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PREFACE

MY HEART UNCHAINED HELPING DISCIPLES OF JESUS CONNECT THEIR HEARTS TO THE SAVIOR.

Current culture applauds following our hearts. And by "heart" it means our feelings. We have been taught and encouraged to pay special attention to our feelings and to trust them. A recent popular social media quotation claims, "You'll know the truth by the way it feels." Yet, feelings are fickle, and if we follow them, we will certainly be confused and misled

It is true that we live from our hearts. Created in the image of God, we have the ability to think, feel, and choose. In Scripture the term "heart" is the center of one's inner life and represents these three functions. Our intellect, emotions, and will are designed to work together to help us as Christ-followers live a biblically balanced and satisfied life.

A Christian disciple is one who desires to live wholeheartedly for Christ and is eager and involved in making other disciples. Therefore it is essential he is aware of his heart-responses in relationships and circumstances. And as the disciple becomes more discerning, he will be better equipped to align his heart to Truth, obey Christ, and maintain heart-health.

My Heart Unchained is a seven-part discipleship tool designed to help you, a follower of Jesus, understand and discern your heart so that you might live wholeheartedly in Christ by glorifying and enjoying Him.

In *My Heart Unchained* you will learn what it means to entrust your heart to God—Father, Son, and Holy Spirit—and His plan to rescue mankind. Also, you will learn tools to evaluate your heart and to establish healthy heart-attitudes and disciplines.

May the Lord bless you and refine you as you work through the lessons and enjoy more fully the Satisfier of your heart.

Unchained: To be set free from sin and what the world tells us.

Galatians 5:1

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

Romans 6:18

You have been set free from sin and have become slaves to righteousness.

ACKNOWLEDGMENTS

Producing the *My Heart Unchained* discipleship tool has been the collective effort of many wonderful individuals. In particular, we are grateful and appreciative of the following individuals and elders of Valley Bible Church, both Pleasanton and Livermore campuses, for their commitment to pray, brainstorm, write, edit, design, test, revise, provide testimonies, and encourage.

Women's Writing Team

Sharon Collard, Imelda Dodgen, Charlene Earle, Connie Johnson, Anna Plummer, Fritzeen Scott, and Shirley Sweetman.

Men's Editing Team

Seeing the value of *My Heart Unveiled*, a group of men undertook the project of editing and arranging the study so that it would resonate with men. George Hampton, Dan Hennes, Jay Scott, and Jason Wong replaced testimonies and biblical examples to make illustrations applicable to men.

In addition, we would like to thank the Elders of Valley Bible Church for their oversight, input, review, and support: Timothy Barley, Gary Darnell, Devon Dodgen, Jim Jahncke, Jay Scott, Gary Stafford, and Randy White.

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Understanding



Unit 4: Understanding My Heart

As you learned in Unit 1, Adam was a passive leader. He knew the serpent was deceiving Eve and stood by to see what would happen. Adam followed Eve. He took and ate the fruit. Adam didn't trust that God was enough to satisfy. As a result, he turned from worshiping God to trusting self.

Deceived Adam:

- •Believed God's provision was not enough.
- •Believed God was holding something back.
- •Believed something beyond God would more fully satisfy him.

In Unit 2 you will learn what the Scripture means when it refers to the heart of man.

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LESSON 1: GOD ALONE WILL SATISFY

To begin, Lesson 1 will contrast a misdirected heart with one that finds its satisfaction in God.



Unit 4 // Lesson 1	
	A MISDIRECTED HEART
	Like Adam and Eve, all people in their natural state wrestle with a misdirected heart. A misdirected heart is one that believes something or someone other than God will ultimately satisfy man's core need for Him. That is the definition of an idol. When we take a good thing (family, relationships, job, etc.) and make them primary in our life we are creating a false god. The first commandment is "you shall have no other gods before me." (Deuteronomy 5:7).
	God created mankind with the innate desire to be happy—to be known intimately and loved deeply. The world promises happiness in a myriad of ways, many of which seek to minimize God or to replace Him altogether. But all that the world offers can never completely satisfy you in the way that knowing God will. Being known and loved by God and knowing and loving Him in return is ultimate satisfaction. (See Psalm 107:9; Isaiah 55:2–3; John 6:35)
	ALL THAT THE WORLD OFFERS CAN NEVER TRULY SATISFY
	King Solomon recorded in Ecclesiastes how he tried to find pleasure and satisfaction in the things of this world but discovered that "all is vanity and a striving after the wind."
	Ecclesiastes 2:1-11, 17
	'I said in my heart, "Come now, I will test you with pleasure; enjoy yourself." But behold, this also was vanity. ² I said of laughter, "It is mad," and of pleasure, "What use is it?" ³ I searched with my heart how to cheer my body with wine—my heart still guiding me with wisdom—and how to lay hold on folly, till I might see what was good for the children of man to do under heaven during the few days of their life. ⁴ I made great works. I built houses and planted vineyards for myself. ⁵ I made myself gardens and parks, and planted in them all kinds of fruit trees. ⁶ I made myself pools from which to water the forest of growing trees. ⁷ I bought male and female slaves, and had slaves who were born in my house. I had also great possessions of herds and flocks, more than any who had been before me in Jerusalem. ⁸ I also gathered for myself silver and gold and the treasure of kings and provinces. I got singers, both men and women, and many concubines, the delight of the sons of man. ⁹ "So I became great and surpassed all who were before me in Jerusalem. Also my wisdom remained with me. ¹⁰ And whatever my eyes desired I did not keep from them. I kept my heart from no pleasure, for my heart found pleasure in all my toil, and this was my reward for all my toil. ¹¹ Then I considered all that my hands had done and the toil I had expended in doing it, and behold, all was vanity and a striving after wind, and there was nothing to be gained under the sun. So I hated life, because what is done under the sun was grievous to me, for all is vanity and a striving after wind ¹⁷ So I hated life, because what is done under the sun was grievous to me, for all is vanity and a striving after wind

	My Heart Unchaine
Solomon concluded by exhorting the reader to remember and fear God and obey Him.	
Ecclesiastes 12:1, 13	
Remember also your Creator in the days of your youth, before the evil days come and the years draw near of which you will say, "I have no pleasure in them." ¹³ Fear God and keep his commandments, for this is the whole duty of man.	
1 John 2:16	
For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world.	
What are some things people believe will satisfy them?	
What are some things you are tempted to go to apart from God for comfort and satisfaction?	
Identify an experience from your life that illustrates how you have tried to find	
satisfaction on your own.	
-	
- -	

GOD IS THE "ALL-SATISFYING OBJECT"
"As C.S. Lewis says, God in the Psalms is the 'all-satisfying Object.' His people adore Him unashamedly for the 'exceeding joy' they find in Him (Psalm 43:4). He is the source of complete and unending pleasure."
John Piper
In your natural state you cannot see that God is the ultimate end of your heart's desire, but when you are born again (John 3:3), you gain the capacity to see Him as He is: all-satisfying.
Psalm 63:3a
Your steadfast love is better than life.
John 6:35
Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst."
John 17:3
"And this is eternal life, that they know you, the only true God, and Jesus Christ whom you have sent."
The following Psalms describe God as all-satisfying.
Hand-write each of the following verses.
Psalm 34:8
Psalm 37:4
Psalm 42:1-2
Psalm 63:1

Unit 4 // Lesson 1

	My Heart Unchaine
Psalm 73:25	
Psalm 107:9	
Psalm 119:103	
Now that you have written out these verses, go back and personalize them. —	
Re-write one or more of the verses in the space below. Use first person and make	
it your prayer. Psalm 37:4 example	
Oh Lord God, when I come expectantly to You as the Object of my delight, You	
align my desires to Your desires. Help me be quick to come to You and believe andexperience You as the source of my joy. I praise You that You delight to give me more	
of You and to deepen our relationship. Increase my desire for You, Lord.	

Unit 4 // Lesson 1	ENJOYING GOD, PEOPLE, AND CREATION				
	Tod designed you to experience delight in himself, in people, and in creation. Our overall disposition about all of life should be that it is a gift to be enjoyed. These are the means by which you may experience Him as all-satisfying.				
	Read the following verses and record what you learn about each area.				
	1. Foremost, in your relationship with Him.				
	Psalm 16:11				
	You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.				
	Proverbs 16:9				
	The heart of man plans his way, but the Lord establishes his steps.				
	Psalm 84:1-2				
	¹ How lovely is your dwelling place, O LORD of hosts! ² My soul longs, yes, faints for the courts of the LORD; my heart and flesh sing for joy to the living God.				

2. In your relationship with others.	
Genesis 2:18	
Then the LORD God said, "It is not good that the man should be alone; I will make him a helper fit for him."	
Psalm 133:1	
Behold, how good and pleasant it is when brothers dwell in unity!	
How does finding your satisfaction in God affect your relationship with others? On the other hand, if you are not finding your satisfaction in God, what does that look like?	
God calls us to be in community and fellowship. Read the parable of the paralyzed man and his friends in Luke 5:17–20. Do you have friends like that whom you can call on in a crisis? Are you that type of friend?	
What are you doing or going to do to be in community and build fellowship?	

Unit 4 // Lesson 1	
	3. In your involvement with and use of the material universe.
	Ecclesiastes 9:7-9
	⁷ Go, eat your bread with joy, and drink your wine with a merry heart, for God has already approved what you do. ⁸ Let your garments be always white. Let not oil be lacking on your head. ⁹ Enjoy life with the wife whom you love, all the days of your vain life that he has given you under the sun, because that is your portion in life and in your toil at which you toil under the sun.
	I Timothy 4:4-5
	⁴ For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving, ⁵ for it is made holy by the word of God and prayer.
	What are some indicators that your interaction with the world is not honoring to God?
	l Corinthians 10:31
	So whether you eat or drink or whatever you do, do it all for the glory of God.
	Colossians 3:17
	And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.
	God means for us to feel delight in these three areas. However, if a man is not experiencing delight for whatever reason, he should be encouraged to go to the Word to exult in God and cultivate delight in Him.

As your love for and understanding of Tod increases,

your love for others and your enjoyment of all that	
He has given you in the world will also increase.	
JESUS AND THE SAMARITAN WOMAN	
Look at one more passage that beautifully describes the intimacy and satisfaction you can enjoy with Jesus.	
Carefully read John 4:7–26.	
Read the passage and answer the following questions.	
What do you observe? What need did Jesus satisfy for the woman?	

Reflection

Do you believe God will satisfy your longings? Do you believe God created you to enjoy an intimate, satisfying relationship with Him? How does this affect the way you view God, other people, and creation?
Application
Do you believe God satisfies the deepest longings of your heart? How will this affect your life this week?
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LESSON 2: GOD'S NATURE REFLECTED IN MY HEART

In Lesson 1 you noted that true satisfaction is found in God alone.

In Lesson 2 you will explore how your heart functions. In the Bible the heart represents all that you are: the whole inner person. It is at the core of your being and from it comes what you think, what you feel, and what you choose.

All	that	god i	thinks	, feels,	and	chooses	is n	rooted	in
His	holy	natur	ve, is	expresi	sed si	nlessly	and	loving	ly,
	and i	s for	His g	lory a	nd ou	vr ultima	rte g	rood.	

FUNCTIONS OF THE HEART

You live from your heart. To understand your capacity to trust and obey God, it is important to understand how the heart functions. It is common in American culture to view the heart and mind as two separate parts, wherein the heart houses the emotions and the mind houses the thinking. The Bible does not divide man as such but presents the heart as the well-spring from which flows man's thinking, feeling, and choosing. Most likely you do not differentiate between the three functions of the heart as you go throughout your day. However, you are always thinking, feeling, and choosing whether you are conscious of it or not. You may observe that you are a thinker more than a feeler or vice versa. Your tendency to be more aware of one function or the other may be based on your God-given personality and past experiences.

In the Old Testament the word "heart" (leb) occurs over 600 times. In the New Testament the equivalent term (kardia) occurs about 200 times.

In Scripture, the heart represents all that you are, the whole inner person; it is at the core of your being and from it comes what you think, what you feel, and what you choose.

What is an example of thinking with your heart?	

