Heart Journal

➢ What was going on? (Tell me about the situation… what happened? What were the circumstances that led up to the problem?)

___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

➢ What did you do?

___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

➢ What were you thinking and feeling? (What did you say to yourself in your heart? What did you want, desire, or long for more than pleasing God at that moment? What was your goal at that moment?) In other words, why did you do what you chose to do?

___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

➢ What was the result? What happened when you did what you chose to do at that moment?

___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

➢ What does the Bible say about what you were saying to yourself at that moment? (What does the Bible say about what you were wanting, your goal?)

___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

➢ What should you have said to yourself? (What should you have wanted / desired more than your own selfish and idolatrous desire?)

___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________

➢ Then, what should you have chosen to do in light of right thinking and a right heart?

___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________