psalm-11933-40-praying-to-the-god-who-is-able/>

"Psalms for the Anxious." Grace to You, 18 Aug. 2016, <https://www.gty.org/library/questions/QA152/Psalms-for-the-Anxious>

Yates, Smedly. "One New Man." Grace Bible Church, 31 Aug. 2014, <https://www.gbcaz.org/sermon/083114-sermon/>

Yates, Smedly. "Psalm 121 - Theology for Life." Grace Bible Church, 9 Nov. 2021, <https://www.gbcaz.org/sermon/psalm-121/>

Also:

GBC Conferences: <https://www.gbcaz.org/conferences/>

Spotify: gbcaz: GBC Worship Music <https://open.spotify.com/playlist/2HLKqsxjVPIIdLuRibfyFD>

