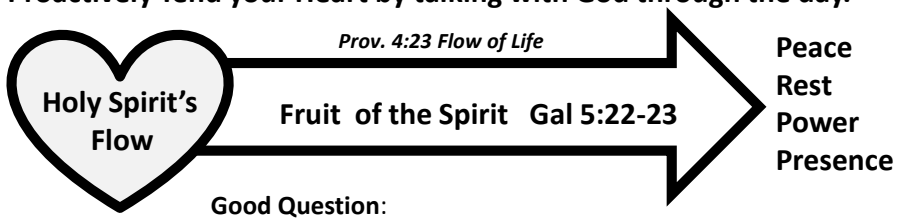
Tending Your Heart

Part 4 - HANDOUT

How to Tend Your Heart

Be Proactive

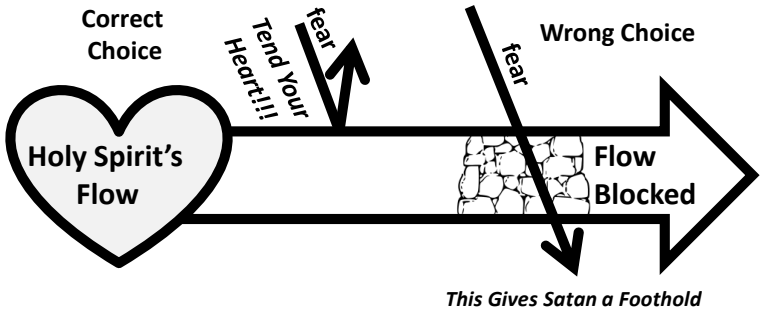
Proactively Tend your Heart by talking with God through the day.



Good Question:
Father, what do You want to say to encourage me right now?
Unpack it with more questions until it is practical and helpful. Then declare it and rejoice.

When Triggered

When triggered, you have a choice:



Some Triggers (hurtful ways) that may disrupt flow & move you away from security & rest. Ps 139:23-24 (Amp)

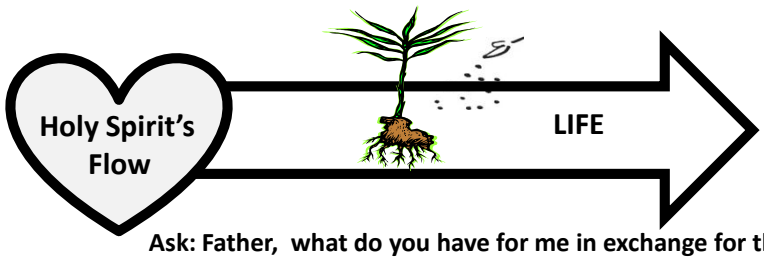
Fear
Disappointment
Discouragement
Loneliness
Anxiety
Lust
Anger
Hatred

Tend Your Heart by asking God:
Father, what is this really about?
How do you want me to respond to this?

God May Reveal:
Sin you need to repent
Someone you need to forgive
Lie (about yourself or God) to renounce

Get an Exchange

Allow the seed of the personal word of God to take root:



Ask: Father, what do you have for me in exchange for this lie, unforgiveness, pain?
Then: DECLARE and REJOICE over what God has given you.

Cut **Cut**

When Triggered…Turn to Jesus First

Stop: Complaining, Worrying, Blaming, etc.
Ask: What is this really about? Admit and agree
Respond: Forgive and bless, as needed
Renounce lie / Break partnership
Repent for partnering /Sin involved?
Receive: Get exchange then rejoice

When Triggered…Turn to Jesus First

Stop! Complaining, Worrying, Blaming, etc.
Ask? What is this really about? Admit and agree
Respond: Forgive and bless, as needed
Renounce lie / Break partnership
Repent for partnering /Sin involved?
Receive: Get exchange then rejoice

Tending Your Heart *– as a proactive lifestyle*

"Watch over your heart with all diligence for from it flow the springs of life" (Prov.4:23)

DEVELOPING A PROACTIVE LIFESTYLE

Don't wait until you are triggered. Intentionally invite Jesus into your moments throughout your day. Share your day with Him and open your heart to receive from Him. You may ask:

Jesus, what are You teaching me right now? How do You want me to respond to this?
Father, what do You want to tell me about Yourself that will help me trust You more?
Father, how do You want me to see You today?
What does my heart need to hear from You right now?
What identity do You want to speak over me today?

