

Explore the Iceberg

- *What are you angry about (a betrayal, a coworker's hurtful comment, a car breakdown, unanswered prayer, etc.)?*
- *What are you sad about (a small or big loss, disappointment, or a choice you or others have made)?*
- *What are you anxious about (your finances, future, family, health, church)?*
- *What are you glad about (your family, an opportunity, your church)?*

TENDING YOUR HEART

Engaging with God through
Enjoyable Conversation



ASK

When you lack peace or feel a negative emotion, ask God, "What is this really about?"



RECOGNIZE

Listen for God to speak about what is going on in your heart.



RENOUNCE/REPENT

Turn away from any lie, sin or unforgiveness. Renounce the lie, repent and receive forgiveness.



RECEIVE

Ask God what truth He wants to speak and give you to fill your heart.



REJOICE

Thank God for what He has spoken and given to you.
Declare the truth!

Watch over your heart with all diligence
for from it flows the springs of life.

PROVERBS 4:23

TENDING YOUR HEART

A Tool for Discipleship

Jesus said, "My sheep hear my voice; I know them and they follow me."

JOHN 10:27

1

Start or End your time in discipleship by asking God, "Who do You say I am?"

2

Instead of answering questions, direct those you walk with in discipleship to ask Jesus.

3

Read the Bible and ask God, "What does this say about You God?" and "Do I believe this about You?"

4

During discipleship ask God, "Is there anything I need to confess or repent of so I can receive more from You?"

5

Encourage those you walk with in discipleship to be proactive in engaging with God by hearing His voice and *Tending Your Heart.*