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.

-Jesus

(Matthew 11:28-30)

THE PATHOLOGY OF PAIN

"The great battle in the spiritual life is over the control of the human heart. Whatever one person may think, it is really the sum total of one's desires that determines the course of one's life."

"You must organize your life to cultivate deep joy, contentment, and confidence in your everyday walk with God."

-Dallas Willard

BEING HUMAN

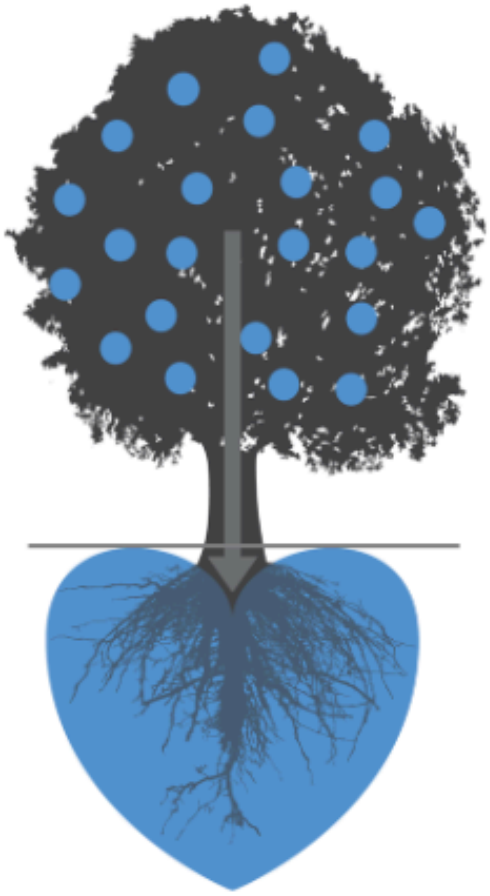
1. Heart- The will, center of beliefs and desires
2. Mind- Our thoughts, center for thinking and reasoning
3. Bowels- Our emotions, locus of our feelings and passions
4. Body- Our physical essence
5. Spirit- Our immaterial essence
6. Soul- The entirety of a person

THE BIBLE ON WHY WE DO WHAT WE DO

1. James 4:1-2
2. Matthew 12:34
3. Romans 7:16, 19, 24
4. Hebrews 4:12-13

NOTES:

TRACING THE HEART



FRUIT (behavior)
What can be readily observed

TRUNK (thoughts)
What can be heard/seen over time

ROOT (desires)
What must be carefully discerned

A CASE STUDY

NOTES:

KEY AREAS OF INTERNAL INVESTIGATION

1._____

2._____

3._____

SPHERES OF RESPONSIBILITY

NOTES: