

## Heart Journaling

*Used with permission of John Neal*

### I. **(A)** Activating event

What is the issue that has you upset?

### II. **(B)** Beliefs

What are the thoughts and feelings that are stirring up in your heart and mind?

#### A. Emotions

Identify the sinful or unhelpful emotions you are experiencing

1. Anger- James 1:19-20 "... quick to hear, slow to speak..."
2. Anxiety- Phil. 4:6 "do not be anxious for anything, but with prayer and supplication..."
3. Depression- Psalm 42:1-5 "as the deer pants for the water..."
4. Guilt (worldly sorrow)- 2Cor. 7:10 " For godly grief produces a repentance that leads to salvation..."
5. False peace, joy- Jer. 6:14, Luke 12:16-21

#### B. Behaviors

Identify the sinful or unhelpful behavior you are expressing

1. Avoidance- Is. 30:15-18 "in returning and rest will be your strength...", John 12:42-43, 1Pet. 3:8-12 "...have unity of mind, sympathy, brotherly love..."
2. Excessive pleasing- Prov. 25:29 "The fear of man lays a snare...", John 12:42-43, 1Cor. 4:3, Gal. 1:10 "For now am I seeking the approval of man or of God?...", Phil. 2:3 "Do nothing from selfish ambition..."
3. Dominating, harshness, unkindness- Mat. 20:25-28, Eph. 4:29, Col. 3:18-19, 2Tim. 2:25
4. Manipulation- Math 7:12, Phil. 2:3-4 "Do nothing from selfish ambition...", 1Thes. 4:6
5. Other sinful behavior-habits. Gal. 5:19-21, 1Tim 1:8-11

### III. **(C)** Circumstances

Narrow things down to the root idol or source of sin in the situation.

#### A. Primary "demandingness", beliefs and desires (musts and should we place on God, others, self our world, and life conditions)- Ps. 78:18, 1Pet. 2:11.

1. Comfort- Prov. 6:6-9, Mat. 4:1-4 "Then Jesus was led up by the Spirit into the wilderness...", 1John 2:16, 1Cor 10:6-10
2. Approval- Mat. 4:5-7, John 5:41-44, Gal. 1:10 "for am I now seeking the approval of Man, or of God...", Eph. 6:6 "not by the way of eye service, as people pleasers..."
3. Power- Mat. 4:8-10, Luke 9:46-49 "An argument arose among them as to which of them was the greatest..."

#### B. Secondary derivative thoughts (distorted, sinful inferences/judgement)

1. Judging- Mat. 7:1, John 7:24 "Do not judge by appearances...", Rom. 12:3 "...not to think of himself more highly than he ought to think...", 1Cor. 13:1-13
2. Fretting (awfulizing)- Ps. 37:7 "Be still before the Lord and wait patiently for him...", Phil. 4:8 "... whatever is true, whatever is honorable, whatever is just...", 1Thes. 5:18 "give thanks in all circumstances..."

3. "I Can't-it is"- Deut 30:11-14, Rom. 6:14 "For sin will have no dominion over you..."
4. Over-generalizing (using words like always, anything, only one and never)- Num 14:2, Mat. 6:24

IV. **(D)** Dispute sinful idolatrous, distorted thinking with the truth

- A. Subtraction (put-off, areas we seek to change)- Rom. 6:11 "... dead to sin...", Eph. 4:22 "... to put off your old self.."
- B. Addition (put-on, alive in Christ)- Rom. 6:11, Rom. 13:14 "But put on the Lord Jesus Christ..", Rom. 4:23-24 "and to be renewed in the spirit of your mind, and to put on the new self..", Phil. 4:8
- C. Multiplication (blessing, fruit)- John 13:17, Act 20:35
- D. Division (future hope, sowing and reaping)- Eph. 6:6, Heb. 10:34-35, 1Pet. 1:13-14

V. **(E)** Enact! Pray for the grace and power of the Lord who is the Spirit of freedom

- A. Acknowledge that good fruit is the result of abiding in Christ- John 15:4-5 "Abide in me and I in you..."
- B. Meditation on Christ- 2Cor. 3:17-18, Heb. 12:1
- C. Recite verses on His grace and power- 2Cor. 12:10, Phil. 4:13 "I can do all things through Christ..."
- D. Remind yourself that he promises the victory when you trust in Him- Rom. 6:1-14, 1John 5:4
- E. Consider what is the loving action called for, and practice seeking your joy in the welfare of other person in the situation involved.
  1. Set goals
  2. Track progress
  3. Encourage
  4. Persevere