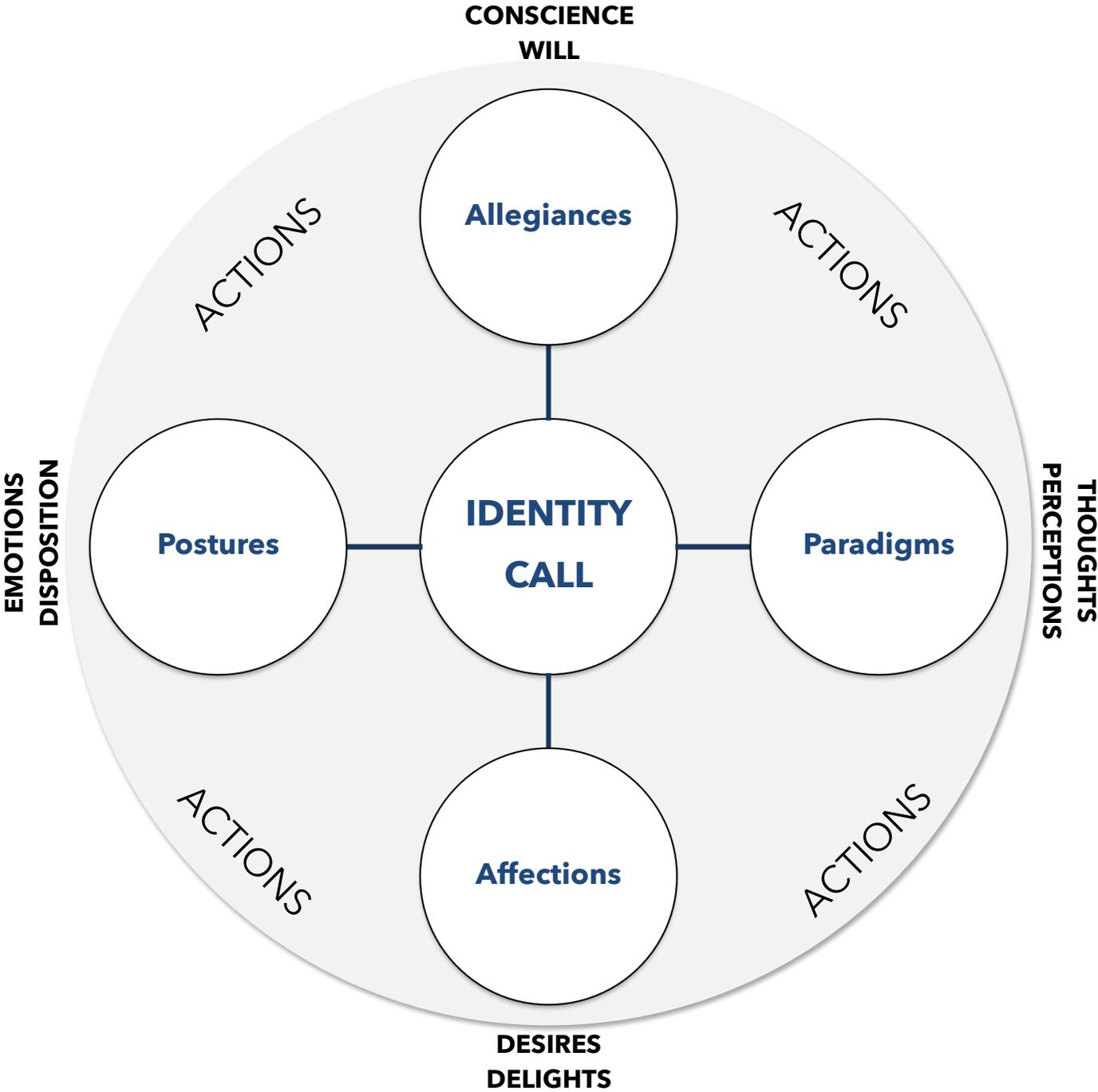


RESOURCE
BRINGING MY HEART TO JESUS



DEFINITIONS

Identity: Identity answers, “Who I am?”

- We have an “old” identity: who we were *before* Jesus.
- We have a “new” identity: who we are now (becoming) that we have new life in Jesus.
- When we bring our heart to Jesus, we bring both identities (Ephesians 4:22-24).

Calling: Calling answers, “What I’m called to do?”

- Jesus gave us a new reason to live and new purpose for life (Ephesians 2:10).
- We bring our heart to Jesus when we bring our reason and purpose for living to him.

