

# Heart Journal

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

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- What did you do?

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- 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?

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

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- 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?)

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

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

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