RESPOND QUICKLY WHEN TRIGGERED

To grow in intimacy with God, be attentive to your heart and take note of anything that moves you away from peace and rest throughout the day (Rom.13:14b; 2 Cor.10:5; Mark 4:19).

Examples: Disappointment, discouragement, fear, loneliness, worry, anxiety, lust, anger, etc.

1. CHOOSE TO TURN TO JESUS: If we do not turn to Jesus and let Him meet our need, we will fill our hearts with something else.
Jesus said, "Do not let your heart be troubled" ['agitated'] (John 14:1). We can choose! (Ps. 27:3).

2. ASK: When moved away from security and rest, turn your heart and mind to God and ask aloud if possible: Father, what is this really about? (Ps.139:23-24)
Listen and don't discount what you receive.
He may reveal sin you need to repent of, a lie you believe, someone you need to forgive, a spirit you have given access to, etc.
If there is a heavy or persistent burden, pain or grief then see note below ***

3. RECOGNIZE: Honestly and humbly admit any lie or action you need to take and follow His lead. Forgive and bless others when necessary.

4. RENOUNCE: Break off any partnership with the enemy and renounce any lie (aloud if possible).

5. REPENT: Repent for partnering with the enemy and giving the lie authority. Ask for forgiveness for any sin God reveals or any sinful reaction to your wound due to self-protection, denial, self-comfort, etc.

6. RECEIVE AN EXCHANGE!! An empty heart invites attack (Matt.12:43-45). How do I guard my heart? (Eph. 6:16 – shield of faith; Rom.10:17 – personal, spoken word). Ask what truths the Father has for your heart in exchange for the lies (Is. 61:3,7a; Prov. 2:1-10 NASB). If possible, journal them. Let them sink into and fill your heart (Ps. 51:6; 119:11). How?

7. REJOICE: Rejoice in what He has given you in exchange for the lie (aloud if possible)! Declare it over your life! Thank Him! Ask for more! Unpack it with Him until practical & helpful!

*** Pour out your heart to Him (Ps. 62:8). Cast your care onto Him (1Pet. 5:7). Place it on His body on the cross (Is.53:4a). Let Him comfort you (2Cor.1:3,4). Receive His exchange (Is.61:1-3).

Journaling

Developing a proactive lifestyle

(Optional) Father, which question(s) do You want me to ask?

Father what do You want me to know about You?

Jesus, what do You want to tell me about myself that I need to know right now?

Holy Spirit, in what area do You want me to be more fully released in my life?
How do you want me to cooperate with you there?

Receive it by declaring and rejoicing in it.

Dealing with triggers

- Father, where do I need to tend my heart?
- Father, is there a **circumstance** that has moved me away from peace and rest?
  If so, go to the Tending Your Heart document and work through points 1 through 7.

Open Discussion

What had been the most helpful insight from this series?

How has my perspective changed about cultivating ongoing conversation with God?

Personal Devotional Enrichment

"We are destroying speculations and every lofty thing raised up against the knowledge of God and we are taking every thought captive to the obedience of Christ" (2 Corinthians10:5).

Questions to ask:
Father, what area in my life right now do I need to ask You about?
Reaction to circumstances, family pressures, etc. Relationship with God, others?
"Do not let your heart be troubled" (John 14:1,27).
What keeps me from listening to You about this?
How do You want me to cooperate with You in this?

Father, in what area of my life am I most prone to think negatively or be discouraged?
What lie do I believe that causes this?
What do You want to change in my thinking about this?
How do You want me to tend my heart more effectively in this area?

Father, what does my heart need to hear from You right now?
Father, how do You want to encourage me today?

RESOURCE: Here is a brief overview of Tending Your Heart that will help you connect the dots and get the heart behind it.

TENDING YOUR HEART - Overview

INTIMACY WITH GOD – OUR ABSOLUTE PRIORITY

Jesus died so we could enjoy intimacy with Him – dialogue, sharing hearts
(Matt.27:50.51; Ex.25:22).
Deut. 8:3; Matt.4:4 - we are to live listening to Him.
Jesus modeled this (Jn.5:19; 8:26,28).
Jesus said there is only one thing necessary (Luke 10:39).
We can all hear Him speak (Jn.10:27)

By cultivating a lifestyle of *proactively* listening to and receiving from God we are able to enjoy increasing intimacy with Him and deny the enemy opportunity to rob us.

