

## (D1: The Heart)

# Shepherding My Heart Throughout the Day

### I. INTRODUCTION

- James 3:1-12
- Proverbs 10:14
- Proverbs 12:18
- Ephesians 4:29

Paul David Tripp: YOU TALK TO YOURSELF! No one is more influential in your life than you are, because no one talks to you as much as you talk to yourself. People laugh at that statement, but I'm really quite serious. You're in an unending, incredibly important conversation with your own soul every moment of every day. You interpret, organize, and analyze what's going on inside and outside of you. You talk to yourself about the past, you talk to yourself about the future, and you talk to yourself about what you are experiencing in the present. Obviously, this is an internal conversation...but that is why it's so dangerous – you often don't even realize that you're saying things to yourself. But you are. You're saying things to you that will shape your desires, action, and theology. No one is more influential in your life than you are, because no one talks to you as much as you talk to yourself.

### II. SHEPHERDING MY HEART: Gospel Review *(God's Transformation of Man Folder)*

I **CAN** shepherd my heart because I am \_\_\_\_\_.

I **MUST** shepherd my heart because I am \_\_\_\_\_.

We must tell ourselves the gospel often. This will make us \_\_\_\_\_ women who have \_\_\_\_\_ things to say to ourselves. It will bring \_\_\_\_\_ to ourselves (D1) and others (D2 & D3) according to the need of the moment.

- Unregenerate Man: Ephesians 2:1-3

#### REGENERATION EVENT: DECLARED RIGHTEOUS

- Regenerate Man: Ephesians 2:4-10

The mixed condition of regenerate man requires:

- ✚ God's \_\_\_\_\_ transformation of the believer
- ✚ The believer's \_\_\_\_\_ pursuit of holiness
- ✚ The believer's \_\_\_\_\_ about indwelling sin
- ✚ The believer's \_\_\_\_\_ perseverance

- 2 Peter 1:5
- Proverbs 27:19
- Psalm 16:7-8
- 2 Timothy 1:7

We must be in the habit of counseling \_\_\_\_\_ with the \_\_\_\_\_ (D1) so that we are more impactful when counseling \_\_\_\_\_ hearts (D2 & D3).

**PAUSE/PONDER/PRAY**

- ❖ Is there anything more I should do in order to be sufficiently able to preach the gospel to myself?
- ❖ How wholesome, faith-driven and Christ-centered are the conversations I have with myself every day? What do I tell myself that is wise, wholesome and brings edification? (Proverbs 12:18; Ephesians 4:29)

**III. SHEPHERDING MY HEART WHEN MY BIBLE IS OPEN**

*(see PRAYER- An example of how the Wellspring disciplines might shape your prayerful approach to God through His Word)*

1. Why must I do it?

Scripture has an expectation that we'll be women who care well for our souls – women who \_\_\_\_\_ to ourselves throughout the day.

\*If I have failed to ask myself why I read the Bible before I start, I won't be prepared to shepherd my heart all day long!

2. How must I do it?

We come to the Word of God in order to ...

- i. Grow in
- ii. Grow in
- iii. Grow in
- iv. Grow in
- v. Grow in
- vi. Grow in

\*I must be fully engaged when my Bible is open because what I do when I interact with God through His Word will have an effect on how I interact with myself and others throughout the day.

**PAUSE/PONDER/PRAY:**

- ❖ Am I feasting regularly upon His Word and am I quick to obey it?
- ❖ Am I in the habit of prayerfully coming before God with my Bible open? If not, why not?
- ❖ Am I adequately telling myself things about God that are true?
- ❖ What attribute(s) of God should I dwell on more?
- ❖ In what ways am I a better worshipper of God as a result of having met with Him in His Word this week?

#### IV. **SHEPHERDING MY HEART THROUGHOUT THE DAY**

1. Why must I do it?

- Hebrews 2:1

If I don't shepherd my heart throughout the day, I will be in danger of \_\_\_\_\_ from the truth.

2. How must I do it? (safety measures)

a) **BE AWARE!**

*\*Remind yourself that you are in a potentially dangerous place if you don't respond properly.*

- John 15:5

b) **SLOW DOWN!**

*\*Take inventory to see if what you are saying to yourself about the current situation is true.*

- Philippians 4:8

c) **RESPOND!**

*\*Pray! Turn away from yourself and you steer toward God with the confidence that He will provide the help you need.*

- Philippians 4:19-20

3. Listening to myself, my thoughts, my reasoning (wrong thinking/downward spiral)

## I DESIRE+ I DESERVE = I DEMAND

- **I DESIRE:**

a) **BE AWARE!**

*\*An idol is anything I want more than God, anything I rely on more than God, anything I look to for greater fulfillment than God.*

b) **SLOW DOWN!**

*\*I am on "black ice" when I am crushed if I don't get what I want; I stake my happiness on getting what I want; I grumble and complain when I don't have what I want; I demand what I want.*

c) **RESPOND!**

- **I DESERVE:**

a) **BE AWARE!**

b) **SLOW DOWN!**

Altrogge: True contentment joyfully embraces both prosperity and pain as from the hand of God. Our current condition, season, and circumstances have all been ordained by God, "the great Umpire of the world." We don't experience a breeze or backache that hasn't first been ordained by God for our good and His glory. In light of this, we must learn to be content in God's will, whatever that may be.

c) **RESPOND!**

Piper: Covetousness is exactly the opposite of faith. It's the loss of contentment in Christ so that we start to crave other things to satisfy the longings of our hearts which only the presence of God Himself can satisfy.

