

(D1: The Heart) Shepherding Our Hearts Day by Day

I. INTRODUCTION

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.

- Ephesians 4:29
- Proverbs 10:14
- Proverbs 12:18

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 _____.

I must counsel my heart with the gospel.

This will make me a _____ woman who has _____ things to say to myself.

It will bring _____ to myself(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 Timothy 1:7

We must be in the habit of counseling ourselves with the _____ (D1) first, so that we are more impactful when counseling others with the _____ (D2 & D3).

SET 1: PAUSE/PONDER/PRAY

- ❖ Is there anything more I should do in order to be sufficiently able to preach the gospel to myself? If so, what is it?
(For help, see THE GOSPEL: 5 Resource in your notebook)
- ❖ 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)
- ❖ Does my thought life reflect that I treasure God above all else?

III. SHEPHERDING MY HEART WHEN MY BIBLE IS OPEN

1. Why must I do it?

I read the _____

To get to know the _____

So that I can be a better _____

Living under the _____

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?

I must come _____ and I must _____.

i. Pray _____ I read.

ii. Pray _____ I read.

iii. Pray _____ I read.

Helpful Suggestions

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*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.

SET 2: 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?
- ❖ In what ways am I a better worshipper of God as a result of having met with Him in His Word this week?
- ❖ Which of the Helpful Suggestions should I start doing in order to be fully engaged when my Bible is open?

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! (John 15:5)

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

b) SLOW DOWN! (Philippians 4:8)

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

c) RESPOND! (Philippians 4:9; Hebrews 4:15-16)

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

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.

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.

SET 3: PAUSE/PONDER/PRAY:

- ❖ Take time to counsel yourself with the following diagnostic question: Is there something I am disappointed in that I am not getting? Am I adequately telling myself things about God?
- ❖ What attribute(s) of God should I dwell on more?
- ❖ 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)
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)

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!** (Philippians 4:6-9)

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."

Discontentment happens when I DON'T HAVE _____.

Contentment happens when I realize that I DO HAVE _____.

SET 4: PAUSE/PONDER/PRAY:

- ❖ Of all the thoughts commended in Philippians 4:8, which one do I struggle with most?
- ❖ What am I saying to myself about God and my circumstances? Is there anything I should think of more? Less? Not at all?
- ❖ 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)
- ❖ What are some of my go-to verses that help me shepherd my heart when I am struggling?
- ❖ Consider your thought life. Does it reflect that you treasure God above all else?

Conclusion:

- Psalm 42:5, 6, 11

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.

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?

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