Unit 4 // Lesson 2	GOD'S IMAGE-BEARER
	Man's ability to think, feel, and choose reflects Iod's nature; Iod created man as His image-bearer.
	God is personal and has
	Intellect
	Isaiah 40:13-14 13Who has measured the Spirit of the LORD, or what man shows him his counsel? 14Whom did he consult, and who made him understand? Who taught him the path of justice, and taught him knowledge, and showed him the way of understanding? See also Isaiah 55:8-9 Emotions Exodus 34:6 The Lord passed before him and proclaimed, "The LORD, the LORD, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness." See also Deuteronomy 5:9 and Psalm 7:11.
	Will
	Isaiah 14:24 The LORD of hosts has sworn "As I have planned, so shall it be, and as I have purposed, so shall it stand."
	See also Acts 14:16–17

How do you respond to the reality that God is personal and has intellect, emotions, and a will? Is it easy for you to grasp or difficult?	
What blocks your ability to relate to God?	
What about God as a good Father?	
Whether you have had a good or bad mortal father, we all seek this in our lives. God offers us His love and wisdom as our heavenly Father (1 John 3:1).	
My Whole Heart	



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Unit 4 // Lesson 2

	My Heart Unchained
God's emotions are perfect responses to every situation and are always perfectly expressed. But your emotions are marred by the fall so that you cannot always trust them to accurately discern truth.	
How do the following verses demonstrate the heart's ability to Feel? Review each verse and underline key phrases.	
Philippians 4:6	
Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.	
Romans 12:15	
Rejoice with those who rejoice, weep with those who weep.	
Ecclesiastes 7:9	
Be not quick in your spirit to become angry, for anger lodges in the heart of fools.	
Psalm 16:11	
You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.	
Psalm 42:5a	
Why are you cast down, O my soul, and why are you in turmoil within me?	
How do you view emotions? How do you recognize and acknowledge your emotions?	
What has shaped your emotions or perhaps your inability to feel your emotions? What are some common triggers for your emotions (e.g., stress at work, argument in a relationship, etc.)?	
What do you do as a man with emotions?	

Unit 4 // Lesson 2	
	THE WILL
	The term "heart" also refers to your will. The will determines what actions you take. God gives you the ability to choose. Your right choosing flows from your right thinking. When you choose to follow God's truth, your emotions may not immediately fall in line. You may even feel like you are being hypocritical because you are making a decision against your feelings. But as you choose to trust God and obey Him, your feelings will eventually align with your godly choice. Remember these two things: 1) You are called to follow biblical truth, not your feelings; and 2) You always have the ability to choose to obey.
	How do the following verses demonstrate the heart's ability to Choose? Review each verse and underline key phrases.
	Joshua 24:15a
	"Choose this day whom you will serve."
	— Psalm 25:12
	Who is the man who fears the LORD? Him will he instruct in the way that he should choose.
	Psalm 119:30
	I have chosen the way of faithfulness; I set your rules before me.
	Ezra 7:10
	For Ezra had set his heart to study the Law of the LORD, and to do it and to teach his statutes and rules in Israel.
	Hebrews 11:24-25
	By faith Moses, when he was grown up, refused to be called the son of Pharaoh's daughter, choosing rather to be mistreated with the people of God than to enjoy the fleeting pleasures of sin.
	Although you may not always choose the circumstances in which you find yourself, you always have a choice to surrender to God in every circumstance and receive His grace to help you in your time of need (Hebrews 4:16).

	My Heart Unchaine
Share a time when you thought you did not have a choice.	
Describe a time when you did not feel like obeying but you chose to do the right	
thing.	
An example: "God is calling me to tell truth in love in a very difficult situation. I am	
choosing obedience and have made an appointment to meet with this person. I am still	
anxious and fearful, but I am determined to do what God is laying on my heart to do, so I am keeping my appointment, trusting God is able to protect my heart as I walk in	
obedience, even if my emotions are not keeping in step with my God-honoring actions."	
We should validate every emotion but we need to be careful	
not to encourage people to live out of their emotions. It is	
important to be aware of times when feelings are dictating	
behavior rather than biblical thinking guiding behavior.	
_	

End your study
Crus gous annigm
Summarize what you learned from this lesson.
 Sammanze What you realled from this resson.

Unit 4 // Lesson 2

Reflection

Psalm 86:11

Teach me your way, LORD, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name. (NIV)

Application

In what area have you identified a divided heart?		
What steps will	you take this week to have an undivided heart focused on God?	
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LESSON 3: GOD GAVE ME A NEW HEART

In Lesson 2 you explored the three heart functions.

In this Lesson you will examine how God spiritually revived your heart. Now you have the ability to fight sin because sin no longer rules your heart. Be encouraged! Your regenerated heart can trust and obey God, resulting in you wholeheartedly loving God and being satisfied in Him.

	My Heart Unchained
A HEART TRANSPLANT	
As a Christ-follower, you have been given a new heart.	
Ezekiel 36:26	
And I will give you a new heart, and a new spirit I will put within you. And I will remove the neart of stone from your flesh and give you a heart of flesh.	
See also Ezekiel 11:19; Jeremiah 24:7)	
At salvation God gave you a new heart. What does it mean that you are regenerated and renewed by the Holy Spirit?	
Read the following passage and record your response.	
Titus 3:3-7	
For we ourselves were once foolish, disobedient, led astray, slaves to various passions and pleasures, passing our days in malice and envy, hated by others and hating one another. ⁴ But when the goodness and loving kindness of God our Savior appeared, ⁵ he saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit, ⁶ whom he poured out on us richly through Jesus Christ our Savior, ⁷ so that being justified by his grace we might become heirs according to the hope of eternal life.	
Look up the dictionary definitions of "regeneration" and "renewal."	
n a real sense, the Holy Spirit makes alive your spiritually dead heart so that it can be receptive to God and His majesty. God drew you to His heart and performed in you a	

Pause and thank God for giving you a new heart.

What is one way that God has changed you? Explain.

heart transplant.

When Tod saved you, He gave you a new beginning. You were born again by the indwelling Holy Spirit to new life in Christ. Now you have the capacity to fight sin and obey Tod and as a result, love and enjoy Him more fully.

SIN NO LONGER RULES YOUR HEART

Romans 6:3-14

³Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? ⁴We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.

⁵For if we have been united with him in a death like his, we shall certainly be united with him in a resurrection like his. ⁶We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. ⁷For one who has died has been set free from sin. ⁸Now if we have died with Christ, we believe that we will also live with him. ⁹We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. ¹⁰For the death he died he died to sin, once for all, but the life he lives he lives to God. ¹¹So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

¹²Let not sin therefore reign in your mortal body, to make you obey its passions. ¹³Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness. ¹⁴For sin will have no dominion over you, since you are not under law but under grace.

Consider the following points from the text:

Romans 6:3–10 explains what God has done to stop sin's rule in you. The Spirit immersed you into Jesus and thus into His death and resurrection; this immersion makes possible a new kind of life. This is what is symbolized in water baptism—that you were buried with Him into His death and risen with Him in your new identity and life. You have been brought from death into life!

Romans 6:3-4

³Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? ⁴We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.

1 John 3:14a

We know that we have passed out of death into life

This immersion, or grafting into Jesus, gives you the benefits of both His death and resurrection; thus, you stand freed from sin's rule.

Romans 6:5-7

⁵For if we have been united [grafted] with him in a death like his, we shall certainly be united with him in a resurrection like his. ⁶We know that our old self was crucified with him in order that the body of sin might be brought to nothing, so that we would no longer be enslaved to sin. ⁷For one who has died has been set free from sin.

Your union with Christ is permanent and once-for-all.

Romans 6:8-10

⁸Now if we have died with Christ, we believe that we will also live with him. ⁹We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. ¹⁰For the death he died he died to sin, once for all, but the life he lives he lives to God.

HOW ARE YOU TO RESPOND TO THE ABOVE TRUTHS?

1. Accept as a fact that you died to the sin nature and are now living to God because of your union with Christ.

Romans 6:11

So you also must consider [accept as fact like a non-emotional philosopher] yourselves dead to sin and alive to God in Christ Jesus.

2. As a result of this fact, do not allow sin to reign over you by being obedient to its desires.

Romans 6:12

Let not sin therefore reign in your mortal body, to make you obey its passions.

How do you work out this verse? How do you not allow sin to reign in yourself?

- See the temptation for what it is: a promise of happiness in exchange for offending God.
- Denounce it and run to Him who is the Source of true and lasting happiness.

Unit 4 // Lesson 3	
	3. Your response to Paul's final command reveals whether or not you are yielding to the Master.
	Romans 6:13
	Do not present your members to sin as instruments for unrighteousness, but present yourselves to God as those who have been brought from death to life, and your members to God as instruments for righteousness.
	1 John 3:9
	No one born of God makes a practice of sinning, for God's seed abides in him, and he cannot keep on sinning because he has been born of God.
	Romans 6:17-19
	17But thanks be to God, that you who were once slaves of sin have become obedient from the heart to the standard of teaching to which you were committed, ¹⁸ and, having been set free from sin, have become slaves of righteousness. ¹⁹ I am speaking in human terms, because of your natural limitations. For just as you once presented your members as slave to impurity and to lawlessness leading to more lawlessness, so now present your members as slaves to righteousness leading to sanctification.
	4. Paul concludes this Lesson with these encouraging truths: Sin no longer will rule over you. Therefore, you are free to obey God. So, sin no more!
	Romans 6:14-15
	 14For sin will have no dominion over you, since you are not under law but under grace. 15What then? Are we to sin because we are not under law but under grace? By no means!
	Romans 6:7
	For one who has died has been set free from sin.
	As a believer we will still face temptation and sin on this side of eternit (Romans 7:18–20). However, we will no longer want to willfully sin (1 John 3:9). When we do sin, we repent and rest of God's grace (1 Johm 1:9, Romans 8:1–2).

A NEW BEGINNING BUT A CONTINUING FIGHT

Though you have a new heart, you must daily (and moment-by-moment) choose to walk in the newness of Life (Romans 6:4). In order to do this, it is important to understand the process of temptation.

What are some common misconceptions about temptation?

WHAT IS THE DEVIOUS PROCESS OF TEMPTATION?

Followers of Jesus must develop the discipline to recognize that temptation is a process that CAN lead to sinning, but it does not have to.

James 1:12-15

¹²Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him. ¹³Let no one say when he is tempted, "I am being tempted by God," for God cannot be tempted with evil, and he himself tempts no one. ¹⁴But each person is tempted when he is lured and enticed by his own desire. ¹⁵Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.

Eve was tempted in the same way James describes: Temptation first came to her as a thought from the tempter, "God could be withholding something good from me." She was lured when she "entertained" the thought and continued talking to Satan. She was enticed by the thought and desired the fruit. Her desire became so strong that she took and ate it.

You benefit in your relationship with God when you successfully navigate through temptations/trials/tests (12).

God NEVER solicits you to do evil; His motives are entirely pure (13).

Temptation follows a predictable pattern (14–15).

- It begins when you start desiring something more than you desire pleasing and honoring God. This is an internal (heart) struggle. This desire can last a short or long period of time.
- Following this initial or intermittent longing, if you succumb to the allurement or enticement, you will "own" it. At this point the temptation becomes sin, whether it is an attitude of the heart or an outward action.
- This temptation-turned-sin results in a "death" in your quality of life rather than God's desire for you to have abundant life.

Unit 4 // Lesson 3	
	Jesus provides a pattern to overcome temptations. Read Matthew 4:1-11,
	(also Luke 4:1-13) looking for how to face temptation and avoid sinning. What
	foundational truth do you discover for avoiding sin?
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	Lest you think, "Well he was Jesus, of course he did not sin." Consider Hebrews 4:15—
	For we do not have a high priest who is unable to sympathize with our weaknesses,
	but one who in every respect has been tempted as we are, yet without sin.
	Give an example of a temptation you have experienced that has followed
	James's pattern.
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	. Name and an arrange desires that required the state of the same and antice very Why is it important.
	Name one or more desires that regularly lure and entice you. Why is it important
	to know what they are?
	-
	-
	-
	Identify the triggers or things that lead you to those desires. Why is it important
	to know and avoid those triggers (e.g., clicking an ad, time alone, having one too
	many drinks, flirting with a girl, watch a gratuitous movie)?
	- many annika, miting with a girl, water a gratatous moviej.
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HOW DO WE RESIST TEMPTATION?

- 1. Recognize the sin or pattern of temptation.
- 2. Confess it and pray, ask God for help (1 Corinthians 10:13).
- 3. Take action. Remove the triggers or precursors. Flea! (Ephesians 5:11, Genesis 39:12, 1 Corinthians 6:18)
- 4. Affirm God's promises and remember His track record of faithfulness. (Romans 6:17–18, 7:25)
- 5. Ask God for help and the strength needed. (Hebrews 4:16)

Stop Sinning!

WHAT IS SO WRONG WITH SIN?

Sin leads to "death" in all its senses.

A great preventative measure to resist temptation is to constantly fill your time with godly things (Romans 12:2), serve the Lord (Romans 6:13), and be in godly fellowship (1 Corinthians 15:33, Psalm 133:1). Don't even engage temptation thinking you are strong enough to resist (1 Peter 5:8). The devil is like a prowling lion looking for someone to devour. We should treat as seriously as a prowling lion. Just think of all the folks on "When Animals Attack" and you wondering what they were thinking getting into the lion's cage for a selfie.

Genesis 2:16-17

¹⁶And the Lord God commanded the man, saying, "You may surely eat of every tree of the garden, ¹⁷but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall surely die."

Romans 8:6

For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

Unit 4 // Lesson 3	
	BE AWARE THAT THE SIN NATURE DESIRES TO INFLUENCE YOU.
	See a few examples below.
	1. The sin nature seeks to create within you the desire to practice evil.
	Galatians 5:16-21
	¹⁶ But I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. ¹⁸ But if you are led by the Spirit, you are not under the law. ¹⁹ Now the works of the flesh are evident sexual immorality, impurity, sensuality, ²⁰ idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, ²¹ envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will no inherit the kingdom of God.
	List the works of "the flesh" (sin nature). What is the benefit of knowing these things? To increase your understanding, you may want to take the time to look up the definition of each word. With what do you particularly struggle? Remember, all sin divides your heart.
	2. The sin nature seeks to get you to "withdraw" from God and His people.
	Hebrews 3:12-13
	¹² Take care, brothers, lest there be in any of you an evil, unbelieving heart, leading you to fall away from the living God. ¹³ But exhort one another every day, as long as it is called "today," that none of you may be hardened by the deceitfulness of sin.
	Who regularly encourages you to live authentically as a Christ-follower? Name them. If it is empty, name some candidates. Set up time with them.

	My Heart Unchaine
Who do you regularly encourage? Name them. If it is empty, name some	
candidates. Set up time with them.	
Have you experienced a time when you have withdrawn (or been tempted to withdraw) from community? Why? Describe the situation—what you were	
thinking, feeling, choosing.	
3. The sin nature can deceive you about reality and it desires things contrary to	
the Spirit; this leads to an insensitivity regarding Jesus and His truth.	
Mark 4:19	
[B]ut the cares of the world and the deceitfulness of riches and the desires for other	
things enter in and choke the word, and it proves unfruitful.	
What are the three things Mark lists that make God's Word of no benefit in your	
life? Give an example of how this can happen in your own life.	

Unit 4 // Lesson 3	
	Ephesians 4:20-24
	²⁰ But that is not the way you learned Christ!— ²¹ assuming that you have heard about him and were taught in him, as the truth is in Jesus, ²² to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, ²³ and to be renewed in the spirit of your minds, ²⁴ and to put on the new self, created after the likeness of God in true righteousness and holiness.
	4. The sin nature seeks to garner your allegiance.
	Romans 6:12
	Let not sin therefore reign in your mortal body, to make you obey its passions.
	Romans 13:14
	But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.
	5. The sin nature always leads to further corruption in the quality of your life.
	Ephesians 4:22-24
	²² "To put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, ²³ and to be renewed in the spirit of your minds, ²⁴ and to put on the new self, created after the likeness of God in true righteousness and holiness.
	Be encouraged that though you are in a fight and your sin nature is always with you, you are no longer bound to sin. You need to learn to continue putting off your old self and putting on Christ. Like the Apostle Paul, commit to fight the good fight against sin.

"What God creates in the new birth is not a sinless Christian. What he creates is an embattled, not-yet perfect, Spirit-empowered, persevering, Christ-treasuring, sin-hating, new being—a new creation in Christ. And don't miss those words 'embattled' and 'sin-hating.' The new creation in Christ is a fighter. Paul said at the end of his life, 'I have fought the good fight' (2 Timothy 4:7). And he tells Timothy, 'Fight the good fight' (1 Timothy 6:12) The outcome is guaranteed, but the battle is real."	
GOD CARES FOR YOUR HEART	
Remember, God in His kindness cares for your heart and helps you in your ongoing battle with sin.	
How does God care for your heart?	
 Consider the following truths: He creates in you a clean heart (Psalm 51:10). He searches your heart (1 Chronicles 28:9; Revelation 2:23). He tests your heart (1 Chronicles 29:17; Psalm 26:2; Psalm 139:23–24). He revives your contrite heart (Isaiah 57:15, 18). He places His Word in your heart (Psalm 16:7; Psalm 119:11). He instructs your heart (Psalm 16:7). How have you experienced God's care for your heart?	
How have you experienced Goa's care for your neart?	

 End your study
Summarize what you learned from this lesson.

Unit 4 // Lesson 3

Reflection

Marvel at the fact that God has given you a new heart. Reflect on the truths presented in this lesson.

Psalm 19:12-14

¹²"Who can discern his errors? Declare me innocent from hidden faults. ¹³Keep back your servant also from presumptuous sins; let them not have dominion over me! Then I shall be blameless and innocent of great transgression. ¹⁴Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer."

Pray and ask God to keep you from sin and to forgive you for sinning. Thanks be to God that He has granted you forgiveness and the power to keep from sinning. He has made you right with Him (justification) and He is continuing to make you like Him as you walk with Him (sanctification).	
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Application	
What steps will you take this week to resist temptation and fight sin?	

LESSON 4: RENEWING MY MIND TO GROW MY HEART

Created in God's image, you have been given the ability to think, feel, and choose. When these three heart functions align with God's Word, you have the capacity to live wholeheartedly and experience your relationship with Him, others, and the material world as delightful gifts to enjoy.

At the moment of your salvation, you were made new. As a result, sin no longer reigns in your heart! Yet, in Lesson 3 you faced the reality that though sin does not rule your heart, you will remain in a continual fight against it for the rest of your life. To better understand the battle and to be prepared to fight sin, you looked at the process of temptation and sin's devious nature.

In Lesson 4 you will examine the key weapon in your fight against sin: the renewing of your mind. By the power of the Holy Spirit, you will be transformed as you effectively practice this discipline. You mature and grow with God through scripture, prayer, and godly fellowship.

GROWING IN MATURITY

"When we were born again as spiritual beings in right standing with God, we were still tilted toward the world's way of thinking.... [W]e find it hard to break away. Indeed, when Paul wrote the Christians at Corinth, he called them men of flesh. Though born of the Spirit and equipped with all provisions in Christ, these individuals had yet to develop into the complete, mature believers God intended them to be."

Robert S. McGee

Contrast One Who Is Spiritually Immature With One Who Is Mature. Read the following verses and record your response.

Hebrews 5:11-14

¹¹About this we have much to say, and it is hard to explain, since you have become dull of hearing. ¹²For though by this time you ought to be teachers, you need someone to teach you again the basic principles of the oracles of God. You need milk, not solid food, ¹³for everyone who lives on milk is unskilled in the word of righteousness, since he is a child. ¹⁴But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil.

James 1:22-25

²²But be doers of the word, and not hearers only, deceiving yourselves. ²³For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. ²⁴For he looks at himself and goes away and at once forgets what he was like. ²⁵But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.

Unit 4 // Lesson 4	Do you recognize any specific areas of spiritual immaturity in your life?
	EVIDENCE OF A MATURE MIND
	What is the evidence of a mature mind? Read the following verses and record your response.
	Psalm 9:1b-2
	¹ I will give thanks to the Lord with my whole heart; I will recount all of your wonderful deeds. ² I will be glad and exult in you; I will sing praise to your name, O Most High.
	_
	2 Timothy 2:13
	If we are faithless He remains faithful, for He cannot deny Himself.
	Isaiah 26:3
	You keep him in perfect peace whose mind is stayed on you, because he trusts in you.
	1 Corinthians 2:12-13
	12 Now we have received not the spirit of the world, but the Spirit who is from God, that we might understand the things freely given us by God. ¹³ And we impart this in words not taught by human wisdom but taught by the Spirit, interpreting spiritual truths to those who are spiritual.
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My Heart Unchained

Galatians 5:22-23a	
²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, self-control.	
1 Peter 2:1-3	
¹ So put away all malice and all deceit and hypocrisy and envy and all slander. ² Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation— ³ if indeed you have tasted that the Lord is good.	
What stands out to you from these verses?	
What are some examples of how a mature believer acts versus an immature or non-believer?	

Unit 4 // Lesson 4	BE DISCERNING
	As you are sanctified and continue to mature in your walk with the Lord, you will become more discerning, able to distinguish truth from falsehood.
	"But what is this discernment? The word used in Psalm 119:66 means 'taste.' It is the ability to make discriminating judgments, to distinguish between, and to recognize the moral implications of, different situations and courses of action. It includes the ability to 'weigh up' and assess the moral and spiritual status of individuals, groups, and even movements
	"Jesus' discernment penetrated to the deepest reaches of the heart. But the Christian is called to develop similar discernment. For the only worthwhile discernment we possess is that which we receive in union with Christ, by the Spirit, through God's Word.
	"So discernment is learning to think God's thoughts after Him, practically and spiritually; it means having a sense of how things look in God's eyes and seeing them in some measure 'uncovered and laid bare' (Heb. 4:13)."

Do you consider yourself a discerning person?

God's Word is the standard by which we evaluate our thoughts, motives, and actions.

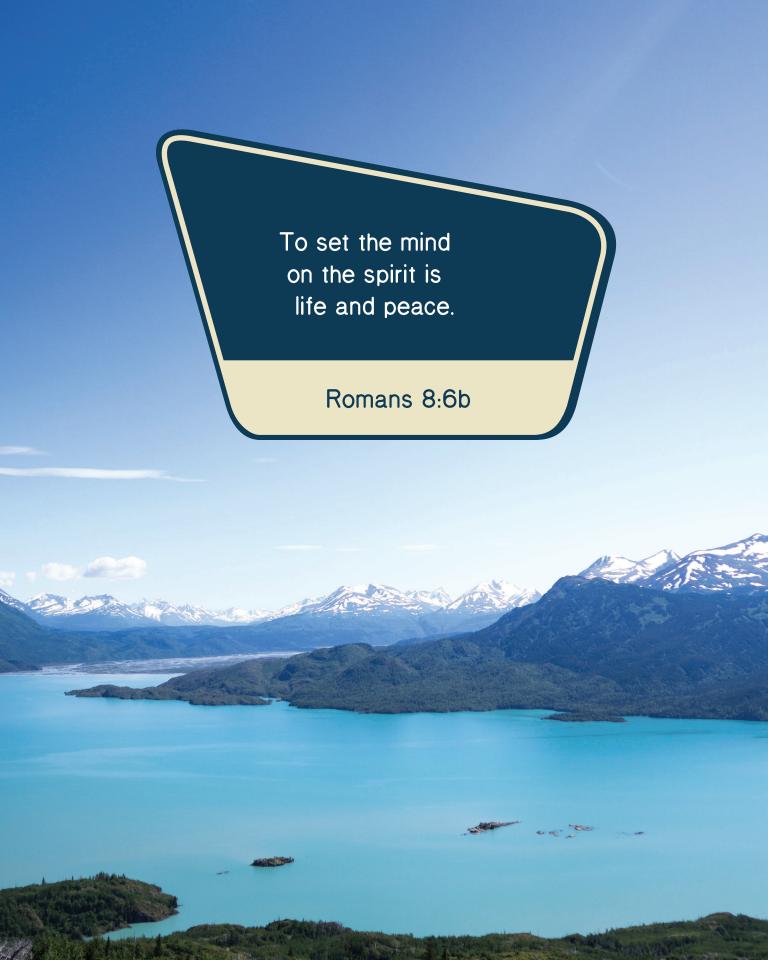
Sinclair Ferguson

Hebrews 5:14	
But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil.	
Write out a prayer for discernment. Read the following verses and record your prayer.	
Philippians 1:9-10	
And it is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ.	
"The effect of love, knowledge, and discernment in you will be the moral, active approval of what is excellent with the result and intent that we will be pure and blameless. This is the sanctifying process."	
John Piper	
What does it mean to be pure and blameless at the day of Christ? It does not mean sinless (Philippians 3:12), but	
 if you are aware of any sin, you confess it and make war on it by the Spirit (Romans 8:13), 	
 and you actively pursue holiness (Hebrews 12:14) and seek to please the Lord in everything (2 Corinthians 5:9), 	
• as you trust Christ to be your sinless perfection (Romans 5:19). ⁴	

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Unit 4 // Lesson 4

	My Heart Unchained
To set your mind on the Spirit is to walk "in step with the Spirit" (Galatians 5:25) and is ife-giving.	
n addition, Romans 8:5–6 directs the follower of Christ to be spiritually mindful during all his waking hours.	
We live in an environment of pervasive and aggressive evil, so you must not be passive or believe this age is neutral.	
Galatians 1:4	
[Jesus] who gave himself for our sins to deliver us from the present evil age, according to the will of our God and Father	
• This age is exerting force to entice you to adopt its values and lifestyle. It is aggressively trying to pervert the quality of your life. This is why Paul commands the reader not to be conformed to this world. (See Romans 12:1–2 below.)	
Ephesians 5:15-16	
⁵ Look carefully then how you walk, not as unwise but as wise, ¹⁶ making the best use of the time, because the days are evil.	
To protect yourself from daily evil, be wise and mindful how you use your time.	
Resisting evil is empowered by the Holy Spirit and begins with your thought life. What you set your mind on will influence and shape your beliefs and actions. It is that mportant!	
dentify some practical steps you can take to set your mind on God. Schedule	
them.	
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RENEW YOUR MIND

What do you learn about renewing your mind from the following verses? Read the following verses and record your response.	
Ephesians 4:17-24	
Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart. They have become callous and have given themselves up to sensuality, greedy to practice every kind of impurity. But that is not the way you learned Christ!—assuming that you have heard about him and were taught in him, as the truth is in Jesus, to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness.	
Romans 12:1-2	
I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.	
Colossians 3:1-2, 10	
If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth. and have put on the new self, which is being renewed in knowledge after the image of its creator.	