- **I DEMAND:**

a) **BE AWARE!**

b) **SLOW DOWN!**

Spurgeon: Now contentment is one of the flowers of heaven, and if we would have it, it must be cultivated. It will not be grown in us by nature; it is the new nature alone that can produce it, and even then, we must be especially careful and watchful that we maintain and cultivate grace which God has sewn in us.

c) **RESPOND!**

Altrogge: Sin necessitates and internal search-and-destroy mission. You must not blame shift, but instead deal with whatever sins you find debilitating your life. Look for them to manifest in anger and bitter words, unkind thoughts, excessive criticism, self-conceit, lack of understanding, impatience, weak prayers, immoral thoughts and even overt sins.

- 2 Timothy 2:3-4

BEST DIAGNOSTIC QUESTION: "Is there something I am \_\_\_\_\_ that I am not getting?"

- Example from Jonah (Jonah 3:10-4:9)

Josh Kellso: Fight what you feel with what you know.

**PAUSE/PONDER/PRAY:**

- ❖ What "plants" and "worms" and I currently experiencing? Am I able to thank God for them both equally? What Bible truth(s) must I preach to myself in order to make this happen?

**4. SHEPHERDING MY HEART. MY THOUGHTS, MY REASONING (right thinking/upward spiral)**

- Psalm 42:5-6

Martin Lloyd Jones: You must say to your soul: Why art thou downcast? What business have you to be disquieted? You must...exhort yourself and say to yourself: "Hope thou in God"- instead of muttering in this depressed, unhappy way. And then you must go on to remind yourself of God, who God is and what God has done, and what God has pledged Himself to do.

- Philippians 4:8-9

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

Altrogge: "Prior to conversion we are divine terrorists. We spit in God's face, kick dirt on His commands, and do everything in our power to sabotage His plans. It would be incredible if God did nothing more than forgive us and allow us to be lowly servants in His kingdom. But He does far more than that. He lifts us out of the gutter scum, cleans our filth, wraps us in clean robes of righteousness, and then embraces us as children. Rebels are adopted as sons and daughters. This truth is life-giving for the discontented heart. Do you want to be more content? Spend a day or a week or a month or a decade marveling and wondering at your divine adoption. You are a child of God. The Creator of the universe really is your Father and He loves you with an intense, fatherly affection. He cares for you with the heart of a father. He watches over you with the diligence of a father. Reflect on and rejoice in every difference between your former state (rebel) and your current state (son or daughter of God). Thank God you are his child instead of enemy. Fill your mind with the massive truth of adoption. You'll soon find yourself dizzy with joy and gratefulness.

**a) BE AWARE!**

- James 4:14-15
- Example from Mary (Luke 1:38)

**b) SLOW DOWN!**

- Romans 6:23

Joni Eareckson Tada: Real satisfaction comes not in understanding God's motives, but in understanding His character, in trusting in His promises, and in leaning on Him and resting in Him as the Sovereign who knows what He is doing and does all things well.

**c) RESPOND!**

**Discontentment** happens when I DON'T HAVE \_\_\_\_\_.

**Contentment** happens when I realize that I DO HAVE \_\_\_\_\_.

Elizabeth Elliot said, when she, like us, did not receive something she desired: "Why? I do not know all of His reasons, of course. The God who orchestrates the universe has a good many things to consider which have not occurred to me, and it is well that I leave them to Him. But one thing I understand: He offers me holiness at the price of relinquishing my will."



- Putting off/putting on
  
- Fruit of the Spirit (Galatians 5:22-23)
  - Love=
  
  
  
  
  - Joy=
  
  
  
  
  - Peace=
  
  
  
  
  - Patience=
  
  
  
  
  - Kindness=
  
  
  
  
  - Goodness=
  
  
  
  
  - Faithfulness=
  
  
  
  
  - Gentleness=
  
  
  
  
  - Self-control=

PAUSE/PONDER/PRAY:

- ❖ What attitudes/actions must I put off? What must I put on?
- ❖ What am I saying to myself about God and my circumstances?
- ❖ How can I become a better biblical counselor to own soul? (D1)
- ❖ How can I counsel others to talk more biblically to themselves? (D2, D3)

**Conclusion:**

Paul David Tripp: No one is more influential in your life than you are, because no one talks to you as much as you talk to yourself. What will you say to you today? Would you be comfortable with someone listening to a recording of your internal conversations?

**RESOURCES:**

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Also:

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

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

