

Word to the Wise: The Heart

Life Steps | November 10 & 11, 2018

Monday

Proverbs 4:23

Your heart or “inner self” is the center of your thoughts, feelings, emotions and decisions. Why is guarding your heart important? What does it mean that “everything you do flows from it?” Refer to your message notes as needed. Begin journaling the desires of your heart.

Tuesday

I Corinthians 13:1-13

Why does Paul say that he is “nothing” if he doesn’t have love? Which of these characteristics of love flow naturally from your heart and which do not? Continue journaling the desires of your heart.

Wednesday

Jeremiah 17:9/Romans 7:14-20 | Galatians 5:16-21

How would you describe the health of your heart? If need be, re-read today’s scriptures. Identify the areas of your “non-ideal self” that verify the truth of these passages. Continue journaling the desires of your heart.

Thursday

Galatians 2:20; 5:22-26

Journal a list of characteristics that best describes how you see yourself, your “idolized self.” Refer to your message notes as needed. If you get stuck, what do you find yourself most judging in others? The opposite might be a characteristic of your ideal self. Continue to journal the desires of your heart.

Friday

I John 1:3-3

Review the description of your “idealized self” from Thursday’s life step. What would it look like for you to crucify your “idolized self” and live only out of the identity that you are a child of God? What would it look like for you to give up casual and critical desires for this deeper desire? Continue to journal the desires of your heart.

Saturday

Psalms 5:1-3

A “Lament” is the expressing of a deep sorrow, pain or loss. Journal any unresolved life losses and disappointments that are stored up in your heart. Allow yourself to feel the emotions connected to those losses. Journal these deep desires of your heart as a prayer.

Sunday

Ecclesiastes 3:11 | Matthew 6:33

What does it mean to you that “God has placed eternity” in your heart? Review your journal entries of the previous week. What does your heart really desire? How would you describe the Kingdom of God and is your heart seeking it above all else? Pray as your heart desires.