Unit 4 // Lesson 4	
	1 Peter 1:13-15
	Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ. As obedient children do not be conformed to the passions of your former ignorance, but as he who called you is holy, you also be holy in all your conduct.
	Peter is urging his readers to be alert! To prepare your mind for action is to gird up your mind and has the idea of an athlete who would tuck his tunic into his belt so that he could run unencumbered.
	What is encumbering your thoughts, preventing you from thinking on what is true:
	Does your life look different than un unbeliever? How does your life show Christ? Do people see a difference in you?
	- -
	STEPS TO RENEWING YOUR MIND ⁴
	This is a practical tool to help you renew your mind.
	Consider your thoughts and ask the Holy Spirit to help you identify those that are not aligned to God's truth.
	2 Corinthians 10:5
	We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,
	CONFESS (agree with God) that some thoughts are not honoring to Him, acknowledging them as sin. In addition, if you recognize you have embraced a lie, confess it as such.

1 John 1:9

If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

CALL UPON the Holy Spirit's power to help you set your mind on Jesus and His Word.

2 Peter 1:3 (NIV)

His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness.

CHOOSE to replace your sinful thought with a God-honoring thought. Select a Scripture with which to renew your mind and think on it often throughout the day. Take action and remove yourself from things or activities that lead you to temptation. Fill your time with godly activities.

Philippians 4:8-9

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.

REPEAT these steps when sinful thoughts or attitudes recur.

Resist the Devil

In order to renew your mind, you must be familiar with your adversary, the devil, and resist his ploys.

1 Peter 5:8-9a

8"Be sober-minded; be watchful. Your adversary the devil prowls about like a roaring lion, seeking someone to devour. 9Resist him, firm in your faith."

- The Nature of Satan—Satan is a liar and deceiver (John 8:44–45; 2 Corinthians 11:3) who only and always seeks to destroy you (2 Corinthians 11:14). He will do all he can to make you believe that: 1) God is holding out on you; 2) Jesus is impotent; and 3) You are not righteous in your standing before God. Satan is purely evil and unredeemable. He is relentlessly hostile to God and people. (See 2 Corinthians 2:11)
- The Strategies of Satan—Satan seduces people into dismissing him as a real threat. His goal is to neutralize sin and normalize evil so that you become convinced that you are just doing what everyone else is doing.
- The Limitations of Satan—Satan has authentic power in the world (1 John 5:19; Ephesians 6:10–18) But Satan's power is limited and always under the sovereign control of God (Job 1:12) and is temporary (Romans 16:20).

Unit 4 // Lesson 4	
	God has set boundaries and Satan cannot operate outside of them. But within these boundaries he can produce a lot of damage! He is not omnipotent, omniscient nor omnipresent, but he does not need to be because he has a legion of demonic minions at his disposal who are scattered all over the earth, eager to do his bidding.
	Though Satan cannot read your mind, you reveal your heart to him through your wordsand your actions on a regular basis.
	So, you must resist and fight Satan with God's resources, standing firm in your faith, renewing your mind, and trusting in God's promises, provision, and presence through the indwelling Holy Spirit (Ephesians 6:10–18; James 4:7–8).
	The devil wants you to think you are the only one facing a particular temptation, trial, test or struggle. He wants you to despair and give in to his ploys. Be assured that you are not alone (1 Peter 5:9b). You "do not have a high priest who is unable to sympathize with [y]our weaknesses, but one who in every respect has been tempted as [you] are, yet without sin" (Hebrews 4:15). Jesus understands your struggles and He knows you need His help. The great news is He is always gracious and eager to help you.
	Satan has no hold on you because Jesus has covered over your sins. Satan has no case against you because the Judge has acquitted you by the death of His Son (Hebrews 2:14–15—"Since therefore the children share in flesh and blood, he himself likewise partook of the same things, that through death he might destroy the one who has the power of death, that is, the devil, and deliver all those who through fear of death were subject to lifelong slavery.") So, "[r]esist him, firm in your faith" (1 Peter 5:9).
	It is important to note that renewing your mind will be an ongoing process—even for the same thought. Just as Jesus
	encouraged Peter to forgive his brother "seventy-seven
	times" (Matthew 18:22), so you must continue to do the
	work of renewing your mind so that you may increasingly
	"set your mind on things above" (Colossians 3:2).
	End your study
	Summarize what you learned from this lesson.

Reflection

Do you practice renewing your mind? Do you catch your thoughts when they are not pleasing to the Lord? How does your life demonstrate the qualities of a renewed mind?
Application
Create a plan to grow spiritually. What are the activities and milestones you will take to walk closer with God and resit the devil?

Father, please continue to show me my heart, that I may see my desperate need for Your grace, know more fully You as the Object of my satisfaction, and obey You without reservation. Help me to renew my mind each day with Your Word so that I might rightly think, choose, and feel. In Jesus' name, Amen.

LESSON 5: GOD DESIRES MY WHOLE HEART

In Lesson 4 you noted that you must renew your mind to mature in your relationship with God. God unites your heart to His will as you renew your mind. When your heart is not aligned to God, you are living with a divided heart.

In this Lesson you will have an opportunity to discern your heart through using the My Heart Unchained Chart in order to live wholeheartedly for God.

WHOLEHEARTED LIVING

What do the following Scriptures tell you about living wholeheartedly for God? Read the following verses and record your response.	
Psalm 86:11-12	
¹¹ Teach me your way, O Lord, that I may walk in your truth; unite my heart to fear your name. ¹² I give thanks to you, O Lord my God, with my whole heart, and I will glorify your name forever.	
Psalm 119:2	
Blessed are those who keep his testimonies, who seek him with their whole heart	
Psalm 119:10	
With my whole heart I seek you; let me not wander from your commandments!	
Psalm 119:34	
Give me understanding, that I may keep your law and observe it with my whole heart.	
Give the understanding, that I may keep your law and observe it with my whole heart.	
To know your heart, you must be able to recognize what you are thinking, choosing,	
and feeling, which will identify what you believe. What you think and feel reflects what you believe to be true, although much of the time you may not realize it. In addition, what you claim to believe may differ from how you actually live.	

Psalm 139: ²³ Search me, O Jod, and know my heart! Try me and know my thoughts! ²⁴ And see if there be any grievous way in me, and lead me in the way everlasting!

When you ask God to search your heart, you are coming to Him with a posture of humility and submission.

2 Corinthians 10:5b

Take every thought captive to obey Christ.

What are some practical steps you can take to take every thought captive when you face temptation (e.g., see someone provocatively dressed, someone cuts you off in traffic).

Take every thought captive to obey Christ.

2 Corinthians 10:5b

PREPARATION TO DISCERN YOUR HEART

What do the following Scriptures teach you about a right heart posture toward	
God? Read the following verses and record your response.	
Peter 5:6-7	
Humble yourselves, therefore, under the mighty hand of God so that at the proper time he	
may exalt you, ⁷ casting all your anxieties on him, because he cares for you.	
James 4:7-8	
Submit yourselves therefore to God. Resist the devil, and he will flee from you. 8Draw near	
to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your	
nearts, you double-minded.	
A prideful heart will refuse to draw near to God or to submit to Him. You will try to	
manage your own fears and anxieties and you will not trust in God.	
Proverbs 28:13	
Whoever conceals his transgressions will not prosper, but he who confesses and forsakes	
them will obtain mercy.	
20 141 405	
2 Corinthians 10:5	
We destroy arguments and every lofty opinion raised against the knowledge of God, and	
take every thought captive to obey Christ	

In order to destroy arguments and opinions raised against the knowledge of God, you must first know what the Word of God says. Second, you must prayerfully examine your heart (thoughts, choices, feelings) to determine if it is aligned to the knowledge of God or if some thoughts need to be "caught" and changed so they will align with the knowledge and will of God.
MY HEART UNCHAINED
Review the My Heart Unchained Chart (at the end of this Lesson). The heart evaluation exercise will help you discern the underlying motives of your heart. It is a tool you can use when you have an unsettled heart. An unsettled heart does not necessarily mean you have sinned. It is important to talk with God and ask Him to reveal your heart to you.
The chart may be used individually or with a peer. You will practice using it both ways.
You will notice the chart is divided into eight sections to guide you through the process of freeing your heart. Your heart is always thinking, feeling, and choosing, though you may not be aware of any of these functions. Your responses indicate your underlying core belief and desire. Remember, you may not be aware of the internal working of your heart until you ask the Holy Spirit to reveal these things to you and begin the process of examining your heart.
The process normally begins by reflecting on a situation or circumstance; however, there may be times when you experience a flood of emotions but cannot connect them to any situation. In that case begin by examining your emotions. Remember, each step in the process is done prayerfully, asking the Spirit of God to reveal your heart to you. As you go through each step, write down your responses. You may want to keep a separate journal for your heart evaluation work.
Generally you will complete Situation, Feeling, and Thinking Lessons on your own. They are things only you know. You may want or need help from a peer in processing through Perceived Need/Desire, Choosing, Underlying Belief/Fears, God's Truth, and Action Steps Lessons. As you process through these five Lessons it is not necessary to go in the order they are shown; however, it is important to go through each of them.
MY HEART UNCHAINED EXERCISE
Now it is time to practice using the chart. Begin by praying. Ask the Holy Spirit to quiet your heart and to direct you to choose a current situation or one from the past. Use the following instructions.
Complete the My Heart Unchained chart to the best of your ability. Do not feel like you must complete this process in one sitting. Put it down and come back to it, always asking the Holy Spirit to guide you into truth.

Unit 4 // Lesson 5



MY HEART UNCHAINED INSTRUCTIONS

Situation

Describe in as much detail as possible the situation. Who? What? When? Is this a one-time or ongoing situation?

Feelings

What are you feeling regarding the above situation? At times you may suppress your feelings, particularly if they produce fear, guilt or pain. In this process allow yourself to experience your emotions. It is not uncommon to experience conflicting emotions, such as fear and excitement or joy and grief. You may feel guilty for feeling a certain way. Do not dismiss it. Your emotions may not make sense as you identify them, but they are windows into your heart. Record all that you are feeling about the situation. If you typically analyze more than you recognize your feelings, this may be a hard exercise but a very important one.

Thinking

What thoughts come to mind regarding the above situation? If it is easier for you to recognize your feelings than your thoughts, it may take you some time to put words to what you are thinking. Keep in mind that at this point your thoughts and feelings may not be in agreement. You may also have conflicting thoughts. Record everything you are thinking.

Choosing

What are you choosing now? It may be an outward action or just an internal attitude. How is what you are choosing benefitting you/not benefitting you? How is what you are choosing impacting others? Did you discover you feel the need to control a person or situation? Have you taken action to do that? Do you have a plan or agenda regarding the situation?

Perceived Need/Desire

Initially you may not be aware of your perceived need or desire; however, try to answer these questions for yourself. What is underneath your feelings or thinking? Are you thinking or feeling like you need something to be okay, safe, happy, etc.? Are you thinking or feeling like you need to control a circumstance or person in order to meet this need/desire? Do you have an expectation that is not being met?

Control Responses

In Unit 5 Lessons 2 and 3 you will receive instruction and another opportunity to work through the chart, including this Lesson. The fight or flight responses identify common control strategies and fears.

Underlying Belief/Fears

An underlying belief usually manifests itself as an underlying fear. As you begin to recognize your perceived need or desire and how you are choosing to meet that need/desire, these questions may help determine what you really believe about the situation. Are you believing truth or a lie? Are you trusting God to take care of you in this situation? Are there things you feel you must do because you cannot be sure of God's will? Are you afraid God might ask you to do something you may not want to do? Do you trust God's timetable? Is this outside of God's control? Is this something too insignificant to ask God about?

God's Truth

Regarding what you discovered you actually believe, what does God's Word say? How does your belief align with God's Word? How does it not? Search the Scriptures if you are not sure what God's Word says. (Ask a mentor or trusted friend to help you.)

Action Steps

If you recognized a sinful attitude or behavior, confess it and thank God for His forgiveness. What attitude or behavior did you identify needs changing? What Scriptures can you use to renew your mind? Write these out so that you can review them often. Is there anyone you need to forgive or from whom you need to seek forgiveness? Do you need to seek accountability in an area?