Allegiances

- **Conscience:** Conscience is the part of our heart that decides what’s good, right, true, meaningful, and beautiful. Before we trusted Jesus, our conscience told us darkness and death were desirable. When we bring our heart to Jesus, he reorders our conscience (Ephesians 4:17-21).
- **Will:** Will is the part of our heart that chooses. Usually, our habits choose for us. When we bring our hearts to Jesus, we ask him to show us habits that don’t align with his will and then teach us new habits that align with his (Romans 6:1-14).

Affections

- **Desires:** Desires are what we want—whether we know it or not. When we bring our heart to Jesus, we invite him to renew our desires with his (Romans 7:13-25).
- **Delights:** Delights are what brings us joy, whether we know it or not. Jesus promises to give us new delights as we bring our heart to him.

Paradigms

- **Thoughts:** Thoughts are the conversations, images, and ideas that fill our conscious mind. Jesus invites us to renew our mind so we can cooperate with him (Romans 12:1-2). When we bring our hearts to him, we invite him to fill our minds with his word and ways.
- **Perceptions:** Perceptions are the part of our heart that interprets our inner life and the outer world. It’s the filter or grid that keeps things out, let’s things in, and shapes what comes in. Proverbs calls this “understanding” (Proverbs 2:1-15). Our perceptions are reformed when we bring our hearts to Jesus.

Postures

- **Emotions:** Emotions are the part of our heart that feels, whether we know it or not. When we bring our heart to Jesus, we invite him to show us what we feel, why we feel it, and how we can feel what he feels.
- **Disposition:** Disposition is the inner “bent” or “posture” of our heart. Part of what it means to bring our hearts to Jesus is to have our attitudes renewed.

WORKSHEET

BRINGING MY HEART TO JESUS

As we spend time with Jesus in the Word and prayer, we're invited to bring our hearts to him. But sometimes we don't know what our heart is. Or know what's going on inside our heart. Or even know how to bring our heart to Jesus.

We bring our hearts to Jesus to invite him to free us from internal bondages (this is called *redemption*), reconnect us to him and others in life-giving ways (this is called *reconciliation*), and make us who we were created to be (this is called *restoration*). Often, we need to remind ourselves of his story, using the Bible, and then thinking about our story in the light of his.

When we bring our heart to Jesus, we invite him to talk to us about our allegiances, affections, postures, and paradigms. We do this by reading his word, praying, and thinking about what he's saying (called meditation). *And we do this with the intention to respond with trust and obedience, as best as we know how.*

Here are four basic steps that help us to bring our hearts to Jesus.

1. What relationships and circumstances have my attention today or this week?
2. How am I responding to these relationships and circumstances? *Choose one or two (maybe three) of these questions to journal about. If more works for you, that's great.*
 - a. Who am I telling myself that I am?
 - b. What am I telling myself I'm called to do?
 - c. What do I think is right, good, true, meaningful, and beautiful?
 - d. What do I think is best to choose? When push comes to shove, what DO I choose?
 - e. What am I thinking about?
 - f. How am I seeing and interpreting the world?
 - g. What do I want? What do my habits tell me I really want?
 - h. What do I think will make me happy?
 - i. How am I feeling?
 - j. What's my inner attitude or posture?
3. Sit in God's presence and listen to him as you read a passage of scripture. Read it multiple times. Then, ask the four questions.
 - a. What does this passage tell me about my heart?
 - b. What does it invite me to BE in my relationships and circumstances?
 - c. What does it invite me to DO in my relationships and circumstances?
4. With whom can I discuss my heart this week?

DEVELOPING SELF-AWARENESS

| Am I Filled With... | How Is Jesus Inviting Me To... |
|-------------------------------|---------------------------------------|
| Fear | Love |
| Doubt | Trust |
| Anxiety/Worry | Peace |
| Anger/Frustration | Meekness |
| Discontentment | Contentment |
| Despair/Depression/Sorrow | Joy |
| Greed/Jealousy/Envy | Generosity |
| Shame/Embarrassment | Confidence |
| Victim Mentality | Empowerment |
| Blame Shifting/Accusation | Acceptance |
| Resentment/Bitterness | Forgiveness |
| Regret | Hope |
| Control | Self-Control |
| Impatience | Patience |
| Pride/Arrogance/Self-Reliance | Humility |
| Rude/Demands | Kindness |
| Immoral/Impure Passions | Purity/Goodness |