

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.*

TENDING YOUR HEART

1. HEARING GOD

My sheep listen to my voice; I know them, and they follow me. John 10:27

HOW TO KNOW IT'S GOD'S VOICE

- It aligns with Scripture.
- It aligns with God's character. (Psalm 103:8)
- It's loving correction without condemnation.
- The first impression is usually Him.
- He knows and loves us fully. (Psalm 139)

HOW TO STEWARD GOD'S VOICE

- Thank Him for speaking.
- Write down what He shared.
- Declare it and rejoice.

ASK HIM RECEIVE FROM HIM REJOICE WITH HIM

Father, what do You want me to know about You?
Father, what do You want to say about Your love for me?

2. FORGIVENESS = FREEDOM

Bitterness ties us to the offender. Forgiveness sets us free.
Galatians 5:1

LIES ABOUT GOD & SELF

- The Enemy uses lies to accuse the character of God and our identity in Christ.
- Lies are usually sown in wounds.

HEART WOUNDS

- A heart wound is what we choose to believe as a result of an offense. (e.g. doubt, worthlessness, etc.)

FORGIVE TO BREAK THE LIE'S POWER

- Forgive the offender for the heart wound to break the power of the lie.
- Receive Truth from God to replace the lie.

See #3 & #4 - *Renouncing Lies & Steps to Forgiveness*

For more resources, go to tendingyourheart.com



3. RENOUNCING LIES

ASK

Father, are there any lies I believe about You or myself?
If so, who do I need to forgive?

- **Go to: #4 - Steps to Forgiveness. Return when you finish those steps.**

RENOUNCE

Father, I renounce the lie that You are _____.
or

Father, I renounce the lie that I am _____.

REPENT

Father, forgive me for partnering with the Enemy and believing these lies.

- Father, do You forgive me? (Yes)

Then I receive Your forgiveness and forgive myself!

RECEIVE (THE MOST IMPORTANT STEP!)

Father, what Truth do You have for my heart in exchange for these lies? **DECLARE & REJOICE!**

4. STEPS TO FORGIVENESS

FORGIVE

- Father, who do I need to forgive?
- Father, what do I need to forgive (**name**) for?

Father, I forgive (**name**) for (**outward act**) and for leading me to feel (**heart wound**).

RELEASE

I release (**name**) from their offenses and wounds against me. I bless them in Jesus' Name.

REPENT

I repent for my sinful reactions, any bitterness, resentment or anger I have had toward (**name**).

- Father, do You forgive me? (Yes)

Thank You, Father. I forgive myself!

WHAT'S NEXT ?

- **Go back to #3 - Renouncing Lies to finish the remaining steps.**