



Learning to Counsel Your Own Soul

Big Idea: Before you help another woman guard her heart, God graciously teaches you to guard your own.

Watch over your heart with all diligence, for from it flow the springs of life (Prov. 4:23)

I. When Life Gets Hot (Jer. 17:5-8)

- Heat is inevitable.
- Heat exposes the heart.
- Our response reveals what we are trusting.

❖ Key Truth

- The heat doesn't create what's in your heart—it reveals it.

II. What's Really Driving Me (Prov. 4:23)

The Heart is the Real You!

- It is a worshipping heart (Jn. 4:24)
- It houses your thoughts and beliefs (Prov. 23:7).
- It encompasses your ruling desires (Jonah 2:8).
- It is the fountain of behavior (Mark 7:21–23).

Guard Your Heart!

Ask yourself:

- What am I believing?
- What am I wanting?
- What am I fearing?
- What am I trusting?

❖ Key Truth

- Behavior is the fruit.
- The heart is the root.

III. Where Does Real Change Come From (Phil. 1:6)?

- ❖ Our hope is not in ourselves; it is in Christ.
 - **Our Position in Christ**

✓ Who I am already in Christ.

- **Our Progress in Christ**

- ✓ Who God is continually making me to become.

- ❖ **Key Truth**

- He who began a good work in you will complete it.

IV. How Do We Actually Change (Eph. 4:17-24)?

- ❖ God changes us from the inside out.

- **Put Off**

- ✓ Repent of sinful thoughts, desires, and actions.

- **Renew Your Mind**

- ✓ Think God's thoughts after Him.

- **Put On**

- ✓ Walk in Christlike obedience.

- ❖ **Key Truth**

- Put Off → Renew → Put On

V. How Can I Keep Growing (Ps. 1:1-3)?

- ❖ God has given us:

- His Spirit

- His Word

- ❖ Stay rooted in Christ.

- ❖ **Key Truth**

- Deep roots produce lasting fruit.
 - Deep roots withstand great heat.

GROUP DISCUSSIONS:

1. What does Jeremiah 17 teach us about the purpose of life's "heat"?
2. What are some good desires that can quietly become ruling desires in ministry?
3. Why is it important to remember our identity in Christ as we pursue change?
4. Which step in Ephesians 4 (put off, renew, put on) do you think is most often overlooked, and why?
5. What truth from today's lesson do you most need to preach to your own heart this week, and why?

*"Search me, O God, and know my heart;
Try me and know my anxious thoughts;
And see if there be any hurtful way in me,
And lead me in the everlasting way."
Psalm 139:23-24*