Unit 4 // Lesson 5 My Heart Unchained

My Heart Unchained

My Situation			
My Response FEELING	THINKING		CHOOSING
Why Am I Responding This W	/ay?		
PERCEIVED NEED/DESIRE	CONTROL-RESP	ONSES	UNDERLYING BELIEF/FEARS
Steps To Walk In Obedience			
GOD'S TRUTH		ACTION STEPS	

My Heart Unchained

My Situation I catch myself saying hurtful words to my young adult child whenever he disappoints me. My Response **FEELING THINKING CHOOSING** Inadequate I'm not good enough Don't hang out with friends Inferior They are godly. I keep sinning Don't be honest with friends Afraid I'll never be good enough Pretend everything is okay Shame Its hopeless Give in I keep sinning the same thing Ignore it Why Am I Responding This Way? **CONTROL-RESPONSES** PERCEIVED NEED/DESIRE **UNDERLYING BELIEF/FEARS** Pride Need to feel I'm good enough to Escaping Self worth Withdrawing earn salvation and in comparison to Respect, honor Focusing on another's sin others Legalism Denying Steps To Walk In Obedience **GOD'S TRUTH ACTION STEPS** We are all fallen (Romans 3:23) Confess my fears and pride to God Don't compare Own my sinfulness and ask for an apology Jesus died on the cross. I can't add to it. Pray for a change of heart through the renewing I can entrust my fears to Him (Psalm 33:4) of my mind and yielding to His Spirit

All God asks for is for me to accept His gift and follow Him

Unit 4 // Lesson 5	l eart	Uncha	ained
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ADDITIONAL NOTES:

- When you have come to the end of this process, thank God for revealing your heart to you. Thank Him for showing you the steps of obedience. Thank Him for giving you His Spirit that empowers you to do what He calls you to do.
- Do not be discouraged if you have struggled to complete these Lessons. You will have an opportunity to work through the process with your facilitator.

End your study...

Summarize what you learned from this lesson.

Reflection

Meditate on the following two passages. Thank God that He gives you everything you need to discern your heart and live wholeheartedly for Him.

2 Corinthians 9:8

And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.

2	Pet	-	17	A
	rei	e	1:0	-4

³ His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, ⁴ by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire.
Application
What will you do this week to better understand your heart posture and fix it on God?

Unit 4 // Lesson 5 My Heart Unchained

My Heart Unchained

My Situation			
My Response			
FEELING	THINKING		CHOOSING
Why Am I Responding This W	/ay?		
PERCEIVED NEED/DESIRE	CONTROL-RESPONSES		UNDERLYING BELIEF/FEARS
Steps To Walk In Obedience			
GOD'S TRUTH		ACTION STEPS	

My Heart Unchained

My Situation			
My Response			
FEELING	THINKING		CHOOSING
Why Am I Responding This W	/ay?		
PERCEIVED NEED/DESIRE	CONTROL-RESPONSES		UNDERLYING BELIEF/FEARS
Steps To Walk In Obedience			
GOD'S TRUTH		ACTION STEPS	

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Lesson 5: God Desires My Whole Heart

No works cited.

My Longing Heart

Unit 5: My Longing Heart

As you begin Unit 5 remind yourself of what you learned in Unit 2 Lesson 5—God Desires My Whole Heart.

In Unit 5 you will explore the progression from a longing or desire to an idol. You will learn to evaluate and recognize when you are treasuring someone or something more than Christ (Colossians 2:3). You will examine your underlying fears and resulting control-responses and how to surrender your heart to God. In addition, you will understand the roles of grief and worship.

- 226 Lesson 1: My Longing Heart
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- 242 Lesson 3: My Surrendered Heart
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- 262 Lesson 5: My Worshiping Heart

LESSON 1: MY LONGING HEART

At salvation you received a regenerated heart, a new identity, and a redeemed purpose for living—to love God, to enjoy Him, and to live for Him in every area of your life. As you walk in your new identity, your longing heart will enjoy true freedom in Christ (Galatians 5:1).

	My Heart Unchai
WALKING IN FREEDOM	my rieart Official
Christ's sacrifice on your behalf secured your freedom to walk with Him in obedience. Now you are able to delight in His steadfast love for you (Psalm 136:1).	
What does steadfast mean?	
Read Psalm 86:10-13. Record David's response to God's steadfast love.	
Psalm 86:10-13	
10"For you are great and do wondrous things; you alone are God. 11Teach me your way, O LORD, that I may walk in your truth; unite my heart to fear your name. 12I give thanks to you, O Lord my God, with my whole heart, and I will glorify your name forever. 13For great is your steadfast love toward me; you have delivered my soul from the depths of Sheol."	
As David recognized God's steadfast love, he prayed to be wholehearted toward Him. As you recognize God's faithfulness to you, your desire to honor, please, and obey Him will grow. You will continue to discover that your satisfaction and delight are found in Him.	
Read and reflect on Psalm 36:7–9.	
Psalm 36:7-9	
7"How precious is your steadfast love, O God! The children of mankind take refuge in the shadow of your wings. They feast on the abundance of your house, and you give them drink from the river of your delights. For with you is the fountain of life; in your light do we see light."	
What benefits do you receive when you recognize God's steadfast love?	

Pause and thank the Lord for these benefits.

Unit 5 // Lesson 1	
	JESUS THE LIVING WATER
	When Jesus was in the temple surrounded by the crowd, He spoke of the importance of "living water."
	John 7:37-39
The Feast of Tabernacles was 50 days after the Day of Atonement and	³⁷ On the last day of the feast, the great day, Jesus stood up and cried out, "If anyone thirsts, let him come to me and drink. ³⁸ Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water." ³⁹ Now this he said about the Spirit, whom those who believed in him were to receive, for as yet the Spirit had not been given, because Jesus was not yet glorified.
lasted seven days.	Jesus is the source of abundant life (see also John 4:10). The person who comes to Jesus and believes in Him is truly satisfied. Out of her heart overflows delight.
	GOD COMMANDS THAT YOU WORSHIP HIM WHOLEHEARTEDLY
	The first of the Ten Commandments is "You shall have no other gods before me" (Exodus 20:3); Jesus said that the "great and first commandment" is that "You shall love the Lord your God with all your heart and with all your soul and with all your mind" (Matthew 22:37–38). God has created you to worship Him, and your deepest longings will be satisfied only in worshiping Him. And yet, all hearts are prone to wander, so you will be continually tempted to worship someone or something other than God in your pursuit of happiness.
	God is jealous for your allegiance and devotion (Exodus 20:5), which means that He will not tolerate your worship of any other person or thing. His jealousy is righteous because He is right in His assessment that He alone deserves your allegiance and devotion (Isaiah 48:11). God does not command your worship because He is egotistical; He commands your worship because He knows that nothing less will ultimately satisfy you!
	What you delight in, you will treasure.
Tabernacles was 50 days after the Day of Atonement and lasted seven days.	When Jesus was in the temple surrounded by the crowd, He spoke of the importance of "living water." John 7:37–39 37On the last day of the feast, the great day, Jesus stood up and cried out, "If anyone thirsts, let him come to me and drink. 38Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water." 39Now this he said about the Spirit, whom those who believed in him were to receive, for as yet the Spirit had not been given, because Jesus was not yet glorified. Jesus is the source of abundant life (see also John 4:10). The person who comes to Jesus and believes in Him is truly satisfied. Out of her heart overflows delight. GOD COMMANDS THAT YOU WORSHIP HIM WHOLEHEARTEDLY The first of the Ten Commandments is "You shall have no other gods before me" (Exodus 20:3); Jesus said that the "great and first commandment" is that "You shall love the Lord your God with all your heart and with all your soul and with all your mind" (Matthew 22:37–38). God has created you to worship Him, and your deepest longings will be satisfied only in worshiping Him. And yet, all hearts are prone to wander, so you will be continually tempted to worship someone or something other than God in your pursuit of happiness. God is jealous for your allegiance and devotion (Exodus 20:5), which means that He will not tolerate your worship of any other person or thing. His jealousy is righteous because He is right in His assessment that He alone deserves your allegiance and devotion (Isaiah 48:11). God does not command your worship because He is egotistical; He commands your worship because He knows that nothing less will ultimately satisfy you!

JESUS WARNS AGAINST A DIVIDED HEART

When a person is not walking in his true identity, he will be prone to latch on to something else to satisfy him and to deny God's intention to fulfill the longings of his heart that He alone can fulfill

Matthew 6:19-21, 24

¹⁹⁴Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, ²⁰but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. ²¹For where your treasure is, there your heart will be also. ²⁴No one can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and money."

What does it look like for you to lay up treasures on earth?

What does it look like or feel like when you try to serve two masters?

As you walk with Jesus, your desires are to increasingly align with your chief purpose for living—to love God, to enjoy Him, and to live for Him in every area of your life. If you try to serve two masters, your heart is divided rather than devoted to God. A divided heart will not bring enduring satisfaction, true delight or peace.

Jeremiah 2:12-13

¹²"Be appalled, O heavens, at this; be shocked, be utterly desolate, declares the LORD, ¹³ for my people have committed two evils they have forsaken me, the fountain of living waters, and hewed out cisterns for themselves, broken cisterns that can hold no water."

In Jeremiah 2:12–13, the prophet Jeremiah issues a warning against those who forsake God, the constant Source of all that is good (the "fountain of living waters"), for something of fleeting or no value (cisterns that are broken and cannot hold water).

When you turn from the "living water," your heart becomes divided—something or someone has captured your affections more than God. This is idolatry.

Unit 5 // Lesson 1	
	WHAT IS IDOLATRY?
	Ken Sande of Peacemaker Ministries defines idolatry as "Anytime we long for something apart from God, fear something more than God, or trust in something other than God to make us happy, fulfilled, or secure, we worship a false god." ²
	What do you learn about idols? Read the following Scriptures and record your response.
	1 Samuel 12:21
	"And do not turn aside after empty things that cannot profit or deliver, for they are empty."
	Psalm 16:4a
	The sorrows of those who run after another god shall multiply.
	Psalm 119:133
	Keep steady my steps according to your promise, and let no iniquity get dominion over me.
	Ephesians 5:5
	For you may be sure of this, that everyone who is sexually immoral or impure, or who is covetous (that is, an idolater), has no inheritance in the kingdom of Christ and God.

Colossians 3:5-6	
⁵ Put to death therefore what is earthly in you sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry. ⁶ On account of these the wrath of God is coming.	
1 Corinthians 10:14	
Therefore, my beloved, flee from idolatry.	
The Greek word for covetousness is the "desire to have more"—an insatiable greediness and selfishness.	
In what sense is covetousness (a desire to have more) considered idolatry? When a person sets their heart, their attention, and their devotion to something other than God.	
When you give your devotion to anything more than God, you may feel the need to	
control the person, situation or thing in a sinful way to secure what you feel you must have. This is idolatry. In reality, you are allowing that person or situation to consume	
your feelings, thoughts, and actions, and you are giving the idol power to control you.	
In Lesson 2 you will examine what this control looks like and how it manifests itself.	

THE SLIPPERY SLOPE FR	
I Desire	
-	ny desires and longings. Your desires are to be submi His will and purpose, trusting that His desires for you w your highest quality of life.
Your longings or desires may	include:
 Security 	 Safety for loved ones
 A godly marriage 	Salvation for loved ones
 Intimacy in marriage 	Good health
Children	A house in order
 A satisfying job/career 	Good grades
 Deep friendships 	To be good, right, or respected
 Affirmation/validation 	To be heard, appreciated, loved, or wa
Review the list above and ci desires that are not on this	ircle the ones with which you identify. Do you have list? Record your thoughts
If a longing or desire (or a rea that you may feel disappointm etc. These feelings indicate a two things: 1) to lead you to ac or feel you need, to surrende	Il or perceived need) is not being met, it is only natural nent, hurt, fear, frustration, abandonment, depression, struggle in your heart. Your struggle has the potential cknowledge your feelings, to recognize what you desire this to God in humble dependence, and to trust that ou, or 2) to lead you to believe you deserve what you are
If a longing or desire (or a rea that you may feel disappointm etc. These feelings indicate a two things: 1) to lead you to ac or feel you need, to surrende He can comfort and satisfy yo desiring to the point of demands	Il or perceived need) is not being met, it is only natural nent, hurt, fear, frustration, abandonment, depression, struggle in your heart. Your struggle has the potential cknowledge your feelings, to recognize what you desire this to God in humble dependence, and to trust that but, or 2) to lead you to believe you deserve what you anding it.
If a longing or desire (or a rea that you may feel disappointm etc. These feelings indicate a two things: 1) to lead you to ac or feel you need, to surrende He can comfort and satisfy you	Il or perceived need) is not being met, it is only natural nent, hurt, fear, frustration, abandonment, depression, struggle in your heart. Your struggle has the potential cknowledge your feelings, to recognize what you desire this to God in humble dependence, and to trust that but, or 2) to lead you to believe you deserve what you anding it.
If a longing or desire (or a rea that you may feel disappointm etc. These feelings indicate a two things: 1) to lead you to ac or feel you need, to surrende He can comfort and satisfy yo desiring to the point of demands	Il or perceived need) is not being met, it is only natural nent, hurt, fear, frustration, abandonment, depression, struggle in your heart. Your struggle has the potential cknowledge your feelings, to recognize what you desire this to God in humble dependence, and to trust that but, or 2) to lead you to believe you deserve what you anding it.
If a longing or desire (or a rea that you may feel disappointm etc. These feelings indicate a two things: 1) to lead you to ac or feel you need, to surrende He can comfort and satisfy yo desiring to the point of demands	Il or perceived need) is not being met, it is only natural nent, hurt, fear, frustration, abandonment, depression, struggle in your heart. Your struggle has the potential cknowledge your feelings, to recognize what you desire this to God in humble dependence, and to trust that but, or 2) to lead you to believe you deserve what you anding it.