OVERCOMING HINDRANCES

Enemy's strategy is to prevent intimacy with God. Without it we are ineffective (John 15:5).
He uses lies against 1) the character of God and 2) our value/identity in Christ (Matt.27:43)
We believe in our hearts (Rom.10:10) – but we are often desensitized to lies.
God knows our hearts so we can ask the Wonderful Counselor (Is.9:6).

Lies are mostly sown in wounds. Ask the Father who we need to forgive for leading us to believe this lie. So we first need to **forgive** the offender to break the power of the lie born in the wound.
We must forgive, not just for the outward action, but for the heart wound – what we began to believe about God or ourselves as a result.

Having forgiven from the heart (Matt.18:35), for the heart wound, then
Renounce lies about God or ourselves.
Repent for agreeing and partnering with enemy and giving the lie authority.

RECEIVING FROM GOD

Ask and **receive** from God, truth that will ignite your heart – to replace the lies believed there:
- intentionally move over in your heart to embrace what God is saying.
- unpack with Him what He says – ask Him questions until it is practical and helpful.
- declare and **rejoice** in the truth He speaks until it resonates in your heart and your heart is full.

Then our minds are renewed - our hearts strengthened - to both *recognize* and *resist* lies and temptations – hindrances to enjoyable intimacy.

We are then able to thrive in Him.

IN A MOMENT

We may notice we are moved from peace and rest.
Simply turn to Him and ask: Jesus, What do You have for my heart right now?
Receive it and rejoice (aloud if possible).

The Essence of Discipleship

Discipleship is making disciples of *Jesus*. OK, that's obvious when we think about it, but helping people really connect with Jesus tends to be overshadowed by a list of tasks to be fulfilled - reading scripture, praying *to* Jesus, pursuing fellowship and accountability, sharing our faith, and so on.

John, the baptizer, demonstrates this (John 1:36,37). He himself first "looked upon Jesus as He walked" and then directed his listeners to "*behold* the Lamb of God". (To *behold* is to look earnestly, with a view to learning.) Two of his disciples who heard him speak, no longer followed John but "followed Jesus."

Jesus Himself modeled discipleship for us. He was discipled by His Father.
"He awakens Me morning by morning. He awakens My ear to listen as a disciple" (Is.50:4,5). "I do nothing on My own initiative, but I speak these things as the Father taught Me" (Jn.8:28).

If we are to be discipled by Jesus then our primary goal is to learn how to hear and respond to Him. Whether we are reading Scripture, walking with other believers or sharing our faith, we need to be open to the instruction of the Holy Spirit Who has been given as our Helper to lead us into all truth. Dependence on Him is even necessary if we are to pray effectively (Rom.8:26). And, of course, praying itself is severely limited and soon becomes robbed of enjoyment if we are not listening to Him and entering into dialogue with Him so He can guide and encourage us.

Disciplers all too often find they are weighed down and drained by trying to give the disciples the answers and help they need. Now of course, patience and endurance are often required in coming alongside someone and helping them grow in Christ. The problem is that disciplers often cultivate, maybe unwittingly, a dependence on themselves as source – instead of dependence on Jesus. What a relief it is for disciplers to recognize the radical difference!

From the outset, a disciple should learn they can turn to Jesus, ask Him about anything and receive what He has for them. That they can bring to Him burdens and difficulties, problems and pain, and get help and encouragement directly from the One who knows and understands them like no other.

Disciplers are only effective to the degree that they point others to Jesus and help them engage with Him!

Sadly, it is all too common for disciples to become so dependent on the discipler, mentor, elder, pastor or close friend that they are at a loss when they find themselves in a situation where they no longer have access to their help and encouragement. They have not experienced the reality of deep friendship with Jesus. They have not cultivated a lifestyle of enjoyable intimacy with Him that meets the deepest needs of their hearts.

Modeling and leading disciples to enter into a simple two-way conversation with God builds confidence in turning to Him as their Father, Comforter, Shepherd, Teacher, Guide, Healer, Deliverer and closest Friend. Impediments to our growth in Christ will be revealed and overcome as we come to the 'Wonderful Counselor'.

The disciple is not limited to the strengths or weaknesses of the discipler but is able to access the unlimited counsel of God!

This is why every discipler should learn how to facilitate the disciple's connection with the Father.

Cultivating a lifestyle of *"Tending Your Heart"* is a simple and very effective way to facilitate dialogue with Jesus - enjoying His companionship, processing heart issues with Him and learning from Him.

Confidence in coming to the Father and immediately receiving from Him what our hearts need is the birthright and gift offered every believer.