I Deserve

When the desire/need becomes your focus, it will dictate your choices and behavior and eventually alter your reality. Unmet desires have the potential, if you allow them, to control your life.

When you believe you deserve something, you may view life as "not fair," which results in a grumbling and complaining attitude and reveals your sinful heart.

An "I deserve" attitude may lead to:

- Ingratitude
- Impatience
- Frustration that others do not do or see things your way
- Comparison
- Jealousy
- Blame

- Disbelief that God has your best interest in mind
- · Lack of trust in God's plan
- Lack of perseverance through struggles and hardships
- Anger

I Demand

A desire has become a demand when you feel and believe you cannot be content—you cannot be fulfilled—unless the desire is met. It is common to justify or legitimize a desire. At this point the desire has progressed to a demand. Although the desire may not be inherently wrong, it has grown so strong that it begins to control your thoughts and your behavior. It has become something you must have. The more you think you are entitled to something, the more convinced you will become that you cannot live without it. The demand has become an idol.

Use the following to assess if a desire has become a demand—an idol:

- I cannot be okay unless ______.
- What is it that I want so much right now that I am willing to offend God in order to get it?
- Am I letting anger fester in my heart? What do I believe is standing in my way of getting something I feel I must have (an outward expression of anger)? Am I feeling depressed or hopeless (an inward expression of anger)?
- What desire or longing may be taking God's rightful place in my heart right now?
- · What is stopping me from loving God with all my heart, mind, soul, and strength?
- How is this desire/longing affecting my relationship with God? My relationship with others?

Unit 5 // Lesson 1	
	If you recognize that something other than God has captured your heart, consider praying this prayer:
	Create in me
	a clean heart, O God, and
	renew a right spirit within me.
	Restore to me the joy of your
	salvation, and uphold me with
	a willing spirit.
	Psalm 51:10, 12
	End your study
	Summarize what you learned from this lesson.

Reflection

Meditate on the following Scripture::

Psalm 18:1-3

¹I love you, O LORD, my strength. ²The LORD is my rock and my fortress and my deliverer, my God, my rock, in whom I take refuge, my shield, and the horn of my salvation, my stronghold. ³I call upon the LORD, who is worthy to be praised, and I am saved from my enemies.

Do you relate to God as your strength, rock, fortress, deliverer, refuge, shield, and horn of salvation? Is God your strength when you are overwhelmed? Is God your rock in difficult times? Is God your refuge when you are afraid? Is God your shield when you are being attacked? If not God, who or what do you run to in these times? This is a great check to identify who or what you are desiring and trusting more than God.

Talk to Jesus about this and ask Him to help you make David's prayer in Psalm 18 a reflection of your heart.

Application

What desire or longing is taking God's place in your heart?
How can you put it in proper relationship with God? Or others?
How will you combat those desires this week?

LESSON 2: MY CONTROLLING HEART

In Lesson 1 you learned that a longing moves from a desire (real or perceived need) to a demand when you must have something or someone to be okay or content. This demand becomes an idol, a functional god, when you give it power to control you. At this point your heart has become divided because you are putting the object of desire in the place of God. When you do, the idol will dictate your beliefs and actions.

A controlling heart is not able to fully trust God because it has allowed someone or something to "occupy the place that should be occupied by God alone." In this lesson you will explore your controlling heart—your control responses and their underlying fears that result when your heart is divided.

IDOLS REINFORCE YOUR WRONG BELIEFS

An idol affects your beliefs and your actions, and to the degree it controls you, you will develop control-responses—responses rooted in fear that lead you to control a person or a situation. You may increasingly justify and defend your wrong belief and resist surrendering it to the Lord. In addition, your view of reality will become increasingly distorted.

"[Your] idols define good and evil in ways contrary to God's definitions. They establish a locus of control that is earth-bound: either in objects (e.g. lust for money), other people (e.g. I need to please my father), or myself (e.g. attainment of my personal goals). Such false gods create false laws, false definitions of success and failure, of values and stigma. Idols promise blessings and warn of curses for those who succeed or fail against the law: 'If you get a large enough IRA, you will be secure. If I can get certain people to like and respect me, then my life is valid.'"

David Powlison

RECOGNIZING THE STRUGGLE

When you trust in something other than God, you are denying God His proper place in your life. You are not glorifying Him—reflecting an accurate understanding of Him—because you doubt who He is, what He has done, and what He has promised.

Jesus is in control of all people and all things at all times (Ephesians 1:22—"And he put all things under his feet and gave him as head over all things to the church"). If you do not believe this, you may feel like you must be in charge because you fear God is not. Your fears may lead you to doubt that God is going to come through for you. You doubt that He is going to "get it right." You may work hard to figure out how to coerce God to carry out your plan. You no longer treat God as God. When this happens, self takes charge. The result is you are believing a lie that manifests itself as fear.

you will remain prideful and yield to sin (1 Peter 5:6-7).

Sadly, the struggle may lead you to tighten your grip in an attempt to make right the things you feel are not okay. You choose to sin by remaining in control, which feeds your fear and your need to have your way with a person or situation. The influence of culture, Satan, and your flesh (Ephesians 2:1-3) tempt you to believe you can handle life on your own.

Modern western culture promotes self-dependence and the illusion that a person has control over his life, or at the very least his daily decisions. So when something is not okay and he is unable to make it okay, he may become fearful and respond in an attempt to control/fix the person or situation. His action may work to some degree per his desire. But often his external influence will be limited or will not effectuate a lasting change. And even if it does, it may not truly be what is best for himself or for the other person or situation.

1 Peter 5:6-7

⁶Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, ⁷casting all your anxieties on him, because he cares for you.

Ephesians 2:1-3

¹And you were dead in the trespasses and sins ²in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience—³among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind.

"If we can't say 'thy will be done' from the bottom of our hearts, we will never know any peace. We feel compelled to try to control people and control our environment and make things the way we believe they ought to be. Yet to control life like this is beyond our abilities, and we will just dash ourselves upon the rocks."

Timothy Keller

CONTROL-RESPONSES

A person will rely on control-responses to try to manage his world and protect himself, someone, or something when he is fearful and choosing to not trust God.

The responses fall into two main categories:

- Flight
- Fight

Note: A third response is feeling paralyzed—thinking that you have no control or ability to choose and feeling overwhelmed or hopeless.

Review the chart below and circle ask the Holy Spirit to help you ide	e your "go-to" control-responses. If you are unsure, entify them.
Flight	Fight
Withdrawing Hiding People-pleasing Minimizing sin Escaping Denying Acting as a martyr/victim Avoiding conflict Fantasizing Focusing on another's sin Blaming others Lying/deceiving Numbing	Arguing Aggressive Manipulating Intimidating Convincing Anger Escaping Acting as a martyr/victim Being negative or critical Condemning Focusing on another's sin Blaming others Lying/deceiving
Numbing	Being passive-agressive
You will notice "escaping" is on b	oth sides of control responses. Why is this the case?
behaviors (e.g., exercise, overeat behavior (e.g., substance abuse, Ask God to Search Your Acknowledge and confess your sand ask Him to help you trust Him	sinful behaviors to the Lord, receive His forgiveness, n.
You will notice that the fear and cunchained Chart.	ontrol-responses are listed on the My Heart
underlying fears, a situation has c of these behaviors and felt one o	ne flight and fight responses, as well as the list of come to your mind where you exhibited one or more or more of these fears. In Lesson 3 - My Surrendered ty to further process this information using the My
	nd your study

Reflection

Meditate on the following Scripture:
Jeremiah 10:23-24a
³ I know, O Lord, that the way of man is not in himself, that it is not in man who walks to direct his steps. ²⁴ Correct me, O .ord,
Application
n what area of life does fear show up?
dow does it manifest itself? (See list on page 238)
How will you deal with that fear this week?

LESSON 3: MY SURRENDERED HEART

In Lesson 2 you were introduced to underlying fears and sinful control-responses that lead a person to try to control someone or something, including self.

In this Lesson you will learn what it means to surrender control to God and confidently trust Him, just as Christ did, assured that He will care for you in every situation.

WHAT DOES IT MEAN TO SURRENDER TO THE LORD JESUS CHRIST?

Jesus is always inviting you to come to Him to receive what you truly need. "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light" (Matthew 11:28-30).

To "surrender" means saying to the Lord Jesus, "You mean more to me than my desires and my perceived needs. And even if my desires are not fulfilled in this life, You are enough." It is trusting that God uses discontentment to mercifully remind you that the things of this world can never replace God.

"If I find in myself a desire which no experience in this world can satisfy, the most probable explanation is that I was made for another world. If none of my earthly pleasures satisfy it, that does not prove that the universe is a fraud. Probably earthly pleasures were never meant to satisfy it, but only to arouse it, or suggest the real thing. If that is so, I must take care, on the one hand, never to despise, or be unthankful for, these earthly blessings, and on the other, never to mistake them for the something else of which they are only a kind of copy, or echo, or mirage."

C.S. Lewis

When you acknowledge your discontentment and feel the struggle and pain, yet choose to believe that God's will is best, you are surrendering to Jesus and setting your eyes on the world that is to come. When Christ returns, all will be made right, and what you were created for will be yours.

"If we do not aim for the new heaven and the new earth, many of our values and decisions in this world will be myopic, unworthy, tarnished, fundamentally wrongheaded. To put the matter bluntly: Can biblical spirituality survive where Christians are not oriented to the world to come?"²

D.A. Carson

Surrender is the practice of humbly submitting your will to His will. Every day, whether all is well in your world or you are going through a crisis or significant temptation, you have an opportunity to submit your will to His and tell the Father, "You mean more to

Unit 5 // Lesson 3	
	me than everything else. May your will be done on earth as it is in heaven." As you surrender, you hold fast to Jesus by reminding yourself of Who He is and what He has done. He is eager to graciously help you all of the time (Hebrews 4:14-15).
	JESUS' EXAMPLE OF SURRENDERING TO THE FATHER
	Jesus had a daily practice of going to the Father.
	Mark 1:35
	And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.
	Luke 22:39
	, the the carrie cut and work, as was the castern, to the Mount of Silves [to pray], and the
	Jesus' one goal in life was to do the Father's will.
	John 4:34
	Jesus said to them, "My food is to do the will of him who sent me and to accomplish his work."
	beside faithful the face marked out for time me by setting the jet of fleaven
	Hebrews 12:2
	Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross.
	Yet Jesus' human struggle was clearly seen on several occasions. In the Garden of Gethsemane, Jesus' response most clearly demonstrated both His struggle and His resolve to surrender.
	Read Matthew 26:36-44; Mark 14:32-42; Luke 22:41-44.
	Describe Jesus' struggle and agony. What did He ask of the Father and what did He relinquish? Who did the Father send to help Him? What does this demonstrate?
	-
	-
	-

Jesus acknowledged that all things are possible for Father Iod.

Hebrews 5:7–9 is a beautiful picture of Jesus' surrendered heart: "In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to him who was able to save him from death, and he was heard because of his reverence. Although he was a son, he learned obedience through what he suffered. And being made perfect, he became the source of eternal salvation to all who obey him."

- Jesus implored His Father with loud cries and tears.
- Jesus was confident that God heard His cries and would answer Him.
- Jesus learned obedience and submitted to His Father's will.

What does it mean that Jesus "learned obedience"?

Jesus was never disobedient (Hebrews 4:15; 7:26), but his sufferings provided opportunities to demonstrate and practice obedience—the testing ground for Him to be "made perfect" (*teleios*). In this way "he learned obedience."

Philippians 2:5-8

⁵Have this mind among yourselves, which is yours in Christ Jesus, ⁶who, though he was in the form of God, did not count equality with God a thing to be grasped, ⁷but emptied himself, by taking the form of a servant, being born in the likeness of men. ⁸And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross.

Following Jesus' Example

When you are dissatisfied with someone or something, or when you feel overwhelmed and fearful, you will be tempted to control—to manage a person or circumstance. Be aware that it is a struggle to fight temptation and not give in to sin. In these moments, follow Christ's example and bring all your concerns, fears, and requests to the Father. In the practice of going to the Father and casting your cares on Him (1 Peter 5:7; Psalm 55:22), you are choosing to surrender to God and to offer Him your burdens as a sacrifice of praise. This distinguishes one who has a divided, controlling heart from one who is willing to bring every thought, emotion, action under submission to God (2 Corinthians 10:5; John 14:15; Revelations 14:12), trusting that Jesus will care for you in every way.

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	DEEPEN YOUR DEPENDENCE ON THE FATHER
	You bring your emotions under submission to God • by expressing them to Him
	 by asking God to reveal what you are thinking about the person or situation and how it aligns with His truth
	by renewing your mind in truth
	by obeying His direction
	It is important to remember that unmet desires
	have the potential to deepen your dependence on
	the Father, and this is a wonderful thing.
	Be like Jesus:
	Approach the Father confidently.
	Implore the Father passionately and relentlessly.
	Humble yourself before the Father.
	Pour out your feelings and thoughts to the Father.
	Believe the Father hears your cries and responds.
	Seek God's plan and will.
	Trust and obey the Father completely.
	 Know that you will receive grace and mercy to help you in your time of need. (Hebrews 4:16)
	What does the alternative look like?

	My Heart Unchaine
What Do You Learn About Surrender?	
Read the following Scriptures and record your response to the questions associated with each verse.	
James 4:7	
Submit yourselves therefore to God. Resist the devil, and he will flee from you.	
What is the connection between submitting to God and resisting the devil?	
How do you resist the devil?	
Peter 5:6-7	
Humble yourselves, therefore, under the mighty hand of God so that at the proper time he nay exalt you, ⁷ casting all your anxieties on him, because he cares for you.	
What are the two commands? How are they related? What are the promises?	

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	Galatians 5:24
	And those who belong to Christ Jesus have crucified the flesh with its passions and desires.
	What does it mean to "crucify the flesh"? Daily, what does this look like?
	-
	How do you keep passions and desires in their proper perspective?
	-
	-
	2 Corinthians 5:14-15
	¹⁴ For the love of Christ controls us, because we have concluded this that one has died for all, therefore all have died; ¹⁵ and he died for all, that those who live might no longer live for themselves but for him who for their sake died and was raised.
	What should compel you to live for Him instead of yourself?
	-
	-
	-
	- -
	-
	-
	-

Ponder

In relinquishing control and surrendering to God, you are opening your hands to Him, trusting Him in what He has for you and yielding control where it belongs—in God. How do you know if you are living surrendered to the Father? Consider the following questions. The answers to these questions will help you discern the posture of your heart.

- What am I feeling right now?
- · Over what am I feeling anxious?
- Over what am I despairing?
- What or who am I trying to protect?
- Am I spending an excessive amount of time thinking about someone or something?
- Am I spending an excessive amount of money or resources on someone or something?
- What am I seeking for happiness and satisfaction?
- Is there something I desire so much that I am willing to disappoint or hurt someone in order to have it?
- Is there something I desire so much that I am willing to sin to get it?
- What am I loving, serving, trusting, and worshiping?
- What do I fear more than I fear sinning against God?
- Whose opinion am I valuing over God's?
- How do I respond when I am criticized or corrected? (You can judge how much you
 value and worship other people's opinions by your honest response to this question.)
- How much self-justifying am I doing to approve of myself or to gain the approval of others?
- Am I falling back into old sins and temptations.

Be aware, you can become idolatrous about your own ability to diagnose yourself. Be careful of spending too much time digging around your heart or believing that if you get it all figured out, you will be free from sin. Remember—you have been justified and given a perfect record by the only One in the universe whose opinion matters.

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Unit 5 // Lesson 3	
	MY HEART UNCHAINED CHART EXERCISE
	Think of a situation and complete the My Heart Unchained chart, specifically considering your fear and control-responses. The next time you meet with your discipleship group, you will be given an opportunity to discuss your completed chart with the goal of revealing your self-protecting strategies and uncovering what a surrendered heart might look like.
	End your study
	Summarize what you learned from this lesson.

My Heart Unchained

My Situation			
My Response			
FEELING	THINKING		CHOOSING
Why Am I Responding This	Way?		
PERCEIVED NEED/DESIRE	CONTROL-RES	PONSES	UNDERLYING BELIEF/FEARS
Steps To Walk In Obedieno	 ce		
GOD'S TRUTH	_	ACTION STEPS	
		_	
		_	

My Heart Unchained

COMMON CONTROL-RESPONSES AND FEARS

Control-Responses

Flight

- Withdrawing
- Hiding
- · People-pleasing
- · Minimizing sin
- Escaping
- Denying
- Acting as a martyr/victim
- · Avoiding conflict
- Fantasizing
- Focusing on another's sin
- · Blaming others
- · Lying/deceiving
- Numbing
- Denying

Fight

- Arguing
- Manipulating
- Intimidating
- Convincing
- Anger
- Escaping
- · Acting as a martyr/victim
- · Being negative or critical
- Condemning
- · Focusing on another's sin
- · Blaming others
- · Lying/deceiving
- · Being passive-agressive

Underlying Beliefs/Fears

- Fear of the unknown
- · Fear of the future
- Fear of failure
- · Fear of missing out
- · Fear of rejection

- Fear of consequences
- · Fear of exposure
- · Fear of pain and suffering
- Fear of loss (health, financial, relationship, security, reputation)

Reflection

Meditate on the following Scripture:

Hebrews 12:1-3

¹Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, ²looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. ³Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted.

Application

What are you willing to change the way you tend to control people or circumstances?
How can you actively surrender those tendencies to experience God's desires for you when you rely on him?
now can you delively surrender those tendencies to experience dod's desires for you when you rely on him.
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Tow can you delively surrender those tendencies to experience odd's desires for you when you rely on him.

LESSON 4: MY GRIEVING HEART

As you discovered in Lesson 1, a desire (real or perceived need) has the potential to control your life. The person or object of your longing becomes an idol once you fixate on it and believe you must have it. At this point the idol controls and enslaves you while you desperately try to control it.

In Lesson 2 you identified underlying fears and resulting control-responses—things you do to try to control and protect your world or the world of someone you love.

Next, in Lesson 3 you learned that as you surrender your control and entrust the person or situation to God, you are confessing your need for God and choosing to trust Him. It is important to acknowledge and address the reality that as you relinquish control, you may experience deep loss, pain, and sorrow. In this lesson you will examine how to walk through the pain of unmet longings and painful losses.

As you practice a surrendered life, you will need to surrender your control of some very difficult situations as well as some less grievous ones. In either case, the sense of loss may be significant, and in order to truly trust God it will be necessary for you to recognize your pain. Allow yourself to mourn even if and when the pain seems disproportionate to the situation. Never minimize your pain.

For example: Your adult child is choosing to use drugs. You cannot stop him or effectively control him, yet you witness his life spiraling out-of-control. Though there may be some helpful things you can do, truly you know that you cannot change him. But God can, so you surrender your son's life and his choices one by one to the Lord. This is at times an agonizing moment-by-moment process, one in which you may fear the loss of your reputation as a parent. You may experience the loss of dreams for your child, the loss of hope for him, the loss of relationship with him. You may even fear the loss of his very life. In this painful process of surrender you are experiencing various losses that result in grief.

GRIEVING AND MOURNING

Many situations in your life may cause grief or pain. Perhaps you have lost a close relationship, or a position, or your health, or a home, or something else of value to you. Perhaps you have been sinned against. Your losses and hurts result in great pain and an array of feelings such as abandonment, fear, anger, hurt, sadness, shame, disappointment or despair. Whatever the reason, it is important to mourn (lament) your pain. To lament is to feel or express sorrow or regret or grief.

As you grieve you must allow yourself to mourn/lament. It is not enough to only feel the pain. Grief is the emotional response to loss. Mourning is the behavioral response, the act of actually sorrowing or lamenting in response to the grief. If you do not allow yourself to mourn, the grief will build up and express itself in harmful ways. Christian Psychologist, Freda Crews, once stated, "Grief demands satisfaction." If you push down the pain of loss, it will eventually come out physically, emotionally or relationally. Anxiety and depression can result from unexpressed grief.

The Mourning/Lamenting Process

Your grief does not have a timeline. Contemporary research no longer supports the theory that grief occurs in five easily defined stages.

- Denial
- Anger
- Bargaining
- Depression
- Acceptance

This means your grief may take different forms at different times, resulting in varied and at times intense emotion. Your painful emotions must find expression. Acknowledge your pain. Allow yourself to feel your pain. Express your pain with tears if appropriate and consistent with your personality. Do not hold them back. Pray out loud to God, expressing your feelings to Him. Do not be afraid to express your disappointment, frustration, helplessness, hopelessness, sadness, fear, confusion, sense of feeling overwhelmed or betrayed, as well as your anger. By expressing your anger, you are able to release it to God. Otherwise a root of bitterness may grow toward God or toward another person.

Victoria Alexander, a prominent grief educator, concluded that grief has three needs. A need to:

- · Find words to express loss.
- Say words aloud.
- Know your words have been heard.2

In praying your pain out loud to your Father, you are accomplishing these three things, knowing your Father hears and cares.

Scripture is filled with lament. Habakkuk cried out to God regarding the coming judgment of Israel. "O Lord, how long shall I cry for help, and you will not hear? Or cry to you 'Violence!' and you will not save?" (Habakkuk 1:2). The book of Lamentations is a one long lament. "Arise, cry out in the night at the beginning of the night watches! Pour out your heart like water before the presence of the Lord!" (Lamentations 2:19a). Our Savior, too, cried out in lament on many occasions. As Jesus approached Jerusalem (the triumphal entry), Jesus grieved the Jews' rejection of Him and what that would mean for their future. "And when he [Jesus] drew near and saw the city, he wept over it, saying, 'Would that you, even you, had known on this day the things that make for peace! But now they are hidden from your eyes'" (Luke 19:41–42).
The lament psalms are more in number than any other category of psalms (about 40%) and express the heartfelt cries and honest pleas of the troubled, hurting psalmists to God whom they trusted and chose to praise. You can do the same—cry out to God, ask Him for help, and choose to trust and praise Him.
What emotions are expressed? Read the following Scriptures and record your response.
Psalm 22:1-3
¹ My God, my God, why have you forsaken me? Why are you so far from saving me, from the words of my groaning? ² O my God, I cry by day, but you do not answer, and by night, but I find no rest. ³ Yet you are holy, enthroned on the praises of Israel.
Psalm 44:23-25
²³ Awake! Why are you sleeping, O LORD? Rouse yourself! Do not reject us forever! ²⁴ Why do you hide your face? Why do you forget our affliction and oppression? ²⁵ For our soul is bowed down to the dust; our belly clings to the ground.
Psalm 13:1-2; 5-6
¹ How long, O LORD? Will you forget me forever? How long will you hide your face from me? ² How long must I take counsel in my soul and have sorrow in my heart all the day? ⁵ But I have trusted in your steadfast love; my heart shall rejoice in your salvation. ⁶ I will sing to the Lord, because he has dealt bountifully with me.

Psalm 57:1-4

¹Be merciful to me, O God, be merciful to me, for in you my soul takes refuge; in the shadow of your wings I will take refuge, till the storms of destruction pass by. ²I cry out to God Most High, to God who fulfills his purpose for me. ³He will send from heaven and save me; he will put to shame him who tramples on me. Selah God will send out his steadfast love and his faithfulness! ⁴My soul is in the midst of lions; I lie down amid fiery beasts—the children of man, whose teeth are spears and arrows, whose tongues are sharp swords.

You may be surprised by some of the emotions expressed in the above prayers. You may also be surprised by some of your emotions as you express your pain to God in prayer; however, God is not surprised nor is He put-off by your emotions or your expression of pain. He is near to the broken-hearted.

Keep in mind that you can mourn a loss, expressing all your emotions to God, and yet not surrender the situation or person to God. By not surrendering the situation or person for which you still feel the need to control, you are not able to access God's resources of peace, comfort, and direction in the mourning process. Also, be aware that surrender is not usually a one-time action. In a season of mourning you may need to surrender over and over again, each time the painful emotions come up. Continual surrender is an important part of mourning "well." Mourning "well" means to allow yourself to feel your emotions, to surrender them to the Lord, and to continue to move through the painful season without getting stuck in the pain.

Are you presently in a season of grief? Perhaps an old hurt? Have you surrendered it to God? What is keeping you from seeking God's comfort?

2 Corinthians 1:3-11

³Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, ⁴who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. ⁵For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too. ⁶If we are afflicted, it is for your comfort and salvation; and if we are comforted, it is for your comfort, which you experience when you patiently endure the same sufferings that we suffer. ⁷Our hope for you is unshaken, for we know that as you share in our sufferings, you will also share in our comfort. ⁸For we do not want you to be unaware, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself. ⁹Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead. ¹⁰He delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will deliver us again. ¹¹You also must help us by prayer, so that many will give thanks on our behalf for the blessing granted us through the prayers of many.

ENGAGING YOUR WILL AND YOUR MIND
As you mourn, honestly expressing your feelings to God, it is important to also engage your will (your ability to choose) and your mind (your thinking). In Timothy Keller's book, Walking With God Through Pain and Suffering, Keller describes how Paul tells his readers in Philippians 4:8 to "think (logizdomai) about these things" and Romans 8:18 to "consider (logizdomai) that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us." The word logizdomai is an accounting word sometimes translated "to reckon" or "to count up." Paul is telling his readers to "count up" the truths of God. This is a response of the will and the mind even if the emotions do not seem to agree.
How did the psalmist and Jeremiah count God's truths in the middle of pain? Read the following Psalm and record your response.
Psalm 42:3-5
³ My tears have been my food day and night, while they say to me all the day long, "Where is your God?" ⁴ These things I remember, as I pour out my soul how I would go with the throng and lead them in procession to the house of God with glad shouts and songs of praise, a multitude keeping festival. ⁵ Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.
Lamentations 3:17-25
Lamentations 3:17-25 17My soul is bereft of peace; I have forgotten what happiness is; 18so I say, "My endurance has perished; so has my hope from the Lord." 19Remember my affliction and wanderings, the wormwood and the gall! 20My soul continually remembers it and is bowed down within me. 21But this I call to mind, and therefore I have hope 22The steadfast love of the Lord never ceases; his mercies never come to an end; 23they are new every morning; great is your faithfulness. 24"The Lord is my portion," says my soul, "therefore I will hope in him." 25The Lord is good to those who wait for him, to the soul who seeks him.
¹⁷ My soul is bereft of peace; I have forgotten what happiness is; ¹⁸ so I say, "My endurance has perished; so has my hope from the Lord." ¹⁹ Remember my affliction and wanderings, the wormwood and the gall! ²⁰ My soul continually remembers it and is bowed down within me. ²¹ But this I call to mind, and therefore I have hope ²² The steadfast love of the Lord never ceases; his mercies never come to an end; ²³ they are new every morning; great is your faithfulness. ²⁴ "The Lord is my portion," says my soul, "therefore I will hope in him."
¹⁷ My soul is bereft of peace; I have forgotten what happiness is; ¹⁸ so I say, "My endurance has perished; so has my hope from the Lord." ¹⁹ Remember my affliction and wanderings, the wormwood and the gall! ²⁰ My soul continually remembers it and is bowed down within me. ²¹ But this I call to mind, and therefore I have hope ²² The steadfast love of the Lord never ceases; his mercies never come to an end; ²³ they are new every morning; great is your faithfulness. ²⁴ "The Lord is my portion," says my soul, "therefore I will hope in him."

Unit 5 // Lesson 4

COUNT UP GOD'S WONDERFUL TRUTHS

Read the following Scriptures as reminders to "count up" God's wonderful truths. They will bring comfort to your soul in your times of grief.	
Psalm 3:3	
But you, O LORD, are a shield about me, my glory, and the lifter of my head.	
Psalm 27:13-14	
¹³ I believe that I shall look upon the goodness of the LORD in the land of the living! ¹⁴ Wait for the Lord; be strong, and let your heart take courage; wait for the LORD!	
Psalm 34:18	
The LORD is near to the brokenhearted and saves the crushed in spirit.	
Psalm 40:5	
You have multiplied, O LORD my God, your wondrous deeds and your thoughts toward us;	
none can compare with you! I will proclaim and tell of them, yet they are more than can	
be told.	
Psalm 56:8	
You have kept count of my tossings; put my tears in your bottle. Are they not in your book?	
2 Corinthians 1:3-4a	
³ Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, ⁴ who comforts us in all our affliction.	
Psalm 138:8	
The LORD will fulfill his purpose for me; your steadfast love, O LORD, endures forever. Do	
not forsake the work of your hands.	
End your study	
Summarize what you learned from this lesson.	

Unit 5 // Lesson 4	~
	"Irieving"—A Personal Testimony
	I was raised in the rural community of Scotts Bluff, Nebraska. As a young boy I developed a love for hunting and fishing and would often spend the weekend outdoors with my dog. Our family was poor and with eight brothers and sisters, whatever I brought home was welcome.
	At the age of 12 my father passed away. After he died, I was told that God needed him. I became angry at God because I couldn't understand how God needed him more than I did. When I was 14 my mother and I had an argument. She told me she did not love me and that I should leave. I had been working on a cattle ranch and had saved up a bit of money so I bought a bus ticket to Reno. When I arrived there I worked on a construction crew until the boss realized that I should be in school and said I should go home. I called an older sister who was married and living in Oregon and went to live with her. I went to school and worked on another cattle ranch until 1963 when, at the age of 17, I joined the marines.
	In 1965 my company was sent to Vietnam. Although we were among the first Marines to land, the fighting was fierce. Over the next 13 months I saw many of my friends killed in combat. When I came home on leave I felt I was fighting another war in my own country because of the way people treated me. My company commander told me to take 30 days leave and go home because we would be going back to Vietnam.
	My last night home I was in a car accident and broke my neck. While in the hospital I met a woman whom I later married. We had a daughter and another child on the way when she left me for a former high school sweetheart. I became an angry young man and trusted no one. It seemed everyone had abandoned me including my country.
	When I married again, my new wife had two children from a previous marriage and we had the usual problems of a blended family. I thought my job was to discipline her children, but my method was that of a drill sergeant. They, in turn, hated me and did everything they could to undermine our marriage. By now, my anger had become intolerable. Our family life was miserable and I feared I would lose my wife.
	A friend suggested I get counseling so I met with a pastor to talk about my anger. He told me that my anger was just a symptom and the root cause was my fear of abandonment. He showed me from scripture what God says about anger. An angry man stirs up trouble, and a hot-tempered man makes himself look bad. But if a man will humble himself, he will gain honor. Proverbs 29:22–23. That was me! It was my anger that was causing all the pain in my life. That night I went home and apologized to my family. I told them things would change and asked them to give me another chance.
	On my way to counseling the next night I remember thinking how powerful God's Word is and wondered what else it could accomplish in my life. I pulled the car over right there and surrendered my life to Jesus Christ.
	Since then God has shown me He is faithful and will never abandon me. He took my anger and turned it into a special love for my step-children. He has restored my relationship with my mom and my family and He has given me a forever family. God's Word is powerful and

I encourage you to memorize a scripture or passage that speaks to you. One of mine is Deuteronomy 31:6, "Be strong and courageous. Do not fear or be in dread of them, for it is

the Lord your God who goes with you. He will not leave you or forsake you."

Reflection

Application
Is there a situation that you have not fully or properly grieved? Will you begin the journey of grief now?

LESSON 5: MY WORSHIPING HEART

You learned in Lessons 1–3 that you must surrender your fears, demands, and control in order to have a whole heart toward God. A worshiping heart toward God allows you to see Him for who He is. It frees you to worship Him.

	My Heart Unchaine
WORSHIP DEFINED	
The Hebrew word for worship is <i>shachah</i> (Strong's number 7812), and the Greek word is <i>proskuneo</i> (Strong's number 4505). Both words mean "to bow down."	
To "bow down" before God is not just a physical posture but a heart posture, one of humility.	
The word "worship" comes from the word "worthy." True worship comes from a reverent, humble heart toward God. It affirms that God has worth and that He is worthy of our complete adoration and devotion. In corporate worship we exalt God together—we speak and sing about how good, beautiful, wonderful, and awesome God is. He is worthy. The same attitude of worship should be a part of our daily lives.	
According to Webster's Dictionary (1828), worship is "to honor with extravagant love and extreme submission. Worship "express[es] the beauty of holiness through an extravagant or exaggerated love for God, and youlive in extreme or excessive submission to God."	
As you more and more behold the glory of God, your desire to honor Him and to show Him extravagant love will grow.	
How would 'extravagant love' in acts of worship be exhibited in your life?"	
What does whole-hearted worship look like for you?	
"If anything matters to you more than God, you are not acknowledging his glory. You are giving glory to something else."	
Timothy Keller	

Having a right view of Tod—rightly understanding the fear of Tod—is essential to true worship.

THE FEAR OF THE LORD
There are more than 150 references to "fear of the Lord" in the Bible.
What Does it Mean to Fear the Lord?
The fear of the Lord is "that indefinable mixture of reverence, fear, pleasure, joy and awe which fills our hearts when we realize who God is and what He has done for us."3 The fear of the Lord gives you the right understanding of God in order to truly worship Him. You will have a firmer grasp of what Psalm 111:10a means when it states "[t]he fear of the Lord is the beginning of wisdom." When you do not understand who God is, and what it means to fear Him, you may be prone to be complacent or cavalier about your sins and sinful patterns.
"'Safe?' said Mr. Beaver; 'don't you hear what Mrs. Beaver tells you? Who said anything about safe? 'Course he isn't safe. But he's good. He's the King, I tell you."
C.S. Lewis, The Lion, the Witch, and the Wardrobe
What do you learn about the fear of the Lord? Write out the following verses and record your response.
Proverbs 1:7
Psalm 86:11
Matthew 10:28
The word "fear" in both the Hebrew (yir-a) and the Greek (phobos) mean "to have terror or "causing fear." It also means "respect, reverence and a sense of awe."

"These two common uses of the word 'fear' in the
vocabulary of the people of biblical times (and
also in some measure in our vocabulary) are both
included in the biblical notion of the fear of God.
There is a legitimate sense in which the fear of God
involves being afraid of God, being gripped with
terror and dread. Though this is not the dominant
thought in Scripture, it is there nonetheless. The
second aspect of fear, which is peculiar to the true
children of God, is the fear of veneration, honor,
and awe with which we regard our God. It is a fear
that leads us not to run from Him but to draw near
to Him through Jesus Christ and gladly submit to
Him in faith, love, and obedience."

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THE GOSPEL AND THE FEAR OF THE LORD

Because of the punishment that Christ endured for you on the cross, if you have put your faith and trust in Him, you need not fear God for "the day of wrath when God's righteous judgment will be revealed" (Romans 2:5).

Jeremiah 17:14, 17

Heal me, O Lord, and I shall be healed; save me and I shall be saved, for you are my praise. Be not a terror to me; you are my refuge in the day of disaster.

When you truly understand the gospel message, how without God's plan of redemption to "heal" and "save" you from the "day of disaster," you cannot help but marvel and tremble at God's "spotless holiness, inflexible justice, incomprehensible wisdom, omnipotent power, and holy love." Seeing the infinite beauty and excellence of God causes you to respond in gratitude and worship.

Acts 9:31

The LORD will fulfill his purpose for me; your steadfast love, O LORD, endures forever. Do not forsake the work of your hands.

"Nothing is so well fitted to put the fear of God—which will preserve men from offending him—into the heart, as an enlightened view of the cross of Christ.... Nowhere does justice appear so awful, mercy so amiable, or wisdom so profound."

John Brown

Unit 5 // Lesson 5	
	As you grow, is your gaze increasingly set on the cross? In your daily life, how do
	you recall/remember what God has done for you?
	ACCEPTABLE WORSHIP IS IN SPIRIT AND TRUTH
	What kind of worshipers is the Father seeking?
	Read the following verses and record your response.
	John 4:23-24
	²³ "But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father is seeking such people to worship him. ²⁴ God is spirit, and those who worship him must worship in spirit and truth."
	Romans 12:1
	I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.
	Hebrews 12:28-29
	²⁸ Therefore let us be grateful for receiving a kingdom that cannot be shaken, and thus let us offer to God acceptable worship, with reverence and awe, ²⁹ or our God is a consuming fire.
	In your own words explain what it means to worship God in spirit and in truth?
	What is unacceptable worship?
	Worshiping God in spirit is only possible for the follower of Christ because God's Spirit makes your spirit alive and ignites and energizes your spirit to worship Him.
	Worshiping God in truth is worshiping Him in His fullness, not taking only a part of Him. Worshiping God in truth is to have a proper view of Him based in His Word—to

	My Heart Unchaine
understand the fullness of all of God's characteristics. Seeing God rightly for who He is will propel you, motivate you, and challenge you to resist making yourself the lord of your life and demanding your way. Instead you will gladly submit and surrender to the God who is holy and mighty because you understand He is worthy of your adoration and love.	
What might your worship look like if you do not understand or accept God for who He truly is?	
How is worshiping God in spirit and in truth related to what you have learned about idolatry?	
Worship God as you read and meditate on the Scriptures written below.	
Psalm 95:6-7a	
⁶ O come, let us worship and bow down; let us kneel before the Lord, our Maker! ⁷ For he is our God, and we are the people of His pasture, and the sheep of his hand.	
Psalm 99:5	
Exalt the LORD our God; worship at his footstool! Holy is he!	
Psalm 103:1	
Bless the Lord, O my soul, and all that is within me, bless His holy name!	
2 Samuel 7:22	
Therefore you are great, O LORD God. For there is none like you, and there is no God besides you, according to all that we have heard with our ears.	
Revelation 4:11	
"Worthy are you, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they existed and were created."	
Jude 1:25	
To the only God, our Savior, through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all time and now and forever. Amen.	

judgment has come, and worship him who made heaven and earth, the sea and the springs of water."

And he said with a loud voice, "Fear God and give him glory, because the hour of his

Revelation 14:7

End your study
Summarize what you learned from this lesson.

Unit 5 // Lesson 5

Reflection

Read, reflect upon, and pray through Psalm 16 and write your thoughts/prayer below.
Application
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In what area of your life are you not worshiping the Lord? What steps are you willing to take to better worship the Lord?
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